

THE SECRET TO PREVENTING ANEMIA IN TEENAGE GIRLS: EFFECTIVE NATURAL THERAPY

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SUMMARY

Background: Anemia is defined as a condition where the number of red blood cells is insufficient to meet the body's physiological needs. Management of anemia in adolescents has been initiated through the administration of iron supplements, but iron supplement consumption has not been optimal due to taste and side effects. Several plants or fruits can be used to increase hemoglobin levels in adolescents, such as date juice, rosella flowers, red spinach, green spinach and honey, moringa leaves, beetroot, and others, using video as a communication, education, and education (IEC) medium. **Objective:** To produce a video titled "The Secret to Preventing Anemia in Adolescent Girls: Effective Natural Therapy." **Method:** Using video output descriptions, the video was created using Canva software with a video duration of 8 minutes 15 seconds and a file size of 305 MB. **Results:** The video is titled "The Secret to Preventing Anemia in Adolescent Girls: Effective Natural Therapy." **Conclusion:** A video media has been created as an educational tool to provide knowledge to the public, especially adolescent girls, about efforts to increase hemoglobin levels with non-pharmacological therapy.

Keywords: Anemia, tips for increasing hemoglobin levels, video media.