ABSTRACT

LIFESTYLE IMPLEMENTATION TO PREVENT DIABETES MELLITUS AT TECHNICAL IMPLEMENTING UNIT OF MASAMBA PUBLIC HEALTH CENTER NORTH LUWU REGENCY

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The main problem discussed in this study is how to implement a diabetes mellitus prevention lifestyle. Based on these issues, the objective of this study was to determine the association between a healthy lifestyle and the prevalence of diabetes mellitus.

This study applied qualitative method with descriptive analysis. The primary data came from the results of interviews utilizing interview guidelines, observation findings, and document evaluation, while secondary data came from Diabetes Mellitus patients at the Masamba Public Health Center in North Luwu Regency between 2016 and 2020.

The result of the study showed that the Healthy Lifestyle program at the Masamba Public Health Center is a diabetic mellitus prevention program that is part of the noncommunicable disease prevention program that is administered in the community through Posbindu Activities. Posbindu is one of the public health initiatives aimed at promoting and preventing noncommunicable illnesses by community involvement at all stages of planning, implementation, monitoring, and evaluation.

Keywords: Implementation, Lifestyle, Diabetes Mellitus

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