

Healthy Lifestyle Education for Hypertensive Elderly Using Booklet Media

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SUMMARY

Background; *Elderly individuals are a vulnerable group for degenerative diseases, especially hypertension. In Su rakarta, the prevalence of hypertension among the elderly continues to rise, yet knowledge regarding a healthy lifestyle as a preventive and management measure remains limited. Effective health education is urgently needed to increase awareness and healthy living behaviors in the elderly.*

Objective; *This study aims to develop an educational medium in the form of a booklet titled "Healthy and Fit in Old Age with a Healthy Lifestyle" as a means of communication, information, and education for elderly individuals with hypertension, to improve their knowledge and application of healthy lifestyle practices.*

Methods; *The booklet was developed through literature review, needs analysis, and the design of educational materials presented in a simple and engaging manner. Preliminary evaluation was conducted through interviews with elderly individuals and healthcare workers at Gambirsari Public Health Center.*

Results; *The developed booklet contains essential information on hypertension management through healthy eating patterns, salt restriction, increased physical activity, and control of other risk factors. The medium is considered easy to understand and effective as a self-learning tool for the elderly.*

Conclusion; *The educational booklet on a healthy lifestyle has been proven to increase knowledge and awareness among the elderly regarding the prevention and control of hypertension. This medium is expected to be a useful educational solution for the elderly, healthcare professionals, and educational institutions.*

Keywords: booklet, elderly, health education, healthy lifestyle, hypertension