

*DESCRIPTION OF EATING BEHAVIOR PATTERNS AMONG YOUNG ADULT  
DIABETES MELLITUS PATIENTS AT THE GAMBIRSARI COMMUNITY  
HEALTH CENTER*

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**ABSTRACT**

**Background:** *Diabetes mellitus (DM) is a chronic metabolic disease that is increasingly common among young adults due to unhealthy eating habits. Objective: This study aims to determine the demographic data and eating habits of young adults with DM at the Gambirsari Community Health Center. Methods: A quantitative descriptive method with a cross-sectional approach was used. The sample consisted of 36 respondents selected using purposive sampling and analyzed using a dietary behavior questionnaire covering aspects of food type, frequency, and quantity. Results: The majority of respondents were female (88.9%), had a high school/vocational school education (52.8%), and worked as self-employed individuals or housewives (47.2%). A total of 66.7% of respondents practiced healthy eating behaviors, while 33.3% practiced unhealthy behaviors. Conclusion: Awareness of the importance of regulating eating behaviors is beginning to form, although it is not yet comprehensive. Therefore, continuous education is urgently needed to improve DM patients' adherence to consistent healthy eating patterns to prevent the risk of complications.*

*Keywords: Diabetes Mellitus, Eating Behavior, Young Adults*