

EDUCATIONAL VIDEO MEDIA FOR THE PREVENTION OF DIABETES IN THE ELDERLY

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SUMMARY

Background: Diabetes is a disease that occurs when the body cannot produce or use insulin effectively, leading to high blood sugar levels. In the elderly, diabetes can worsen their health due to long-term effects like damage to vital organs, vision problems, and kidney dysfunction. **Aim:** Producing video-based educational media that is published and submitted for Intellectual Property Rights (IPR). **Method:** The video was created using Adobe Premiere Pro, combining informative narration, illustrations, and interactive explanations from the author to ensure the message was easy to grasp. **Results:** The resulting 5-minute video, "Prevent Diabetes Early, Stay Healthy in Old Age," is designed to be concise and engaging, making it suitable for older adults. The video provides information on the definition of diabetes, high-risk groups, symptoms, and prevention methods. **Conclusion:** The educational video, accessible on YouTube, can be used as a valuable resource for diabetes education.

Keywords: Diabetes Mellitus, Educational Video, Elderly, Prevention