

ANEMIA PREVENTION EDUCATION FOR ADOLESCENT GIRLS WITH THE FULFILLMENT OF NUTRIENTS THROUGH VIDEO MEDIA

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SUMMARY

Background: One of the nutritional problems of adolescent girls is anemia. Anemia will have an impact on the health level of adolescent girls such as decreased ability to concentrate on learning and not optimal height growth. Based on data from the Indonesian Ministry of Health in 2021, the prevalence of anemia in adolescent girls is 22.7%. The causes of anemia in adolescent girls are growth and development, menstruation, ideal body image, and unhealthy diet. The efforts to prevent anemia in adolescent girls are with Balanced Nutrition Guidelines (PGS) and the provision of Blood Addition Tablets (TTD). The contents of my plate are food guidelines that are in accordance with PGS. This project is inseparable from previous research, based on research from Nurjannah and Putri (2021), which states that there is a relationship between nutritional status and the incidence of anemia. Midwives can provide IEC with the type of output in the form of video media. Video is an electronic media that is able to combine audio and visual together to produce a dynamic and interesting show. ***Methods:*** the IEC output method used is a video entitled "Education on Anemia Prevention in Adolescent Girls by Fulfilling Nutrients Through Video Media" made using the canva application. ***Results:*** a video entitled "Beautiful Anemia-Free Radiant Teenagers" with a play duration of 05.38 minutes. ***Conclusion:*** video media has been created to provide information and knowledge to adolescent girls as an effort to prevent anemia by fulfilling nutrients. ***Suggestion:*** Adolescent girls are obedient in consuming TTD and pay attention to nutritional intake so as not to suffer from anemia.

Keywords: Adolescent Girls, Anemia, Nutrients, Video Media

