

**AVOCADO LEAF DECOCTION AS AN EFFORT TO LOWER
HIGH BLOOD PRESSURE THROUGH
VIDEO MEDIA**

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SUMMARY

Background: Hypertension is a health problem that is often found among the community. Hypertension or high blood pressure disease itself is a condition where the occurrence of systolic blood pressure increase of more than 140 mmHg and diastolic more than 90 mmHg. The prevalence of hypertension in the world has reached 1.13 billion people and in Indonesia has reached 34.1% while in central Java as much as 12.98%. Treatment of hypertension consists of pharmacological and non-pharmacological therapy, non-pharmacological treatment can be by means of weight loss and also conventional therapy recommended by individual health care providers. As for pharmacological therapy can be by administering diuretic drugs, beta blockers, calcium channel blockers. **Method:** with the media in the form of posters "overcome hypertension with avocado leaf decoction" chosen as a medium of communication in providing information and health knowledge to the public especially hypertension Sufferers **Results:** media posters "overcome hypertension with avocado leaf decoction" is expected to increase public knowledge and can be implemented by the community. **Conclusion:** Poster media can be used with the aim of increasing knowledge and providing more specific information, it can be concluded that this poster medium can be used to increase knowledge on how to decrease hypertension with avocado leaf decoction.

Keywords: Decoction of avocado leaves, hypertension, the influence of administration.