

ABSTRAC

THE EFFECT OF NUTRITIONAL EDUCATION USING BOOKLETS AND NON-BOOKLETS MEDIA ON NUTRITIONAL KNOWLEDGE AND ATTITUDES OF OVERWEIGHT Adolescents (Literature Review)

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Background: The problem of nutrition in Indonesia is currently entering the problem of multiple nutrition, meaning that the problem of malnutrition is still not fully resolved, while the problem of overnutrition and obesity has emerged. The problem of excess nutrients or often called obesity is one of the many health problems that occur in modern times because the prevalence of incidence each year is increasing and is expected to continue to increase every year. The national prevalence in Indonesia in the adolescent age group is 10.8% (8.3% overweight and 2.5% obese) caused by lack of physical activity and the wrong to diet. **Objective :** Knowing the effectiveness of the effect of nutrition education with booklet media and non booklet on the level of knowledge and nutritional attitudes of obese adolescents (overweight)

Methods: This literature study was obtained from 2010 to 2020 in Indonesian, this data was obtained from 2 databases, namely; GoogleScholar and Research Gate with the keywords nutrition education, nutrition education, booklet media, knowledge, attitude, fat / overweight. Selection is taken with due observance of the PICOS framework

Results: There is a difference in the effect of nutrition education with booklet and non-booklet media on the knowledge and attitudes of overweight adolescents.

Conclusion: Booklet media is considered to have more influence on increasing nutritional knowledge and attitudes of overweight adolescents compared to non-booklet media.

Keywords: Nutrition Education, Booklets, Knowledge, Attitudes, Adolescents, Overweight