

CONSUME BOILED CHICKEN EGG FOR INCREASED HEMOGLOBIN LEVELS IN PREGNANT WOMEN

Aina Salsabila Effendi | Sri Kustivati
ainasalsabilla.56@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Anemia is a condition where red blood cells have been reduced in the red blood circulation, which results in oxygen entering the body not functioning normally. Pregnant women are considered anemic if their hemoglobin level is below 11 gr/dl. Anemia in pregnant women is characterized by a pale face, red eyes and pale palms, fatigue and lethargy. Eggs are a source of protein that is cheap and easy to obtain. Eggs also contain iron which can be used as an alternative choice to meet iron needs during pregnancy. **Objective:** Producing Communication, Information and Education (KIE) as educational material delivered by Health Workers, one of whom is a Midwife, to increase pregnant women's knowledge about the benefits of boiled chicken eggs in treating anemia.. **Method:** KIE (Communication, Information and Education) with the media used, namely Booklet media, has a health theme with the title "Consuming Boiled Chicken Eggs to Increase Hemoglobin Levels in Pregnant Women Through Booklet Media". **Results:** KIE is in the form of a booklet for educational media which is equipped with various pictures and animations, making it easier for pregnant women to understand. **Conclusion:** There has been a Media Booklet entitled "Consuming Boiled Chicken Eggs to Increase Hemoglobin Levels in Pregnant Women" which can be used as a source of information and knowledge for Pregnant Women.

Keywords: Anemia, Pregnant Women, Booklet Media, Boiled Chicken Eggs.