

POCKET BOOK EDUCATIONAL MEDIA ON THE BENEFITS OF DATES FOR INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS

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SUMMARY

Background: Iron deficiency anemia is common among adolescent girls due to low iron intake, increased needs during growth, and blood loss from menstruation. The impact includes reduced concentration, academic performance, immune function, and quality of life, as well as potential future reproductive health issues. Therefore, anemia needs to be addressed as early as possible through educational approaches tailored to adolescents. One non-pharmacological alternative is the consumption of dates, which are rich in iron, vitamins, and minerals. However, awareness among adolescents regarding the benefits of dates remains low, necessitating appropriate, engaging, and easy-to-understand educational media. **Objective:** To develop a pocketbook titled *The Benefits of Dates in Increasing Hemoglobin Levels in Adolescent Girls*. **Method:** The method used was media development in the form of a pocket-sized educational communication and information (KIE) book measuring 10 × 13 cm, consisting of 24, using the canva application, full-color pages, using simple language and engaging illustrations. **Result:** The resulting pocketbook is titled *Consuming Dates to Increase Hemoglobin Levels in Adolescents*, with a size of 10 × 13 cm and 24 pages. **Conclusion:** A non-pharmacological educational pocketbook titled *Consuming Dates to Increase Hemoglobin Levels in Adolescents* has been successfully developed. This media is original and eligible for Intellectual Property Rights (IPR) registration.

Keywords: date palm, hemoglobin, teenager, pocketbook