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Correlation Between Body Mass Index and GlicosilatHaemoglobin(Hba1C)of Type 2 Diabetes Mellitus patients in Primary Health Care (PHC) in Binjai City, Sumatera Utara

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Abstract:Type 2 Diabetes Mellitus (DM) is a chronic metabolic disease which is marked by increasing blood sugar level. The people that diagnosed with type 2 DM increase every year and in 2013 Indonesia was seventh rank in the world. Main factors that can cause type 2 DM are life style changes including sedentary life style. Obesity is one of the risk factors that can cause insulin resistance and will lead to increasing blood sugar level and type 2 DM. Body Mass Index (BMI) is often used to measure the amount of tissues mass (muscle, bone and fat) in an individu which can be categorized as underweight, normoweight, overweight or obese. Increasing blood sugar level and a good control of type 2 DM can be measured reliably by measuring glicosilathaemoglobin (Hba1C) level in blood. This research is aimed to analyze the relation between BMI and Hba1C of type 2 Diabetes Mellitus patients in primary health care in Binjai city, Sumatera Utara. This research is a descriptive analytic research. The population is type 2 DM patients in four primary health care in Binjai city with sample size of 80 patients. Sampling was done by consecutive sampling and data was analyzed using correlation test, found that there was no significant relation between BMI and Hba1c of type 2 DM patients in PHC in Binjai city ($p=0,150$; $CI=95\%$).

Keywords : Body Mass Index, BMI, Type 2 Diabetes Mellitus, DiabetesMellitus.