

TOMATO JUICE EDUCATION TO LOWER BLOOD PRESSURE IN PEOPLE WITH HYPERTENSION THROUGH POSTER MEDIA

Dheana Fithria Beuty

D.fhria@yahoo.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Back Ground;*Hypertension is a condition blood vessels increase persistently. Hypertension with complications of 5,3% is the fifth leading cause of death for all ages. The number of hypertension in Indonesia has a high prevalence of 25,8%. Hypertension is affected by smoking habits, lack of activity, unhealthy diet, obesity, stress. Hypertension is a cause symptoms headache, heaviness in the neck, dizzy, insomnia, and lightheaded eyes. The purpose of media creation this is increase knowledge and provide information to the community about consumption of tomato juice as an effort to lower blood pressure in people with hypertension.* ***Method;****The operation of poster media entitled “Tomato juice as an effort to lower blood pressure in people with hypertension” .****Result;****The output of this final project form media poster “Tomato juice as an effort to lower blood pressure in people with hypertension through poster media”.****Conclusion;*** *The media poster “Tomato juice as an effort to lower blood pressure in people with hypertension”. This poster expected to deliver benefit for public especially hypertension sufferers so that could obtain information about giving tomato juice as lowering blood pressure.*

Keywords: *Tomato Juice, Hypertension, Poster*