

Preparation of Booklet Media Concerning Iron-Sourced Food Intake as Education to Prevent Anemia Teenage Girl

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ABSTRACT

Anemia is one of the nutritional problems that exist in Indonesia, where the hemoglobin level is less than normal. Based on data from the Ministry of Health in 2013, the potential in Indonesia for young women aged 13-18 years was 22.7% and continued to increase until 2018 by 84.6%. The high prevalence of anemia in Indonesia is due to several factors such as chronic blood loss, insufficient iron intake and inadequate absorption and an increased need for iron. The occurrence of nutritional deficiencies in young women because of the food they consume daily. The results of a preliminary study conducted at SMP Negeri 13 Jember, many girls still suffer from anemia due to a lack of knowledge about anemia prevention. The purpose of this study was to compile a media *booklet* on food intake as an education to prevent anemia in adolescent girls. This type of research is descriptive using the Research and Development (R&D) method, with the ADDIE (Analyze, Design, Development, Implementation, Evaluation) research model. The results of the validation assessment by material expert validators for *booklet* media obtained a value of 98% with appropriate criteria and can be tested. Meanwhile, the results of the assessment from media experts obtained a value of 100% with appropriate criteria and could be tested.

Keywords: Anemia, *booklet*, young women, validator