

## PREVENTION OF ANEMIA BY USING DATES TO INCREASE HEMOGLOBIN LEVELS IN TEENAGE WOMEN

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**SUMMARY**

Background: Adolescence is a transition or transition period from childhood to adulthood which is marked by the existence of physical, psychological and psychosocial changes. Anemia is the most common problem found in adolescent girls. One of the most common indicators for detecting nutritional anemia is the hemoglobin level in the blood. An alternative to iron tablets in increasing hemoglobin levels is by consuming dates. Dates are a processed product that contain iron of 1.5 mg per fruit. Dates contain nutrients that are useful for the body, one of which is that they are rich in iron which can increase hemoglobin levels. The results of the research (Puspita, S.Y, et al 2023) The results obtained in the treatment group before being given normal HB dates to young women were 12 people (80%) and those with abnormal HB were 3 people (20%). Meanwhile, in the control group of 15 girls, there were 14 (93.3%) girls with abnormal HB levels and 1 (6.7%) girl with normal HB levels. Method: Using a pocket book entitled "Preventing Anemia by Using Dates to Increase Hemoglobin Levels in Adolescent Girls" was chosen as educational media. Results: The output produced is in the form of a Pocket Book which is expected to become an educational medium and be able to be implemented well. Conclusion: The pocket book entitled Preventing Anemia by Using Dates to Increase Hemoglobin Levels in Adolescent Girls was created to increase knowledge and be useful as an educational medium.

**Keyword:** *Adolescents, Hemoglobin, Anemia, Dates, Pocket Book*