DIETARY PATTERNS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS THROUGH EDUCATIONAL BOOKLET MEDIA

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SUMMARY

Background: *Type 2 Diabetes Mellitus is a non-communicable disease characterized by high blood glucose levels due to impaired insulin action or production. Diet management is one of the main pillars of diabetes management. However, many patients still have limited knowledge and adherence to diabetic diets, highlighting the need for educational media that is attractive, easy to understand, and suitable for self-learning.* ***Objective:*** *To develop a Communication, Information, and Education (CIE) booklet on dietary patterns for patients with Type 2 Diabetes Mellitus to improve their knowledge and understanding of appropriate dietary practices.* ***Methods:*** *The booklet was developed using Canva and AI based on scientific sources, health guidelines, and relevant literature. A trial was conducted with three respondents to obtain feedback on the content, language, appearance, and feasibility of the booklet.* ***Results:*** *The booklet, entitled "Right Diet, Friendly Blood Sugar," is A5-sized and consists of 20 pages. The materials include Type 2 Diabetes Mellitus, dietary management of carbohydrates, protein, fat, sodium, and fiber, the "Isi Piringku" method, physical activity, and tips for maintaining controlled blood glucose levels. The booklet uses simple language and attractive illustrations.* ***Conclusion:*** *The booklet can be used as CIE media to improve patients' knowledge and understanding of appropriate dietary patterns and support blood glucose control and complication prevention.*

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Keywords: *booklet, Type 2 Diabetes Mellitus, dietary management, education, CIE.*