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**“OVERVIEW OF INSTANTANEOUS BLOOD GLUCOSE LEVELS ON NORMAL BODY MASS INDEX (BMI) AND EXCESS BODY WEIGHT IN PHARMACEUTICAL STUDENTS INSTITUTE OF HEALTH MITRA BUNDA PERSADA BATAM”**

**ABSTRACT**

**BACKGROUND :** Blood glucose levels are closely related to the occurrence of a state of increased blood glucose levels in the body called hyperglycemia. There are several factors that can cause an increase in blood glucose, one of which is the individual body mass index (BMI).

**OBJECTIVE :** This study aims to determine the relationship between blood glucose at time to normal Body Mass Index (BMI) and excess body weight.

**METHODS :** Design of this study is analytic observational cross sectional. This research was conducted by checking the Body Mass Index (BMI) and blood glucose levels at any time with a sample of 30 respondents conducted at Institut of Health Mitra Bunda Persada Batam.

**RESULTS :** Based on Chi-Square test *p value* is 0.309 ( $p > 0.05$ ). There is no showed a significant increase in blood glucose. Based on the correlation coefficient test of 0.169 which indicates a very low.

**CONCLUSIONS :** The relationship between the variable instantaneous blood glucose and the Body Mass Index (BMI) indicate no correlation. Based on Chi-Square test, it showed *p value*=0.309 which means *p value* < 0.05, and based on the correlation coefficient test of 0.169 which indicates a very low, it can be concluded that there is no significant relationship.

**Keywords :** Blood Glucose Levels, Hyperglycemia, Diabetes, BMI

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