

**MANAGEMENT OF ANEMIA IN ADOLESCENT GIRLS IN THE ACTION  
PLAN FOR ACCELERATED REDUCTION OF STUNTING BASED ON THE  
FIRST 1000 DAYS OF LIFE IN BUMI VILLAGE**

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**SUMMARY**

**Background:** Anemia in adolescent girls is a nutritional problem that needs to be addressed due to its impact on the first 1000 days of life (1000 HPK). It increases the risk of miscarriage, bleeding during pregnancy, fetal disorders, bleeding and complications during childbirth, low birth weight, and stunting. Anemia in adolescents can be managed by regularly consuming Iron Supplement Tablets (TTD) to prepare healthy future mothers with adequate iron levels from an early age, thereby reducing the incidence of anemia. **Objective:** To prevent anemia in adolescent girls by enhancing their knowledge about the importance of consuming TTD in Bumi Village, Laweyan District, Surakarta City. **Methods:** The approach involved screening, education, counseling, and socialization, supported by using the Iron Supplement Consumption Guidebook and TTD Control Card. **Results:** There was a reduction in the number of anemic adolescents, from 27 adolescents with anemia to 4 adolescents with anemia. **Conclusion:** Management of anemia should be comprehensive and sustainable, implementing Healthy Living Behaviors (PHBS), raising community awareness about anemia, and providing effective training for health cadres.

**Keywords:** Anemia, Adolescents, Stunting, Iron Supplement Tablets (TTD)