

EFFORTS TO IMPROVE KNOWLEDGE ABOUT SALT DIET IN HYPERTENSION PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: Hypertension is an abnormal increase in blood pressure in the arteries continuously over a period. One of the causes of hypertension is a history of consuming foods high in salt, hypertension often occurs in the elderly (elderly). This disease is a disease that often appears in developing countries, one of which is Indonesia, which is one of the countries with a hypertension complication rate of around 9.4 deaths worldwide each year. In lowering blood pressure, it can be done by regulating lifestyle and anti-hypertensive drugs. Related to lifestyle regulation, namely reducing salt intake or a low salt diet. Hypertensive patients should have knowledge about a low salt diet because a good level of knowledge about a salt diet will make it easier to change blood pressure. **Purpose:** To provide benefits for people with hypertension, namely to help hypertensive sufferers to apply a salt diet as an effort to reduce blood pressure. **Methods:** The booklet entitled "Efforts to Increase Knowledge of Salt Diet for Patients with Hypertension" contains aids in providing health education and also to facilitate understanding of the information provided and serve as a reminder even though it is not in the process of providing health education. **Keywords:** Hypertension, Salt Diet