

## HONEY TO INCREASE HEMOGLOBIN LEVELS IN ANEMIA TM III PREGNANT WOMEN THROUGH POSTER MEDIA

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### **SUMMARY**

**Background:** Anemia in pregnancy is a condition where the hemoglobin level is less than 11 g / L in the first and third trimesters, the hemoglobin level is less than 10.5 g / L in the second trimester. Symptoms of anemia include fatigue, headache, vertigo, and headache. mild, visual disturbances, drowsiness and indigestion. The causes of anemia in pregnancy are excessive red blood cell destruction, blood loss, inoptimal production of blood cells and low iron intake. Anemia can cause LBW, premature babies, post partum infection and risk of maternal death. Anemia in pregnancy can be treated by consuming honey. The content of honey includes vitamin A, vitamin C, iron (Fe), and vitamin B12 which functions as the formation of red blood cells and hemoglobin. Information about consuming honey as an effort to increase hemoglobin levels in pregnant women can be socialized through the media, one of which is in the form of posters.

**Destination;** Posters can be used as a medium for public health education, especially mothers with anemia, so they know how to increase low hemoglobin levels by consuming honey.

**Output Description;** The theme of this poster is "Overcome Anemia in Pregnant Women with Honey" and was created using a software application Microsoft Publisher 2007 with a size of 60x80 cm.

**Conclusion;** a poster on overcoming anemia in pregnant women with honey has been created which can be used as a medium for education, communication and information.

### **Keywords:**

*Anemia, pregnancy and honey*