

## **Training of Management Community-based Diabetes**

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### **ABSTRACT**

Community service activities aim to improve community skills in managing diabetes in the hope that further skills are applied so as to prevent increasing cases of DM, finding cases of DM in the early stages and controlling blood sugar levels to prevent the occurrence of complications. This is motivated by the fact that many cases of diabetes are delayed because of lack of public understanding of signs and symptoms early diabetes.

The material for community service consists of theory and practice, using lecture, question and answer method, discussion and practice. Material theory, including the ins and outs of diabetes, diabetes screening, diabetes complications, motion patterns and healthy eating patterns. While the practice training materials, including measurement of abdominal circumference and healthy diet. The participants consisted of PKK mothers in Babadan, Pendowoharjo, Sewon, Bantul, which consisted of 30 people. The results obtained from community service activities of the participants stated that the training was very useful, especially in increasing participants' understanding of diabetes management independently.

Kata Kunci: *Diabetes, Self-Management.*