

## ***ANEMIA PREVENTION EDUCATION FOR ADOLESCENTS AT THE COMMUNITY HEALTH POST THROUGH VIDEO MEDIA***

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### **SUMMARY**

**Background:** *Anemia is one of the most common global health problems among adolescents, particularly adolescent girls. If left untreated, anemia can lead to decreased concentration, chronic fatigue, impaired physical and cognitive development, reduced academic performance, and, in pregnant adolescents, increased risks of premature birth, low birth weight, and even maternal and neonatal mortality.* **Aim:** *This activity aims to provide anemia prevention education to adolescents through an educational video entitled "How to Prevent Anemia". The video contains information on the definition, causes, symptoms, consequences of anemia, and preventive measures such as consuming nutritious foods, vitamin C, and iron supplements.* **Method:** *The video was produced using CapCut and Adobe Premiere Pro, combining visual animations, informative narration, and interactive illustrations to make the message easily understandable.* **Results:** *With a duration of approximately 5 minutes, the video is concise and tailored to adolescent characteristics. Trial results indicate that this medium is engaging, easy to understand, and effective in increasing adolescents' knowledge of anemia prevention.* **Conclusion:** *The educational video titled 'How to Prevent Anemia' can be accessed on YouTube and used as an educational media.*

**Keywords:** *Anemia, Adolescents, Educational Video, Prevention*