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The Evaluation of Integrated Guidance Post (POSBINDU) Program to Control Blood Sugar in Kendal Regency : Is It Effective?

Zavia Putri Salsabila, Vita Widyasari

Department of Public Health, Universitas Islam Indonesia, Indonesia

Objectives: Non-communicable disease is a global problem that causes 71% of deaths yearly. In Indonesia, the prevalence of NCDs in 2017 was 69,91%. The Indonesian Government has developed a program called Posbindu to prevent NCDs. One of NCDs that has high prevalence is diabetes mellitus. This study aims to evaluate the Posbindu program in Kendal regency through the glucose level change.

Methods: This retrospective cohort study used secondary data from Posbindu in Mororejo village, Kendal regency, during 2020-2021. The data collected were sociodemographic and blood glucose levels. The inclusion criteria of the subjects are >20 years and attending the Posbindu program more than once. Subjects were divided into two groups (frequent and infrequent). Subject who attended the Posbindu just one time were excluded from the study. The frequent group is for the subject who attended the Posbindu program more than three times. The program's effectiveness was assessed by comparing the frequent and infrequent groups' average blood glucose in the pretest and posttest. The data was analyzed using SPSS 23.

Results: 31 subjects were included in this study, eight subjects (25.80%) were frequent, and 23 subjects (74.19%) were infrequent. The average blood glucose pretest in the frequent group was 163.63 mg/dL, and the posttest was 148.32 mg/dL. It was decrease 15.31 mg/dL. Meanwhile, the infrequent group showed a higher average of blood glucose. The pretest was 162.78 mg/dL, and the posttest was 177.60 mg/dL. It was increase 14.82 mg/dL. The analysis data using the Shapiro-Wilk test showed that the data distribution was not normal. The statistical analysis using the Wilcoxon test has shown insignificant results in neither the frequent ($p = 0.575$) nor the infrequent group ($p = 0.498$).

Conclusions:

The Posbindu program was effective in maintaining blood glucose in Mororejo village, Kendal Regency, even though it was not statistically significant.

Graph 1. Pretest and Postest of Blood Glucose After 2 Years Posbindu