

## **ABSTRACT**

### **EDUCATION ON THE USE OF CHAYOTE JUICE AS AN EFFECT TO LOWER CHOLESTEROL LEVELS WITH BOOKLET MEDIA**

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**Background;** Many people experience an increase in high cholesterol levels and a lack of public awareness of the effects of high cholesterol levels, the effects of which are strokes and even death. Data from WHO shows that worldwide cholesterol prevalence is 39%. The prevalence of cholesterol in Indonesia reached 66.41%, while in Central Java cholesterol cases reached 48.1%. Hypercholesterolemia is important to treat because if there is excess cholesterol in the body in large quantities it will form deposits on the walls of blood vessels, causing a narrowing which is called atherosclerosis, if narrowing occurs in the heart blood vessels it causes coronary heart disease and if the blood vessels in the brain cause cerebrovascular disease One of the non-pharmacological management is the use of chayote juice. **Method;** The IEC output method used is a booklet that contains the benefits of chayote juice in an effort to reduce cholesterol levels. **Result;** The output produced is in the form of communication, communication, information, and education media in the form of a booklet entitled "Chayote Juice Effectively Lowering Cholesterol Levels". **Conclusion;** The output of this booklet is expected to be useful as a medium of information and education for people who experience hypercholesterolemia so that they can apply chayote juice therapy independently.

**Keywords:** Cholesterol, Chayote Juice, Booklet