

**Making Flip Chart Media of Balanced Nutrition for prospective Brides
(Catin) at Wonorejo public health Wonorejo Village Pasuruan**

Sintia Prisilia

Clinical Nutrition Study Program
Health Department

ABSTRACT

Chronic Energy Deficiency (CED). CED is a disease characterized by lack of energy and protein intake in pregnant or eligible women characterized by mid upper arm circumference (MUAC) which is less than 23.5 cm. CED can be prevented through education using intermediary, namely media. Health education information can be provided using *flip chart*. The general objective of this study was to make *flip chart* media and the feasibility of giving balanced nutrition *flip chart* to prospective brides. The type of the research used in this study was *Research and Development* (R & D). The subjects amount of this study were 10 prospective brides under the age of 21 years old. The data collecting process used primary data by doing interview and poll, and the secondary data from preliminary study. The results showed that media validation obtained score 98.31% (very feasible), material validation 96% (very feasible) and the results of the trial on prospective brides 84.8% (very feasible). The conclusion in this study that was flip chart media that had been made through all processes was feasible to be used as educational material for prospective brides.

Keywords: Flip chart media, balanced nutrition, prospective brides.