

## **THE ADVANTAGE OF YOUNG COCONUT WATER TO DECREASE BLOOD PRESSURE ON HYPERTENSION PATIENT BY POSTER MEDIA**

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### **ESSENCE**

**Background;** High blood pressure (hypertension) is the increase of blood pressure in the artery. Hypertension is blood pressure or heart rate which is higher than normal because of the narrowing of blood vessel or other interference. The decrease of blood pressure on hypertension patient is expected the most to prevent other complication diseases. One of the ways to prevent that happen is by consuming young coconut water. Young coconut water contains some things as sugar, vitamin, calcium, and potassium. By consuming food which contains high potassium and low sodium is important to maintain the blood pressure in the normal limit. Information about the importance of consuming young coconut water to decrease blood pressure can be spread out by media. One of the ways is by using poster. **Objective;** Poster can be used as media in educating people about health especially on hypertension patient so that they know also consume young coconut water to decrease blood pressure. **Description of The Poster;** The theme of the poster is The Advantage of Young Coconut Water to Decrease Blood Pressure and made by software application on computer with minimum resolution it is 300 dpi. **Conclusion;** Consuming young coconut water can be used to decrease blood pressure and the poster of The Advantage of Young Coconut Water to Decrease Blood Pressure on Hypertension Patient can be used as media of education, communication, and information.

**Keywords:** Young Coconut Water, Hypertension