

DATE FRUIT TO INCREASE HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS

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SUMMARY

Background: Anemia is one of the global problems affecting health in women of childbearing age, one of the indicators of poor nutrition such as stunting and wasting and decreased school achievement, handling anemia, one of which is the alternative to giving dates. Date fruits contain iron, flavonoids, tannins and vitamins and minerals that function as hemoglobin synthesis and formation. Objective: Making media Communication, Information, Education (IEC) Date Fruit to increase Hemoglobin levels in Adolescent Girls as a promotive media and carry out the role of Midwives. Methods: The method used in IEC media in the form of pocket books produced as the implementation of health promotion that can be used as a reference for midwifery or midwifery students. Results: The resulting media from IEC is a pocket book that can be read directly by young women and midwifery students. Conclusion: IEC media is used as a promotional media, communication, information, education to increase hemoglobin levels in adolescent girls.

Keywords: Date Fruit, Hemoglobin, Adolescent Girls.