

MAINTAINING A HEALTHY LIFESTYLE AND AVOIDING DIABETES FROM AN EARLY AGE

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Abstract

This study aims to evaluate the risk factors for diabetes and identify preventive measures through a healthy lifestyle. Using epidemiological methods based on data from national surveys and literature studies, it was found that the prevalence of diabetes in Indonesia increased from 10.9% in 2018 to 11.7% in 2023. The results showed that poor diet, lack of physical activity, and obesity were the main factors. Implementation of a healthy diet, regular exercise, and regular health checks are recommended as preventive measures. These findings highlight the importance of public health education to reduce the prevalence of diabetes.

Keywords: *diabetes, healthy diet, prevention, physical activity*

Introduction

Diabetes mellitus is a metabolic disorder characterized by chronic hyperglycemia due to impaired insulin secretion, insulin action, or both. Globally, WHO reports that 422 million people are living with diabetes in 2021, with an associated death rate reaching 1.5 million per year. Compared to neighboring countries such as Malaysia (16.8%) and Singapore (12.8%), the prevalence of diabetes in Indonesia is still at a significant level. The prevalence of type 2 diabetes, the most common form, has increased significantly in recent decades due to lifestyle changes. Globally, the prevalence of type 2 diabetes reaches 10.5% of the adult population according to the International Diabetes Federation (IDF, 2021). In neighboring countries such as Malaysia and Singapore, the prevalence reaches 16.8% and 12.8% respectively in 2023, much higher than Indonesia, but remains a common concern regarding health and economic impacts. Major risk factors include obesity, lack of exercise, and consumption of foods high in sugar. The increase in diabetes prevalence in Indonesia from 10.9% in 2018 to 11.7% in 2023 shows the importance of early intervention (Ministry of Health, 2023).

Research methods

This study uses a descriptive method with quantitative data analysis from a 2018-2023 national survey covering 15,000 respondents. Data were obtained from reports from the Indonesian Ministry of Health and various scientific journals. The literature study includes 20 Scopus and SINTA indexed articles relevant to diabetes risk factors and prevention.

Results and Discussion

Diabetes Risk Factors

The main causes of diabetes include genetic factors, poor diet, and lack of physical activity. Based on research at the Manggis Health Center, unhealthy diets contribute to increased blood sugar levels in patients with type 2 diabetes mellitus (Widiyoga, 2020).

Early Prevention of Diabetes

Prevention must be done with a healthy lifestyle, such as:

➤ **Managing Your Diet:**

1. Reduce excess sugar consumption, for example by limiting sweet drinks such as soda and packaged tea.
2. Increase consumption of vegetables such as spinach, broccoli, and carrots, as well as fruits such as apples, oranges, and papaya.
3. Avoid processed foods high in saturated fat such as potato chips and processed meats (sausages, nuggets).

➤ **Increase Physical Activity:**

1. Exercise for at least 30 minutes every day, such as jogging, cycling, or swimming.
2. Doing light physical activities such as walking on the way to work or gardening on the weekends.

➤ **Routine Health Checks:**

1. Check blood sugar levels regularly, especially for individuals with a family history of diabetes.
2. Take advantage of free health services provided by health centers or government programs.

Symptoms of Diabetes in Children

Symptoms to look out for include:

1. Frequent urination.
2. Excessive thirst.
3. Drastic weight loss.
4. The body feels weak and lethargic.
5. Wounds that are difficult to heal.

In addition to physical symptoms, children with diabetes often experience psychological disorders such as anxiety and low self-confidence due to long-term treatment. A holistic approach involving psychologists can help improve their quality of life.

Diabetes Management in Children

Parents should play an active role in controlling their child's diet, increasing physical activity, and consulting a doctor regularly. Insulin therapy may be needed for children with type 1 diabetes, while oral medication is used for type 2 diabetes.

Conclusion

The results of this study not only provide practical guidance for individuals but also serve as a basis for policy makers in designing community-based diabetes prevention programs. Health education campaigns and the provision of sports facilities in public areas are strategic steps that can be implemented. Regulating diet, increasing physical activity, and routinely checking health are important steps to reduce the risk of diabetes. Education and collaboration with health workers are essential to reduce the prevalence of diabetes in the future.

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