

GIVING PALM EXTRACT TO INCREASE HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH MILD ANEMIA

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SUMMARY

Background: Low hemoglobin levels cause anemia. If anemia in pregnancy is not resolved, it can interfere with the growth of the fetus in the womb and have a higher risk of giving birth to a baby with low birth weight, prematurity, infant mortality, and bleeding during childbirth. There are many ways to treat anemia in pregnancy, one of them is by consuming palm extract. The iron in palm extract can increase hemoglobin levels in pregnant women who have anemia. **Objective:** Disseminate information in overcoming anemia in pregnancy with palm extract. **Method:** Using IEC media in the form of posters. **Results:** The resulting media posters were published and given to pregnant women and the public in order to overcome the problem of pregnancy anemia. **Conclusion:** The creation of IEC media in the form of posters in disseminating information about giving palm extract to pregnant women with anemia.

Key words: Pregnancy, Anemia, Palm extract

