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## **HUBUNGAN ANTARA OBESITAS DAN USIA DENGAN KADAR GLUKOSA DARAH PADA WANITA**

(72 halaman + 13 tabel + 5 gambar + 6 lampiran)

### **ABSTRAK**

**Latar Belakang** : Obesitas dan usia berpengaruh terhadap kadar glukosa darah. Kadar glukosa darah berkaitan dengan IMT, lingkar pinggang dan persen lemak tubuh serta dapat digunakan untuk mengukur status obesitas.

**Tujuan** : Mengetahui hubungan antara obesitas dan usia dengan kadar glukosa darah pada wanita.

**Desain** : *Literature Review* (LR), database yang digunakan yaitu *Google Scholar* dan *proquest* terbitan tahun 2015 s.d 2020 yang dapat diakses *fulltext* dalam format PDF dengan jumlah 5 artikel.

**Hasil** : Terdapat 5 artikel full teks dengan problem sesuai dengan kriteria inklusi dengan outcome yaitu 3 artikel menyampaikan ada hubungan signifikan IMT, lingkar pinggang dan persen lemak tubuh dengan kadar gula darah pada wanita dan 2 artikel menyampaikan tidak ada hubungan IMT, lingkar pinggang dengan kadar gula darah pada wanita  $p > 0,05$ .

**Simpulan** : Ada hubungan antara IMT dengan kadar glukosa darah dan lingkar pinggang dengan kadar glukosa darah di pengaruhi oleh usia  $>40$  tahun. Ada hubungan antara persen lemak tubuh dengan kadar glukosa darah dipengaruhi oleh jaringan lemak yang berlebih didalam tubuh.

**Kata kunci** : Obesitas, Indeks Massa Tubuh, Lingkar Pinggang, Persen Lemak Tubuh, Kadar Glukosa Darah dan Wanita.

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## **RELATIONSHIP BETWEEN OBESITY AND AGE WITH BLOOD GLUCOSE LEVELS IN WOMEN**

(72 page + 13 table + 5 pictures + 6 attachments)

### **ABSTRACT**

**Background :** Obesity and age affect blood glucose levels. Blood glucose levels are related to BMI, waist circumference and percentage body fat can be used to measure obesity status.

**Objective:** The aim of the study was to analyze the correlation between obesity and age with blood glucose levels in women.

**Design:** Literature Review (LR), the database used is Google Scholar, proquest in 2015 to 2020 which can be accessed in full text in PDF format with a total of 5 articles.

**Results:** There were 5 full text articles with problems according to the inclusion criteria with the outcome, namely 3 articles conveying that there was a significant relationship between BMI, waist circumference and body fat percent with blood sugar levels in women and 2 articles said there was no relationship between BMI, waist circumference and sugar levels. blood in women  $p > 0.05$ .

**Conclusion:** There is a relationship between BMI with blood glucose levels and waist circumference with blood glucose levels influenced by age  $> 40$  years. There is a relationship between the percent of body fat and blood glucose levels which are influenced by excess fat tissue in the body.

**Keywords :** Obesity, Age, Body Mass Index, Waist Circumference, Percent Body Fat, Blood Glucose Levels and Women.