

**EDUCATION ON THE BENEFITS OF HONEY TO INCREASE
HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH
ANEMIA THROUGH POCKET BOOK MEDIA**

Elva Nuryanti¹, Rita Riyanti Kusuma Dewi²

*Bachelor of Midwifery Study Program, Faculty of Health Sciences
'Aisyiyah University of Surakarta*

E-mail: 202422244.students@aiska-university.ac.id

SUMMARY

Background: Anemia during pregnancy is a significant health issue in Indonesia, with a prevalence of 37.15% (Ministry of Health RI, 2021). This condition can lead to complications for both mother and fetus, such as hemorrhage, prolonged labor, and even fetal death. One natural and potential solution to increase hemoglobin levels is the consumption of honey, which contains iron, vitamin C, and folate. **Objective:** To educate pregnant women on the benefits of honey in increasing hemoglobin levels using a pocket book as a Communication, Information, and Education (CIE) medium. **Method:** The method used was the development of a 10x13 cm pocket book consisting of 22 pages containing educational, communicative, and visually engaging content. The book was tested on three pregnant women and revised based on feedback regarding content and design. **Results:** The output of this CIE project is a pocket book that effectively serves as an independent educational tool and as a support in counseling activities. The book was well-received by the respondents and helped increase their knowledge about anemia prevention. **Conclusion:** This pocket book can be a practical, economical, and applicable educational medium that enhances pregnant women's awareness of the importance of consuming honey to naturally maintain hemoglobin levels.

Keywords: Anemia, pregnant women, honey, hemoglobin, pocket book, health education.