

Education On A Healthy Lifestyle For Hypertension Patients Through Booklet Media

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SUMMARY

Background: Hypertension is a non-communicable disease known as a silent killer because it often presents without symptoms until serious complications arise. Its prevalence continues to increase, particularly among the elderly. The lack of public knowledge regarding hypertension management worsens this condition. Therefore, health education through appropriate media is essential to raise awareness and encourage behavioral changes. **Objective:** This study aims to develop an educational booklet titled "Healthy and Fit in Old Age with a Healthy Lifestyle" as a means of communication, information, and education for elderly individuals with hypertension. **Method:** The booklet consists of 18 A5-sized pages, using simple language, attractive illustrations, and bright colors. The content includes definitions, causes, and impacts of hypertension, as well as guidelines for a healthy lifestyle, including nutritional recommendations and physical activity. **Results:** The booklet contains essential information on managing hypertension through healthy eating, salt restriction, exercise, and risk factor control. This media was found to be easy to understand and effective as a self-education tool for the elderly. **Conclusion:** The booklet is considered effective in increasing knowledge, awareness, and compliance among the elderly in adopting a healthy lifestyle to control blood pressure and prevent complications.

Keywords: booklet, health education, hypertension, elderly, healthy lifestyle