POCKETBOOK EDUCATIONAL MEDIA ON THE IMPORTANCE OF FOLIC ACID FOR PREGNANT WOMEN

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SUMMARY

Background: *Folic acid (vitamin B9) plays an important role in DNA formation and the development of the fetal nervous system during pregnancy. The Indonesian Ministry of Health recommends a daily intake of 400–600 micrograms for pregnant women; however, many do not meet this requirement. Folic acid deficiency increases the risk of megaloblastic anemia, preeclampsia, spontaneous abortion, and placental abruption. For the fetus, it raises the risk of neural tube defects, anencephaly, hydrocephalus, cleft lip, and low birth weight. Research by Khairani (2021) reported that 80% of mothers with high folate levels gave birth to babies with normal head circumference, while only 15.4% of mothers with low folate levels did. This indicates that folate deficiency affects fetal brain development.* ***Objective:*** *To develop educational medium in the form of a pocketbook about the importance of folic acid consumption for pregnant women.* ***Methods:*** *This study used a KIE approach, including literature review, design using Canva, and trials with 3 pregnant women before being submission as an Intellectual Property (HKI) product.* ***Results:*** *The pregnancy pocket book consists of 23 pages, sized A6 (10.5 cm x 14.8 cm), and is titled "Love Your Future Baby and Yourself with Folic Acid Consumption".* ***Conclusion:*** *A compendium of twenty-three pages, measuring A6 size (10.5 cm x 14.8 cm), has been compiled. The compendium, entitled "Love Your Future Baby and Yourself with Folic Acid Consumption" is intended for IPR registration.*

Keywords: *Folic Acid, Pregnant Women, Folate Deficiency, Pocket Book, Educational Media*