EDUCATION ON THE BENEFITS OF MULTIFLORA FOREST HONEY TO INCREASE HEMOGLOBIN LEVELS IN PREGNANT WOMEN

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SUMMARY

Background: Nutritional fulfillment of pregnant women is one important aspect that needs to be considered during pregnancy. Along with the expected good outcome, the next generation is healthy, smart, and able to have a high level of productivity. But until now, groups of pregnant women are still often faced with various health problems, one of which is anemia. Anemia is the biggest health problem in the world, especially for pregnant women because many experience iron deficiency. **Objective:** Making this pocket book can be used as a promotive and curative media about health science in the general public, especially pregnant women and medical personnel such as midwives. **Methods:** using a description of the output of a pocket book with the title "Education on The Benefits of Multiflora Forest Honey to Increase Hemoglobin Levels in Pregnant Women". The design of this pocket book uses the Canva software application with the project results being tested on 4 respondents. **Results:** Based on the outputs that have been made, it is hoped that the community, especially pregnant women who experience anemia, can apply non-pharmacological treatment with the benefits of multiflora forest honey to increase Hb levels in pregnant women. **Conclusion:** With this pocket book media, it can increase public knowledge, especially health workers such as midwives and especially pregnant women, regarding the benefits of multiflora forest honey to increase Hb levels.

Keywords: pregnant women, Hb, multiflora forest honey.