

**EFFORTS TO IMPROVE YOUTH KNOWLEDGE ABOUT THE HAZARDS OF
JUNK FOOD THROUGH POSTER MEDIA**

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SUMMARY

Background: *Cases of junk food in Indonesia causing hypertension rose to 34.1%, heart disease was recorded on average - there were 2 million cases on average, stroke was able to take lives 64 of 100 thousand people and obesity increased by 31.0%. Adolescents aged 11 - 13 years are obese by 2.5% while adolescents aged 14 - 17 years are obese by 1.6%. Cases of obesity also result in death up to 5% due to obesity is one of the consequences of increased risk of diabetes, heart disease, cancer, stroke and hypertension. Some factors that affect teenagers consume junk food including technological advances, increase in family income, the influence of peers, good taste, discounts and media masa, both print and electronic is said to be one of the factors that can cause the emergence of habits of adolescents consume junk food .* **Purpose:** *Helping people, especially teenagers to know about the dangers of junk food and avoid junk food.* **Method:** *Make use of the corel draw application to make a lay out of the image design on the poster.* **Result:** *This final project is a poster.* **Conclusion:** *the Poster "Watch out for the Dangers of Junk Food" can be used by the public, especially teenagers to know the dangers of consuming junk food and avoiding junk food.*

Keywords: Teen, Junk Food, Posters