

ESSENCE

Background : Anemia is still one of the most common public health problems in all parts of the world, both in developed and developing countries. The number of sufferers is estimated at 2 billion (1/3 population) of the world. In addition, in Indonesia, the prevalence of anemia in pregnant women is still high, namely 37.1% or one in three pregnant women in Indonesia suffers from anemia. In overcoming the level of anemia in pregnant women, namely by consuming green beans, in green beans themselves there are many compositions that can increase low hemoglobin. Mung beans contain iron, vitamin C, and zinc which play a role in treating iron deficiency anemia. Green beans also contain vitamin A of 7 mcg in half a cup. To realize this effort to increase hemoglobin, it will be realized through the media, namely using poster media which is expected to make it easier for pregnant women to overcome this problem.

Purpose : Posters can be used as a medium for health education to the public, especially for pregnant women who experience low hemoglobin just before pregnancy and after giving birth, in order to know how to increase low hemoglobin by consuming green beans.

Output Description : The theme of this poster is Low Hemoglobin for Pregnant Women Consumption of green beans to solve it and made using a canva application with a size of 60 x 80 cm

Conclusion : A poster with the theme of hemoglobin for pregnant women with low consumption of green beans has been created to overcome this, hopefully it will be useful for overcoming low hemoglobin in pregnant women and can be used as a medium for education, communication and information

Keywords : Hb, Green Beans, Pregnant Women