EDUCATIONAL USE OF CUCUMBER JUICE AS A COMPANION THERAPY FOR BLOOD PRESSURE CONTROL IN HYPERTENSIVE PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Hypertension is a major health problem in Indonesia, with a prevalence of 30.8% according to the 2023 Indonesian Health Survey (SKI) and 32.9% in Central Java. Uncontrolled hypertension may lead to serious complications. Cucumber juice has the potential to be used as an adjunctive non-pharmacological therapy to help manage blood pressure. However, public knowledge regarding its benefits, preparation, and proper consumption remains limited.* ***Objective:*** *To develop a Communication, Information, and Education (CIE) booklet on the use of cucumber juice as an adjunctive therapy to help manage blood pressure in patients with hypertension.* ***Methods:*** *This CIE project developed an educational booklet using Canva with an attractive design, communicative language, and appropriate illustrations. The booklet contains information on hypertension, the benefits of cucumber juice, preparation methods, and the recommended dosage for consumption.* ***Results:*** *The project produced an A5-sized educational booklet consisting of 20 pages. The pilot test showed that the booklet was informative, easy to understand, and visually appealing. Suggestions for improving the cover design were incorporated to enhance the quality of the educational media.* ***Conclusion:*** *This booklet can serve as an educational medium to improve public knowledge and support hypertension management.*

Keywords: *Educational booklet, hypertension, cucumber juice.*