

Editor in Chief, Family Medicine & Primary Care Review

https://www.termedia.pl/Journal/Family_Medicine_amp_Primary_Care_Review-95/Board

Dear Editor in Chief,

Greetings from Indonesia and wishing you a great day with happiness and healthy condition in this era COVID-19.

I wish to submit an original manuscript entitled “**Eating pattern and physical activity on Diabetes Mellitus: a population-based study among Indonesia.**” for consideration by the **Family Medicine & Primary Care Review**. This manuscript was written using the **author guidelines** of the **Family Medicine & Primary Care Review** mentioned on the website.

We confirm that this work is original and has not been published elsewhere nor is it currently under consideration for publication elsewhere.

As our knowledge, this is the first study using large population-based study. In this paper, we report on research article to summarize the 11,022 respondents, male (50.17%) and aged > 40 years (26.19%) comprised the majority of the participants. Carbohydrate consumption and intake were identified as associated with DM (AdjOR = 0.01; 95% CI = 0.005-0.04; p<0.001). Dietary vegetable and fruit intake were significantly associated with DM (AdjOR = 1.23; 95% CI = 0.41 to 3.65; p< 0.001). However, physical activity was not necessarily a risk factor for DM. We concluded that dietary carbohydrate intake was a risk factor for DM in the adult population in Indonesia, but physical activity had no effect on the incidence of DM. There is a need to control diet and physical activity through the early prevention of DM.

This paper also describes **our original work** and is **not under consideration** by any **other journal**. All authors approved the manuscript and this submission and **do not have any conflict of interest** regarding this manuscript. This document was reported as the result of the research we conducted as one of the requirements of our responsibility as a researcher in our university. This year, we inform that **didn't get funding** for our research publication because of the COVID-19 Pandemic disease case in our country. Lastly, we do hope that this article can be published in this journal so that we can become the first researchers from Indonesia who can contribute our research results in this journal.

Sincerely yours

Assoc. Prof. Dr. Solikhah Solikhah

Correspondence author

Faculty of Public Health, Universitas Ahmad Dahlan

Jl Prof Soepomo Janturan Warungboto Umbulharjo, Yogyakarta, Indonesia 55164,
INDONESIA

Tel. (+62) (0274) 563515, 511830, 379418, 371120 Fax: (+62) (0274) 564604

E-mail: solikhah@ikm.uad.ac.id

reviewers request

External

Inbox

dr. Yenny <yennyfarmako@trisakti.ac.id>

Jul 26, 2021,
7:36 PM

to me

Dear Colleague

Solikhah

Thank you for submitting the manuscript, "Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian: Food intake pattern and its related factors with Diabetes Mellitus" to Universa Medicina.

To shorten the review process, we ask for your willingness to recommend two reviewers who have a **Scopus H index of at least 2** to us to review your manuscript.

Please submit recommended reviewer information in the format:

Name :
Email address :
Phone number :
No. Scopus ID :
Affiliation/institution :

Thank you very much for your help

Regards

Yenny

Section editor Universa Medicina



UNIVERSITAS TRISAKTI

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SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Jul 31, 2021,
9:36 AM

to Yenny

Dear Editor in Chief,

We would like to send potential reviewer, namely:

1. Name: Dr. Pornpimon Chupanit
email address: pornpch@kku.ac.th
Phone number: +66 43424820
No. Scopus ID: 57208753431
Affiliation/institution: Khon Kaen University, Thailand

2. Name: Dr. Mutalazimah, SKM,M.Kes
email address: pornpch@kku.ac.th
Phone number: +66 43424820
No. Scopus ID: 57208753431
Affiliation/institution: Khon Kaen University, Thailand

Thank you
Warm regards,
Dr. Solikhah S

dr. Yenny <yennyfarmako@trisakti.ac.id>

Aug 6, 2021,
1:07 PM

to me

Dear colleague:

Solikhah

Thank you for the recommendation of the 2 reviewer names given.

We will contact them to ask for their willingness to review your manuscript.

Best regards

Yenny

Universa Medicina section editor

UNIVERSITAS AHMAD DAHLAN

Kampus 1: Jln. Kapas No. 9 Yogyakarta

Kampus 2: Jl. Pramuka 42, Sidikan, Umbulharjo, Yogyakarta 55161

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Kampus 5: Jl. Ki Ageng Pemanahan 19, Yogyakarta

Kontak

Email: info@uad.ac.id

Telp. : (0274) 563515, 511830, 379418, 371120

Fax. : (0274) 564604

dr. Yenny <yennyfarmako@trisakti.ac.id>

Aug 6, 2021,
1:23 PM

to me

Dear colleague
Solikhah

I would like to confirm the email address of the recommended reviewer.
Both reviewers have the same email address, namely pornpch@kku.ac.th
Please provide confirmation regarding the above problem.

Best regards
Yenny

On Sat, Jul 31, 2021 at 9:37 AM SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>
wrote:

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Fax. : (0274) 564604

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Aug 6, 2021,
1:38 PM

to Yenny

Dear Editor,
Please give your apologies for my typo error in the identification of potential reviewers.
Here I send again for it:

1. Name: Dr. Pornpimon Chupanit
email address: pornpch@kku.ac.th
Phone number: +66 43424820
No. Scopus ID: 57208753431
Affiliation/institution: Khon Kaen University, Thailand
2. Name: Dr. Mutalazimah, SKM,M.Kes
email address:
No, Scopus ID: 57208556216
Affiliation: Universitas Muhammadiyah Surakarta, Indonesia
3. Name: Siwi Pratama Mars Wijayanti, PhD

email address: siwimars@gmail.com
No Scopus ID: 57188709069
Affiliation: UNSOED, Purwokerko, Indonesia.

Thank you

Warm Regards,

Dr. Solikhah S

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Aug 6, 2021,
1:39 PM

to Yenny

Dear Editor,

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Here I send again for it:

1. Name: Dr. Pornpimon Chupanit
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2. Name: Dr. Mutalazimah, SKM,M.Kes
email address: mutalazimah@ums.ac.id
No, Scopus ID: 57208556216
Affiliation: Universitas Muhammadiyah Surakarta, Indonesia
3. Name: Siwi Pratama Mars Wijayanti, PhD
email address: siwimars@gmail.com
No Scopus ID: 57188709069
Affiliation: UNSOED, Purwokerko, Indonesia.

Thank you

Warm Regards,

Dr. Solikhah S

dr. Yenny <yennyfarmako@trisakti.ac.id>

Aug 6, 2021,
2:12 PM

to me

Many thanks

We will process

[UnivMed] New notification from Universa Medicina

External

Yenny Yenny yennyfarmako@trisakti.ac.id [via](mailto:yennyfarmako@trisakti.ac.id) univmed.org

Sun, Sep 5, 2021,
9:06 PM

to me

You have a new notification from Universa Medicina:

You have been added to a discussion titled "reviewer comment" regarding the submission "Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian".

Link: <https://univmed.org/ejurnal/index.php/medicina/authorDashboard/submission/1203>

Adi Hidayat

The following message is being delivered on behalf of Universa Medicina.

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Fri, Sep 10, 2021,
9:30 PM

to Adi, yennyfarmako

Responses to reviewers' comments

Manuscript ID: 1203

Title: Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian.

Dear Editor- Universa Medicina

We thank the editor and reviewers for their thorough reading of our manuscript and their comments and suggestions that helped us to improve the manuscript. As indicated below, we have tried to do our best to respond to all the points raised. Please contact me if you need any further information.

Reviewer report #1:

When you showed % of DM in Indonesia, the next sentence should to show the % of DM in other countries too.

Author responses #1:

Thank you for your suggestion. We have agreed and revised in the manuscript with the highlight.

We have added the following the line 31-34 "Indonesia, as one of the low-middle income countries, ranks seventh among countries with the highest numbers of adults with DM in the world (10.7 millions) after China (116.4 millions), India (77.0 millions), the United States (31.0 millions), Pakistan (19.4 millions), Brazil (16.8 millions) and Mexico (12.8 millions)"

Reviewer report #1:

redundant

Author responses #1:

Thank you for your suggestion. We have agreed and revised in the manuscript with the highlight.

We have revised line 44-45 “The high prevalence of DM is also triggered by the food consumption pattern that was high in carbohydrate and saturated fat ^{(11), (12), (13), (14)}, but low in vitamins and fiber

ADDIN ZOTERO_ITEM CSL_CITATION {"citationID":"ayR86BF0","properties":{"formattedCitation":"[15]","plainCitation":"[15]","noteIndex":0},"citationItems":[{"id":786,"uris":["http://zotero.org/users/local/xrqY5Nri/items/YIW8FR6F"],"uri":["http://zotero.org/users/local/xrqY5Nri/items/YIW8FR6F"],"itemData":{"id":786,"<span style='color:black;mso-themecolor:tex

...

[UnivMed] New notification from Universa Medicina

External

Inbox

Yenny Yenny yennyfarmako@trisakti.ac.id via univmed.org

Fri, Sep 17, 2021,
2:12 PM

to me

You have a new notification from Universa Medicina:

You have been added to a discussion titled "Editor comments : major revision" regarding the submission "Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian".

Link: <https://univmed.org/ejurnal/index.php/medicina/authorDashboard/submission/1203>

Adi Hidayat

The following message is being delivered on behalf of Universa Medicina.

[UnivMed] A message regarding Universa Medicina

External

Inbox

Adi Hidayat <editor@univmed.org>

Sun, Nov 7, 2021,
7:27 PM

to me

Dear Solikhah,
How are you? Are you still want to publish your manuscript? I still waiting for your revised manuscript.

Best regards,

EDitor

Universa Medicina

The following message is being delivered on behalf of Universa Medicina.

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Sun, Nov 7, 2021,
7:32 PM

to Adi

Yes, I am working on it.
Thank you

Editor Univmed <editor@univmed.org>

Sun, Nov 7, 2021,
8:01 PM

to me

Thank you.

UNIVERSITAS AHMAD DAHLAN

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Fax. : (0274) 564604

Responses to reviewers' comments

Manuscript ID: 1203

Title: Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian.

Dear Editor- Universa Medicina

We thank the editor and reviewers for their thorough reading of our manuscript and their comments and suggestions that helped us to improve the manuscript. As indicated below, we have tried to do our best to respond to all the points raised. Please contact me if you need any further information.

Reviewer report #1:

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Author responses #1:

Thank you for your suggestion. We have agreed and revised in the manuscript with the highlight.

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Reviewer report #1:

redundant

Author responses #1:

Thank you for your suggestion. We have agreed and revised in the manuscript with the highlight.

We have revised line 44-45 “The high prevalence of DM is also triggered by the food consumption pattern that was high in carbohydrate and saturated fat ^{(11), (12), (13), (14)}, but low in vitamins and fiber ^{(15), (16)}.”

Reviewer report #1:

Type 2 diabetes is caused by a combination of genetic and environmental factors. For environmental factors, dietary consumption especially carbohydrate intake is more effect to blood glucose level than protein and saturated fatty.

Author responses #1:

Thank you for your note. Actually we have explained before that saturated fat food contributed to raising the prevalence of type 2 diabetes. Also based on the literature review we have explained that patients with DM are advised not to consume carbohydrates in the amount that is more than 45%-65% of the daily total energy need ^{(18), (19)}. In addition, the amount of protein recommended for these patients is 10-15% of the total daily calorie need. For saturated fatty food, the recommendation is that it should not exceed 10 - 20 % of the total daily calorie need ⁽²⁰⁾.

Reviewer report #1:

Why the researcher selected people aged 40 years and **over?** Pleases described in some part of introduction

Why the researcher selected participants with DM because the disease affects a change in consumption behaviour.

Did you mean “the subjects were not to know they had DM?”

Author responses #1:

Thank you for your kindness. According to the data, we used secondary data from the IFLS-wave 5 and for collecting data of disease only interview to the respondents with aged ≥ 40 . We have revised in line 77-79 “ The inclusion criteria applied to the sample in this study were 40 years of age, where data available from IFLS-5 for measuring diseases such as DM only interviewed respondents who were 40 years old”

Reviewer report #1:

What are the missing data? The researcher should to explain.

Author responses #1:

Done, thank you for your kindness

Line 79 “ Respondents with missing data such as data incomplete and outliers were excluded from the analysis”

Reviewer report #1:

Please explain more details about dietary assessment including;

- reliability and validity of the questionnaire.
- Participant answer by themselves or by interviewing.
- How did the researcher categorised food group?
- According to frequency, how did the researcher categorised the appropriate or not appropriate intake?

Author responses #1:

For reliability and validity of the questionnaires. This is a longitudinal study regarding for measure the Indonesian family life survey since 1993/1994 until 2014/2015. The household questionnaire in IFLS2 was organized like its IFLS1 counterpart and repeated many of the same questions to allow comparisons across waves. All information regarding IFLS questionnaires is documented available to the public (https://www.rand.org/content/dam/rand/pubs/working_papers/WR1100/WR1143z3/RAND_WR1143z3.pdf).

For interviewing, we have explained before that we used secondary data from IFLS-5 so we don't interview and only explain how data get in. For categorised food we have explained also that we measure based on frequency of consuming of them such as ≤ 1 time/week, 1-3 time/week, and > 3 times/week).

Reviewer report #1:

Food frequency questionnaire?

Author responses #1:

Yes, thank you and we have added in revised manuscript with highlight

Reviewer report #1:

?? and carrot? Why ask only carrot?

Meats? Processed meats for example sausage, meat ball etc.

??? Is the frequency of daily intake per week?

Author responses #1:

For all item of questionnaire, we follow the questionnaire from IFLS including detailed of food consumption from participants. All information provide in our manuscript in line 71-72 "A cross-sectional study that obtained from secondary data collected through structured interviews of 11,022 respondents during the fifth wave of the *Indonesia Family Life Survey* (IFLS-5). The IFLS-5 is a longitudinal survey that collects panel data on socioeconomics and health at the individual, household and community levels in 13 provinces in Indonesia. The 13 provinces included in the study are North Sumatra, South Sumatra, West Sumatra, Lampung, Jakarta, West Java, Central Java, Yogyakarta, East Java, Bali, West Nusa Tenggara, South Kalimantan, and South Sulawesi. The inclusion criteria applied to the sample in this study were 40 years of age, where data available from IFLS-5 for measuring diseases such as DM only interviewed respondents who were 40 years old. Respondents with missing data for respondents and outliers were excluded from the analysis."

Reviewer report #1:

Plases explain

Author responses #1:

Thank you and we have done in line 119 – 124 "A logistic regression model was performed to obtain adjusted bivariate and adjusted multivariate effects for DM. In the bivariate analysis, chi-square test was employed to identify the relationship between DM and the risk factors of DM. Then, a binary regression model was used to estimate the adjusted odds ratio

and 95% confidence interval on the factors that are considered to have an effect on the DM. Statistical significance was set as a p-value <0.05, and all data analyses were performed using STATA 15.0 software”

Reviewer report #1:

Cite reference

Author responses #1:

Thank you and have added in revised manuscript

Reviewer report #1:

The inclusion criteria in this study were participants aged 40 years. Why the proportion was 26.19%, not 100%?

Author responses #1:

We have gave your apologies about our typo. We have explained before that we collect the data based on the IFLS-5 and the sample have interviewed ≥ 40 years old, then we have divided for 6 groups such as 40-44, 45-49, 50-54, 55-59, and ≥ 60 . For 26.19% of proportion for groups aged 40-44. Thank you for your kindness and we have done revised in our manuscript. Line 127-128 “ Of the 11,022 respondents, male (50.17%) and aged 40-44 years (26.19%) comprised the majority of the participants”

Reviewer report #1:

What is a low education level?

Author responses #1:

A low educational levels means respondent have graduated from elementary school. We have revised in our manuscript with highlight.

Reviewer report #1:

There mean “Low physical activity”?

Author responses #1:

Thank you for your kindness and we have revised with highlight.

Reviewer report #1:

Adjusted OR less than 0 that mean protective effect, not the risk effect.

Author responses #1:

We have revised manuscript with highlight, thank you
Line 134-136 “Table 3 provides the results of multivariable binary logistic regression analyses, which revealed that carbohydrate intake more than 3 times per week had a significantly lower risk of DM compared to consuming carbohydrate ≤ 1 time/week (AdjOR = 0.01; 95% CI = 0.01-0.06; $p < 0.001$) higher risk of DM.”

Reviewer report #1:

The results not shown the amount of carbohydrate intake.

Author responses #1:

Thank you, we have revised with highlight, line 198-199 “A processed meet and fruits intake become a risk factor for diabetes in the adult population in Indonesia”.

Thank you very much.

Best regards,

Solikhah Solikhah

[UnivMed] New notification from Universa Medicina

External

Inbox

Adi Hidayat

Mon, Feb 7,
8:01 PM

to me

You have a new notification from Universa Medicina:

There is new activity in the discussion titled "[UnivMed] A message regarding Universa Medicina" regarding the submission "Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian".

Link: <https://univmed.org/ojs330/index.php/medicina/authorDashboard/submission/1203>

Adi Hidayat

The following message is being delivered on behalf of Universa Medicina.

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Tue, Feb 8,
5:41 AM

to Adi

Dear Editor

Thank you very much for your suggestion and correction

Here have looked a reference for replacing reference number 39:

[39] Widiayunita M. Description of Eat Pattern and Relationship Between Nutrition Status with Basic Consumption Levels in Children of School. Foodscitech;2:22–37. <https://doi.org/http://dx.doi.org/10.25139/fst.v2i1.1734>.

Warm regards,

Dr Solikhah S

Editor Univmed

Tue, Feb 8,
7:56 AM

to me

Dear Solikhah,

Thank you for your fast response.

Best rgards,

Editor

UNIVERSITAS AHMAD DAHLAN

Kampus 1: Jln. Kapas No. 9 Yogyakarta

Kampus 2: Jl. Pramuka 42, Sidikan, Umbulharjo, Yogyakarta 55161

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Kontak

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Fax. : (0274) 564604

[UnivMed] Editor Decision

External

Inbox

Adi Hidayat

Tue, Feb 8,
11:01 AM

to me, Asri

Dear Solikhah Solikhah, Asri Lestari:

We have reached a decision regarding your submission to Universa Medicina, "Food intake pattern and its related factors with Diabetes Mellitus: a population-based study among Indonesian: Food intake pattern and its related factors with Diabetes Mellitus".

Our decision is to: Accept Submission

Best regards,
Editor
Universa Medicina

The following message is being delivered on behalf of Universa Medicina.

SOLIKHAH SOLIKHAH <solikhah@ikm.uad.ac.id>

Tue, Feb 8,
11:20 AM

to Adi

Dear Editor
Thank you for nice news and your supporting

Best Regards
Dr Solikhah S

[UnivMed] New notification from Universa Medicina

External

Inbox

Rita Hemawati ritahemawati@trisakti.ac.id [via univmed.org](http://univmed.org)

Tue, Feb 15,
11:16 AM

to me

You have a new notification from Universa Medicina:

You have been added to a discussion titled "Final draft" regarding the submission "Processed meat consumption increases risk of type 2 diabetes mellitus in adults aged 40 years and older".

Link: <https://univmed.org/ejurnal/index.php/medicina/authorDashboard/submission/1203>

Adi Hidayat

The following message is being delivered on behalf of Universa Medicina.
