

ANEMIA PREVENTION EDUCATION IN ADOLESCENTS IN KARANGKENDAL VILLAGE THROUGH DIVERSIFICATION OF MORINGA LEAF PROCESSES

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SUMMARY

Background; Anemia is a nutritional problem that is prone to occur in adolescent girls which is characterized by low hemoglobin (Hb) levels below the normal limit (12-15 gr/dl). Moringa leaves (*Moringa oleifera*) are a natural source of iron that can be used to prevent anemia and can be processed into various foods such as nuggets, puddings, and chips. **The objectives of the research;** To create a booklet as an informative and easy-to-understand educational media to increase the knowledge of adolescent girls in preventing anemia and the use of moringa leaves. **Methods;** The methods used include socialization, training and assistance in food processing, provision of Cemilor Booklets, and evaluation through pre-tests and post-tests to measure the level of adolescent knowledge. **Result;** The results of the pre and post tests showed a significant increase in adolescents with good knowledge levels from 25.0% to 53.3%, an increase in sufficient knowledge from 29.2% to 33.3%, and a decrease in adolescents with less knowledge from 45.8% to 8.4%. Community Service Activities produce outputs in the form of educational media, the CEMILOR Booklet, which contains information about anemia and the use of moringa leaves. **Conclusion;** It is hoped that this CEMILOR booklet can be an educational medium in efforts to reduce the prevalence of anemia among adolescent girls.

Keywords: Anemia, Moringa Leaf, Booklet