

BENEFITS OF GIVING COFFEE DRINKING ON THE REDUCTION OF
BLOOD SUGAR LEVELS IN MELLITUS DIABETES

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ESSENCE

Background; Diabetes Mellitus (DM) is a metabolic disease with characteristics that occur due to abnormalities in insulin secretion, insulin action or both. Lowering blood glucose levels (KGD) to normal limits is the best action to prevent various diseases, especially Diabetes Mellitus (DM). Patients with Diabetes Mellitus need to be given appropriate therapy. WHO has recommended the use of traditional medicine. One of these traditional medicines is coffee beans. According to experts, the content of compounds in coffee such as chlorogenic acid can reduce blood sugar levels in people with Diabetes Mellitus. Information about the benefits of coffee on reducing blood sugar levels in people with Diabetes Mellitus can be socialized through the media. One of them is a poster. **Aim;** Posters can be used as a medium for health education to the public, especially people with Diabetes Mellitus to know and apply coffee consumption to help lower blood sugar levels. **Output Description;** The theme of this poster is to lower blood sugar levels by consuming coffee and is created using a computer application software with a minimum resolution of 300 dpi. **Conclusion;** Coffee consumption can be used to help lower blood sugar levels and posters about the benefits of coffee on reducing blood sugar levels in people with Diabetes Mellitus can be used as a medium for education, communication, and information.

Keywords: Coffee, Lowering Blood Sugar Levels, Diabetes Mellitus