

ABSTRACT

Fitri, Ida Kamilia. 2023. *Differences in Assistance with Booklet Media on Level of Knowledge, Diet Compliance, Eating Patterns and Cholesterol Levels in Hypercholesterolemia Patients at Dinoyo Community Health Center, Malang City. (Under the guidance of B. Doddy Riyadi, SKM, MM and I Nengah Tanu Komalya, DCN, SE, M. Kes, RD)*

In Indonesia, one of the diseases (Non-Communicable Diseases) that continues to rank first is coronary heart disease. One of the causes of non-communicable diseases (NCDs) is the increase in total cholesterol levels in the blood (hypercholesterolemia) beyond normal limits. This study aims to determine the differences in assistance with booklet media on knowledge, dietary compliance, eating patterns and cholesterol levels in hypercholesterolemia patients at the Dinoyo Community Health Center, Malang City. This research method uses a Quasi Experimental using a pretest - posttest design using a comparison group (control group) with a total of 22 respondents. The results of this study were that there was a significant difference between the level of knowledge before and after mentoring in the intervention group and the control group. There was a significant difference between the level of dietary compliance before and after assistance in the intervention group and the control group. There was no significant difference between eating pattern scores before and after assistance in the intervention group and the control group. There was no significant difference between cholesterol levels before and after mentoring in the intervention group and control group.

Keywords: *Assistance, Level of Knowledge, Diet Compliance, Diet, Cholesterol Levels*