

**EDUCATION ON HYPERTENSION MANAGEMENT THROUGH THE
IMPLEMENTATION OF THE DASH DIET IN THE COMMUNITY USING
BOOKLET MEDIA**

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SUMMARY

Background: Hypertension is a major non-communicable disease frequently referred to as a silent killer, as it often develops without early symptoms yet may result in severe complications such as stroke and cardiovascular disease. According to the World Health Organization and the Indonesian Ministry of Health, the prevalence of hypertension in Indonesia remains high. One effective non-pharmacological approach to both prevention and management is the Dietary Approaches to Stop Hypertension (DASH), which promotes increased consumption of fruits, vegetables, whole grains, and low-fat dairy products, while restricting sodium and saturated fat intake. Nevertheless, public understanding of the DASH diet is still limited, indicating the need for accessible and comprehensible educational media. This study therefore developed an educational booklet as a tool for community health promotion. **Method:** The project involved the development of a booklet entitled "Control Your Blood Pressure with the DASH Diet". **Result:** The final outcome was an educational booklet that provides evidence-based, practical, and applicable information regarding the implementation of the DASH diet in daily life. **Conclusion:** The booklet is expected to enhance public knowledge and awareness of healthy dietary practices, thereby contributing to the reduction of hypertension risk and prevalence.

Keywords: Booklet, DASH, Hypertension.