

BENEFITS OF GREEN TEA ON DECREASE CHOLESTEROL LEVELS IN EARLY ELDERLY THROUGH POSTER MEDIA

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ESSENCE

Background: Decreased physical activity in the elderly will increase the risk of increasing cholesterol levels in the body. High cholesterol levels will cause fat deposits which can then cause heart disease, stroke, kidney, liver, and so on. A total of 7.6 million people died from stroke and the prevalence of coronary heart disease in Indonesia was 1.5%, where the number increases with age. High cholesterol levels can be treated with diet and exercise but it takes a long time, while pharmacological therapy has side effects. The safest medicine is a drug of natural origin. One of them is green tea. **Aim:** to provide knowledge for the elderly about the benefits of green tea extract on cholesterol levels using poster media. **Output Description:** The output achieved in this assignment is in the form of intellectual property rights (IPR) in the form of a poster entitled "Benefits of Green Tea to Lower Cholesterol Levels". **Conclusion:** Poster media can provide information to increase knowledge about the benefits of green tea on cholesterol levels in early elderly.

Keywords: *cholesterol levels, early elderly, green tea, poster*