A DESCRIPTION OF THE LEVEL OF KNOWLEDGE REGARDING DIETARY PATTERNS AMONG ADOLESCENTS WITH A FAMILY HISTORY OF DIABETES MELLITUS AT UPTD PUSKESMAS KUTA UTARA

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ABSTRACT

Adolescents with a family history of diabetes mellitus are a high-risk group for developing diabetes mellitus, particularly when they are not supported by adequate knowledge of healthy dietary patterns. This study aimed to describe the level of knowledge regarding dietary patterns among adolescents with a family history of diabetes mellitus at the UPTD Kuta Utara Primary Health Care Center. This study employed a quantitative descriptive design. The population of this study consisted of adolescents with a family history of diabetes mellitus in the working area of the UPTD Kuta Utara Primary Health Care Center, with a total sample of 105 respondents. Data were collected using a questionnaire to measure respondents' level of knowledge regarding dietary patterns. Data analysis was conducted using univariate analysis. The results showed that the characteristics of respondents were dominated by female adolescents, totaling 59 respondents (64.2%), with the majority aged 14-15 years, amounting to 66 respondents (62.9%). Based on the level of knowledge about dietary patterns, most respondents were in the good category, with 76 respondents (72.4%), followed by the sufficient category with 19 respondents (18.1%), and the poor category with 10 respondents (9.5%). The high proportion of respondents with a good level of knowledge indicates that most adolescents have a good understanding of healthy dietary patterns as an effort to prevent diabetes mellitus. However, some adolescents still had sufficient and poor levels of knowledge, indicating the need for continuous improvement in nutrition education.

Keywords: *Adolescents, Dietary Patterns, Knowledge, Diabetes Mellitus*