ABSTRAK

Latar belakang: Diabetes melitus tipe 2 merupakan penyakit tidak menular dengan angka kejadian tinggi yang dapat menimbulkan komplikasi. Pengelolaan profil lipid dan kontrol glikemik yang optimal penting untuk mencegah komplikasi tersebut. Penelitian ini bertujuan untuk mengetahui gambaran kadar HbA1c dan profil lipid pada pasien diabetes melitus tipe 2 peserta Program Prolanis di Puskesmas Garuda Kota Bandung.

Metode: Penelitian ini menggunakan desain kuantitatif deskriptif dengan pendekatan potong lintang. Sampel penelitian berjumlah 93 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian berupa data sekunder dari rekam medis yang mencakup kadar HbA1c, kolesterol total, LDL, HDL, dan trigliserida, kemudian dianalisis secara univariat.

Hasil: Mayoritas responden berusia ≥65 tahun (57%) dan berjenis kelamin perempuan (74,2%). Kadar HbA1c tidak terkontrol (≥7%) ditemukan pada 54 responden (58,1%). Sebagian besar responden memiliki kadar kolesterol total normal (<200 mg/dL) sebanyak 63 responden (67,7%) dan kadar LDL tinggi (≥100 mg/dL) sebanyak 53 responden (57%). Mayoritas laki-laki memiliki kadar HDL normal (>40 mg/dL) sebanyak 16 responden (66,7%), sedangkan mayoritas perempuan memiliki kadar HDL rendah (≤50 mg/dL) sebanyak 38 responden (55,1%). Kadar trigliserida normal (<150 mg/dL) ditemukan pada 56 responden (60,2%).

Kesimpulan: Sebagian besar pasien diabetes melitus tipe 2 peserta Prolanis memiliki kadar HbA1c yang tidak terkontrol, kadar kolesterol total normal, kadar LDL tinggi, kadar HDL rendah pada perempuan, dan kadar trigliserida normal. Hasil ini menegaskan pentingnya pengendalian glikemik dan profil lipid untuk mencegah komplikasi.

Kata kunci: HbA1c, Profil lipid, Diabetes melitus tipe 2, Prolanis

ABSTRACT

Background: *Type 2 diabetes mellitus is a noncommunicable disease with a high prevalence and a significant risk of complications. Optimal management of lipid profiles and glycemic control is crucial to prevent these complications. This study aimed to describe HbA1c levels and lipid profiles among patients with type 2 diabetes mellitus enrolled in the Prolanis Program at Garuda Primary Health Center, Bandung.*

Methods: *This study employed a descriptive quantitative design with a cross-sectional approach. A total of 93 respondents were selected using purposive sampling. The research instrument consisted of secondary data obtained from medical records, including HbA1c levels, total cholesterol, LDL, HDL, and triglycerides, which were analyzed using univariate analysis.*

Results: *The majority of respondents were aged ≥65 years (57%) and female (74.2%). Uncontrolled HbA1c levels (≥7%) were found in 54 respondents (58.1%). Most respondents had normal total cholesterol levels (<200 mg/dL) (67.7%) and high LDL levels (≥100 mg/dL) (57%). Among male respondents, most had normal HDL levels (>40 mg/dL) (66.7%), while most female respondents had low HDL levels (≤50 mg/dL) (55.1%). Normal triglyceride levels (<150 mg/dL) were observed in 56 respondents (60.2%).*

Conclusion: *Most patients with type 2 diabetes mellitus enrolled in the Prolanis Program had uncontrolled HbA1c levels, normal total cholesterol, elevated LDL levels, low HDL levels among females, and normal triglyceride levels. These findings highlight the importance of glycemic and lipid profile management to prevent complications.*

Keywords: *HbA1c, Lipid profile, Type 2 diabetes mellitus, Prolanis*