

SUMMARY

Background: Anemia is the most common nutritional problem worldwide. Anemia is common in society, especially adolescents and pregnant women. According to WHO, the prevalence of Anemia in the world reaches 40-88%. Based on the 2017 Indonesian Demographic and Health Survey, the prevalence of anemia in Indonesia is 23%. Young women are one of the groups that are prone to suffering from anemia. Because at the time they also experienced menstruation, especially their lack of knowledge about anemia. Many young women experience lack of nutrients in their daily food consumption. If this happens for a long time it will cause the hb level to continue to decrease and cause anemia. Considering that the impact that occurs as a result of anemia is very detrimental for the future, both prevention and improvement efforts need to be made. To make optimal prevention and improvement efforts, complete and accurate information is needed about the iron nutritional status of adolescents and the factors that influence it. **Method:** Using Corel Draw technology to create a poster. **Result:** The final project output is in the form of a poster media. **Conclusion:** The Media poster "Nutrition Supporting Iron in Adolescents" is expected to provide information to adolescents who are have anemia to increase iron consumption.

Keywords: Adolescents, Anemia, Iron, Poster