

## ***DASH DIET EDUCATION FOR HYPERTENSIVE PATIENTS THROUGH VIDEO BASED MEDIA***

Rosiana Fika Indraswari<sup>1</sup>, Mulyaningsih<sup>2</sup>

[Rosianafika10@gmail.com](mailto:Rosianafika10@gmail.com)

Universitas 'Aisyiyah Surakarta

### ***SUMMARY***

***Background:*** Hypertension is a non-communicable disease with a high global prevalence, estimated to reach 1.5 billion people by 2025. In Indonesia, the prevalence of hypertension among people aged  $\geq 15$  years is 29.2%, with Central Java recording a rate of 38.2%, or approximately 8.5 million people. One non-pharmacological approach to controlling hypertension is through a healthy diet, such as the DASH diet (Dietary Approaches to Stop Hypertension). ***Objective:*** To serve as an informational medium to increase knowledge about the DASH diet. ***Method:*** A video media was used to provide information and increase public knowledge about the DASH diet, which was tested on 3 respondents suffering from hypertension. ***Results:*** The output obtained was a video titled "Let's Control Hypertension with the DASH Diet," with a duration of 6 minutes and 28 seconds and a file size of 504 MB. The produced video was well accepted and understood. This video media is expected to serve as an effective educational tool to help hypertension patients understand and apply the DASH diet as an effort to prevent and control hypertension.

***Keywords:*** hypertension, DASH diet, educational video