

A DESCRIPTIVE STUDY OF NUTRITION KNOWLEDGE AND DIETARY PATTERN AMONG FASTING PEOPLE WITH TYPE 2 DIABETES MELLITUS DURING RAMADAN

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Article Info	ABSTRAK
<p>Article History: Received 03/03/2025 Revised - Accepted 18/03/2025</p> <hr/> <p>Keywords: Diabetes Mellitus Type 2 Dietary Pattern Nutrition Knowledge Ramadan Fasting</p>	<p>Berpuasa selama Ramadan menimbulkan tantangan tersendiri bagi penderita diabetes melitus tipe 2 (DMT2), yang membutuhkan pengaturan pola makan yang tepat untuk menjaga kesehatan dan keamanan. Banyak penderita DMT2 kurang memiliki pengetahuan yang komprehensif tentang penyesuaian pola makan yang tepat selama menjalankan ibadah puasa Ramadan. Penelitian ini bertujuan untuk mendeskripsikan pengetahuan dan pola makan penderita DMT2 selama puasa Ramadan. Penelitian ini menggunakan desain cross-sectional yang melibatkan 51 orang. Data tentang karakteristik dan status kesehatan dikumpulkan melalui wawancara menggunakan kuesioner, sedangkan profil glukosa darah diperoleh dari hasil pemeriksaan laboratorium. Data pengetahuan dievaluasi menggunakan kuesioner terstruktur. Hasil pemeriksaan glukosa darah sebelum bulan Ramadan menunjukkan kadar HbA1c rata-rata $8,5\% \pm 2,49\%$ dan kadar glukosa darah puasa sebesar $151,97 \text{ mg/dl} \pm 77,7 \text{ mg/dl}$. Sebanyak 54,9% subjek kurang tepat dalam mengidentifikasi jenis sumber karbohidrat yang dikonsumsi selama puasa Ramadan. Pola makan tinggi kalori saat sahur dan berbuka puasa dapat mempengaruhi kontrol glikemik selama bulan Ramadan. Penelitian ini dapat digunakan sebagai strategi intervensi yang tepat untuk mengelola DM selama puasa Ramadan. Program edukasi sangat penting untuk meningkatkan pengetahuan gizi dan mempromosikan kebiasaan makan yang lebih sehat pada penderita DMT2 untuk memastikan puasa yang aman dan efektif selama bulan Ramadan.</p> <p>ABSTRACT</p> <p><i>Fasting during Ramadan poses unique challenges for people with type 2 diabetes mellitus (T2DM), requiring careful management of dietary patterns to maintain health and safety. Many people with T2DM lack comprehensive knowledge about appropriate dietary adjustments during fasting periods. This study aimed to describe knowledge and dietary patterns of people with T2DM during Ramadan fasting. This study used cross-sectional design involving 51 participants. Data on participant characteristics and health status were gathered through interviews using questionnaires, while blood glucose profiles were obtained from laboratory results. Knowledge was evaluated using a structured questionnaire. Pre-Ramadan blood glucose tests showed an average HbA1c level of $8.5\% \pm 2.49\%$ and fasting blood glucose (FBG) level of $151.97 \text{ mg/dl} \pm 77.7 \text{ mg/dl}$. Notably, 54.9% of participants incorrectly identified the appropriate carbohydrate sources to consume during Ramadan fasting periods. Common dietary patterns include increased consumption of high-calorie foods during sahoor and break the fast, which is crucial for</i></p>

glycemic control during Ramadan. This study can be used as an appropriate intervention strategy for managing DM during Ramadan fasting. Education and awareness programs are crucial to enhance nutrition knowledge and promote healthier dietary habits among fasting people with T2DM, ensuring safe and effective fasting during Ramadan.

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