

**EDUCATION ON THE CONSUMPTION OF RED DRAGON FRUIT AS AN  
EFFORT TO PREVENT ANEMIA IN YOUNG WOMEN THROUGH  
BOOKLET MEDIA**

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**SUMMARY**

**Background;** Adolescence is the phase between childhood and adulthood in the age range between 10 and 19 years. The incidence of anemia in adolescent girls continues to increase every year. The prevalence of anemia in 2021 in women of productive age aged 15-49 years according to WHO globally is 29.9%. Based on 2018 Riskesdas data, the prevalence of anemia in women aged 15 years and over in Indonesia is 32%. Lack of knowledge about anemia and how to prevent it is a serious problem, to deal with this it is necessary to treat it both medically and non-pharmacologically. Non-pharmacological prevention efforts use red dragon fruit. The high iron content in red dragon fruit can increase hemoglobin levels. The role of midwives in providing health services is as educators or teachers. The Booklet is a small book containing important information, the contents of the Booklet are clear, concise, easy to understand and relevant. Booklets have attractive designs and images so they can attract interest in reading. **Method;** The external title of the Booklet is "Anemia? Come on, let's eat red dragon fruit!" Made using application Photoshop CS5. **Result;** Media Booklet contains red dragon fruit to prevent anemia. Three respondents gave an assessment of the work of Booklet media. **Conclusion;** The KIE Booklet media is designed as an educational communication medium which is expected to be able to increase knowledge, attitudes and behavior in preventing anemia.

**Keywords :** Adolescents, Anemia, Hemoglobin, Red Dragon Fruit, Booklet