

**EDUCATION OF MORINGA LEAF DECOCTION AS AN ATTEMPT TO
REDUCE BLOOD GLUCOSE LEVEL IN DIABETES MELLITUS
PATIENTS THROUGH BOOKLET MEDIA**

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SUMMARY

Background; *Diabetes Mellitus (DM) is a major health issues in the world. Diabetes is a metabolic disorder caused by lifestyle. DM issues in Indonesia are increasing from year to year. Type 2 diabetes mellitus is the most common DM incidence, around 90% of all DM cases. In handling DM at this time, many people use chemical drugs and have lack of knowledge about the use of existing natural resources as alternative treatment materials. How to reduce blood glucose levels in DM sufferers is by consuming boiled water from Moringa leaves. Consumption of 150 ml of boiled water from Moringa leaves is done once a day every morning for 5 days.* **Method;** *The booklet is made using a computer application with a size of 3.5 x 8.5 inches, a contrasting color design with some pictures and the use of non-convoluted language, so it is easy for readers to understand and attracts reading interest.* **Result;** *Booklets can be used with the aim of increasing public knowledge, especially DM sufferers in reducing blood glucose levels using Moringa leaf boiled water as an alternative therapy for treatment.* **Conclusion;** *Media booklet can be used to increase public knowledge about Moringa leaf boiled water as an effort to reduce blood glucose for people with diabetes mellitus, so it can be applied in daily life.*

Keywords : *Diabetes, Moringa, Booklet.*