

SUMMARY

GIVING GREEN NUTS AS AN EFFORT TO INCREASE HEMOGLOBIN LEVELS IN ADOLESCENTS

Nela Fassesa

Diploma III midwifery study program

Surakarta 'Aisyiyah University

Winarni, S.SiT., MPH, Kamidah, S.SiTM.Keb

Background: Anemia is a lack of hemoglobin levels in the blood caused by a lack of iron which is necessary for the formation of Hb. Adolescence around the age of 10-19 years, the period of maturation of the reproductive organs in young girls is marked by menstruation. The incidence of anemia in young women occurs due to several factors, adolescents who experience menstruation every month and insufficient iron intake. In line with the home health survey (SKRT) in 2016, stated that the prevalence of anemia in adolescent girls aged 10-19 years is 57.1%. Foods that can prevent iron deficiency, namely green beans, green beans are one of the foods that contain iron which is needed for the formation of blood cells so that they can overcome the effect of reducing Hb. **Preliminary Research:** Amalia Research (2016: 15) Regarding the effectiveness of green bean drinks on increasing hemoglobin levels in 38 students, there is an effect of giving green bean drinks with an average value of 9.6gr / dl to 10.6gr / dl. **Conclusion:** Based on the known problems, it can be concluded that some young women have less Hb, with this, an output media in the form of posters is created.

Keywords: Adolescents, Anemia, Green Beans