

**THE EFFORT OF IMPROVING KNOWLEDGE ABOUT ALOE VERA
JUICE CONSUMPTION TO LOWER CHOLESTEROL LEVELS FOR
CORONARY HEART DISEASE PREVENTION THROUGH BOOKLET
MEDIA**

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ABSTRACT

Background: Hypercholesterolemia is one of the causes of coronary heart disease. The number incidence of hypercholesterolemia in Indonesia at age > 25 years is 36% and in women the number incidence of hypercholesterolemia is higher, namely 38.2% (Lin et al, 2018). The prevalence of hypercholesterolemia in Central Java is 48.1% (Kemenkes RI, 2016) It refers to a condition in which cholesterol levels in the blood are >240 mg/dL. Prolonged hypercholesterolemia would result in deposition in the arteries and become plaque (atherosclerosis). If there is plaque in the coronary arteries, it could disrupt the flow of O₂ within the heart, leading to the heart experiencing hypoxia and excruciating pain. One of the non-pharmacological therapies that can be done is by consuming Aloe Vera Juice. Aloe Vera contains glucomannan, niacin, and vitamin C which have been shown to reduce cholesterol levels in the blood. **Method:** The method used in the writing of this final project was a journal research. It was then applied to the community by providing education, especially for hypercholesterolemia patients, using booklet media. **Result:** The output produced in this final project is a media of Information and Education Communication (IEC) in the form of Booklet take advantage of *Adobe Illustrator*. **Conclusion:** It is hoped that this Booklet media will be useful by providing information for the public about the dangers of cholesterol and efforts to reduce said dangers.

Keywords: *Coronary Heart Disease, Hypercholesterolemia, Aloe Vera Juice, Booklet*