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THE RELATIONSHIP OF BODY MASS INDEX(BMI) AND ANKLE BRACHIAL INDEX (ABI) VALUE ON ELDERLY WITH TYPE II DIABETES MELLITUS

(study at the Elderly Posyandu Mlajah Village Bangkalan)

ABSTRACT

Diabetes Mellitus is a chronic metabolic disorder disease evidenced by increased blood glucose, one of the complications can cause macrovascular and microvascular damage, this can be indicated by the Ankle Brachial Index value by measuring systolic blood pressure in the legs and arms, this ABI measurement can determine the condition of blood circulation in the lower legs. This study aims to determine the Relationship between Body Mass Index and Ankle Brachial Index in elderly people with type II diabetes mellitus.

The Research Design Used is cross sectional analysis Population in the study This is elderly at the Elderly Posyandu Mlajah Village Bangkalan with amount sample as many as 42 respondents. Research variables, Index mass body mass index (BMI) and ankle brachial index (ABI). Data analysis was carried out using the Spearman rank correlation test.

The Research result show that half respondents (50%) BMI category fat and almost from half respondents (38.1%) PAD ABI value in Category light. The results of the Spearman rank correlation test p value = 0.000 and r = 0.591 which means There was connection Relationship between Body Mass Index (BMI) and Ankle Brachial Index (ABI) Values in Elderly with Type II Diabetes Mellitus.

BMI trigger the occurrence decline sensitivity cell to insulin so that impact on ABI value This due to the height fat content in body so that impact to improvement level glucose blood. This research suggest to do Routine BMI and ABI value checks in patients with type II diabetes mellitus should be carried out limit food high in fat and do activity physique in a way regular.

Keywords : Body Mass Index, Ankle Brachial Index, Diabetes Mellitus