

## SUMMARY

### KURMA TO INCREASE HEMOGLOBIN IN PREGNANT WOMEN THROUGH POCKET MEDIA

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**Background** : Anemia occurs in pregnant women. If anemia is not treated properly it can cause death of both mother and baby. Dates are a treatment that is used to increase hemoglobin by eating. **Purpose** : Increase knowledge for the public about dates to increase hemoglobin and invite the public, especially mothers who are anemic, to apply dates to reduce the incidence of anemia. **Method** : The resulting method was a pocket book and was promoted to pregnant women, especially those with anemia. **Result** : Using the Output in the form of a pocket book. **Conclusion** : An educational media in the form of a pocket book has been created, that dates can increase hemoglobin in pregnant women.

**Keywords:** *Anemia, hemoglobin, pregnant women*