

SUMMARY

GIVING BITS (*BETAVULGARIS*) TO ERITROSITE INDEX IN ADOLESCENTS WITH ANEMIA

Sukma Ayu Wardani (2020)
Diploma III Midwifery Study Program
'Aisyiyah University Surakarta
Rina Sri Widayati, SKM, M. Kes, Sri Sustiyati, SST., M.Keb

Background : The impact of anemia on young women cause growth retardation, susceptibility to infection, fatigue, and reduced enthusiasm for learning. Conseling beets can be an alternative way to increase hemoglobin levels because beets increase hemoglobin levels, because beets contain high levels og iron compared to other fruits such as dragon fruit and melon. **Purpose** : forming and maintaini the circulation of oxygen and nutrients needed by young women. **Method** : Health education media. For example a poster. The poster Is a Printed median containing message of health **Results** : Health poster entitled GIVING BITS (*BETAVULGARIS*) TO ERITROSITE INDEX IN ADOLESCENTS WITH ANEMIA. **Conclusion**: posters can provide information and education to the wider community, especially young women who have anemia

Keyword : Teenage Girl, Anemia, Poster