**Health Education About The Knowledge Of Type 2 Diabetes Mellitus Patients On The 3j Diet In The Puskesmas Putri Ayu Area Jambi City**

Dema Aprilia Misdian\*Erwinsyah\*\*Rts. Netisa Martawinarti\*\*\*

D-III Nursing study program

Garuda Putih Jambi College of Health Sciences in 2024

Email:demaaprilia1234@gmail.com

ABSTRACT

**Background:** Dietary regulation is the key to successful control of blood sugar levels in type 2 diabetes mellitus patients in preventing complications. Patients who have good knowledge will certainly have a positive attitude towards preventing disease complications, while sufferers who have less knowledge will have difficulty implementing health workers' recommendations regarding their diet. Health education about diet in diabetes mellitus patients is very important to help control blood glucose levels.

**Objective:** The aim of this research is to increase knowledge about the 3J diet in type 2 DM sufferers.

**Method:** This research uses descriptive methods. The samples in this study were 2 clients who suffered from diabetes mellitus. By using a questionnaire measuring tool on clients to see the client's knowledge about the DM Diet.

**Results:** The pre and post test results of Mr.S showed that before and after education was given a score of 46.6% (less knowledge) and 73.3% (poor knowledge), while before and after education Mrs.S got a score of 53.3% (poor knowledge) and 80% (good knowledge).

**Conclusion:** Client knowledge increased after being given health education regarding type 2 diabetes mellitus patients' knowledge about the 3J diet.

**Suggestion:** I want the results of this research to be used as a source of information or reference regarding the importance of diet in DM sufferers. to improve health status.

**Keywords:** Health education, Diabetes Mellitus, DM diet.

**References:** 14 books, 8 journals