

**EDUCATION GREEN TEA CONSUMPTION AND ITS EFFECT ON  
CHOLESTEROL LEVELS AMONG THE ELDERLY AT HARAPAN  
KITA NURSING HOME PALEMBANG VIA VIDEO EDUCATION**

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**ABSTRAK**

**Background:** Hypercholesterolemia is a common health problem among the elderly, increasing the risk of cardiovascular diseases such as coronary heart disease and stroke. One non-pharmacological intervention to reduce cholesterol levels is the consumption of green tea, which contains catechins and epigallocatechin gallate (EGCG) as antioxidants that help lower LDL cholesterol. **Objective:** To determine the effect of green tea consumption on cholesterol levels among elderly residents at Harapan Kita Nursing Home Palembang through video-based education. **Method:** This study applied a pre-experimental design with one group pretest-posttest. Samples were selected using total sampling. Participants received a ±7-minute educational video about cholesterol and green tea benefits, followed by green tea intervention twice daily for 14 consecutive days. Cholesterol levels were measured before and after the intervention using an Easy Touch digital device. **Results:** The average cholesterol level decreased from 243.5 mg/dL to 192.6 mg/dL, with a mean reduction of 50.9 mg/dL ( $p < 0.05$ ). **Conclusion:** Green tea consumption combined with video-based education effectively reduces cholesterol levels in elderly individuals and can be recommended as an easy-to-implement non-pharmacological intervention in nursing home settings.

**Keywords:** Green tea, cholesterol, elderly, video education

