

**EFFORTS TO IMPROVE TEENAGERS' KNOWLEDGE ABOUT Fe
TABLETS TO INCREASE HEMOGLOBIN LEVELS THROUGH BOOKLET
MEDIA**

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SUMMARY

Background : Anemia is known as a disease in which the number of red blood cells in the blood decreases, characterized by a decrease in hemoglobin levels. Anemia is directly influenced by the intake of daily consumed foods low in iron. Adolescent anemia often occurs due to lack of knowledge about anemia and not taking Fe tablets so that adolescents are prone to anemia. **Objective :** Produce booklet media with the title "Healthy Blood, Great Teenagers: Prevent Anemia Before It's Too Late" to develop learning media for teenagers, especially educational media about anemia. **Method :** the stages in making this booklet are starting with finding material based on relevant sources, then editing using the Canva application by creating a design first and accompanied by appropriate images, after which this media will be tested to ensure that the booklet design is appropriate for adolescent knowledge. **Results :** KIE media in the form of a booklet, which contains information on the prevention of anemia accompanied by images that support the material and this booklet has an attractive design made through the Canva application. **Conclusion :** This booklet media has been tested on 3 respondents with the number of booklet pages, namely 25 pages, which states that this booklet media can be used as educational media about anemia.

Keywords : teenagers, anemia, knowledge, booklets