ABSTRACT

Dietary Patterns and Their Sociodemographic and Nutritional Correlates among Adults with Diabetes: Indonesian Health Survey 2023

Kartika Sari, Ilham Rahmatullah, Ratih Wirapuspita Wisnuwardani

Correspondence E-mail : ratih@fkm.unmul.ac.id

Understanding dietary consumption patterns can inform targeted nutrition education, but evidence on their sociodemographic and nutritional correlates among Indonesian adults with diagnosed diabetes remains limited.

This study aimed to examine associations of sex, education, residence, and nutritional status with dietary indicators among Indonesian adults with diagnosed diabetes

This cross-sectional analysis included 14,101 adults aged >18 years with self-reported physician-diagnosed diabetes in the 2023 Indonesian Health Survey. Survey-weighted logistic regression assessed daily consumption of sweet foods, sweetened beverages, and fatty, cholesterol-rich, or fried foods. Survey-weighted linear regression analyzed fruit and vegetable intake (servings/day). Models accounted for complex survey design and included sex, education, residential area, and body mass index categories.

Daily consumption of sweet foods, sweetened beverages, and fatty, cholesterol-rich, or fried foods was reported by 17.3%, 26.1%, and 32.8% of respondents, respectively. Mean fruit and vegetable consumption was 0.687 and 1.306 servings/day, respectively. Men had higher adjusted odds of daily sweetened-beverage consumption than women (aOR = 1.523; 95% CI: 1.344–1.725). Compared with university graduates, respondents with primary education had higher odds of daily consumption of fatty, cholesterol-rich, or fried foods (aOR = 1.997; 95% CI: 1.570–2.540), while those without formal schooling consumed fewer fruit servings (β = −0.432 servings/day; 95% CI: −0.521 to −0.344). Urban residence was associated with higher fruit consumption (β = 0.101; 95% CI: 0.060–0.141) and lower vegetable consumption (β = −0.148; 95% CI: −0.209 to −0.086) than rural residence.

Dietary patterns among Indonesian adults with diagnosed diabetes varied by sex, education, and residence. These findings support tailored nutrition assessment and education in diabetes care, focusing on sweetened beverages, fatty foods, and fruit and vegetable intake.

Keyword : diabetes mellitus; dietary consumption; sociodemographic factors; nutritional status; Indonesian Health Survey.