



Health Education About Uric Acid As An Effort To Increase Public Knowledge And Awareness In Tanjung Beringin Village, Dusun III

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Abstract. Gout is a degenerative disease that is commonly experienced by the community and can reduce quality of life if not properly managed. A lack of knowledge regarding risk factors, symptoms, and prevention of gout is one of the main contributors to the high incidence of this condition in the community. This community service activity aimed to improve public knowledge and awareness of gout through health education. A descriptive method with a participatory approach was applied through face-to-face counseling sessions. The activity was conducted in Tanjung Beringin Village, Hamlet III, from November 24 to December 22, 2025, involving 58 participants. Evaluation was carried out using pre-test and post-test questionnaires. The results showed an increase in participants' knowledge after the counseling sessions, particularly regarding the causes, symptoms, prevention, and management of gout through healthy lifestyle practices. This activity demonstrates that health education is effective as a promotive and preventive effort to improve community health status. Therefore, gout health education should be implemented continuously and integrated with other community health programs.

Keywords: *Health Education, Gout, Real Work Innovation*

INTRODUCTION

Gout is a metabolic health problem that occurs due to disruption of purine metabolism in the body, leading to increased uric acid levels in the blood (hyperuricemia). This condition can trigger the formation of monosodium urate crystals that deposit in the joints and surrounding tissues, causing pain, inflammation, swelling, and limitations in daily activities. If not optimally managed, gout has the potential to develop into a chronic condition that significantly impacts the sufferer's quality of life (Ministry of Health of the Republic of Indonesia, 2022).

Along with changes in lifestyle, the prevalence of gout has shown a global increase. Consumption of foods high in purines, low physical activity, and rising obesity rates are the main factors contributing to the increase in cases of hyperuricemia. The World Health Organization (WHO) states that non-communicable diseases, including metabolic disorders such as gout, are a leading cause of morbidity and disability in various countries (WHO, 2023). In Indonesia, the prevalence of hyperuricemia remains relatively high, especially among adults and the elderly, and is more common in communities with low levels of health literacy (Riskesmas, 2018).

Various risk factors that trigger gout include the consumption of high-purine foods such as offal, seafood, and red meat, as well as the habit of consuming alcoholic beverages. Furthermore, age, gender, genetic history, and comorbidities such as hypertension and diabetes mellitus also play a role in increasing the risk of gout. Poor public understanding of the risk

factors, prevention, and management of this disease often leads to delayed treatment and an increased risk of complications (Fitriani et al., 2021).

A survey of 50 households in Tanjung Beringin Village revealed that the majority (56%) still have low levels of knowledge about gout. This situation indicates an urgent need for innovative, real-world initiatives in the form of promotive and preventive interventions through ongoing health education. Health education is a simple yet effective innovation in increasing knowledge, fostering positive attitudes, and encouraging behavioral changes in communities seeking health. Through outreach activities, the public is expected to understand the causes of gout, recognize signs and symptoms early, and adopt a healthy lifestyle as a preventative and control measure for the disease (Notoatmodjo, 2014).

Community service activities in the form of gout outreach are a form of innovative, hands-on work oriented toward community empowerment. These activities emphasize not only increasing knowledge but also increasing community awareness and skills in self-prevention, such as regulating diet, increasing physical activity, and adherence to treatment. Therefore, innovative, hands-on work through health outreach is expected to contribute to reducing the incidence and impact of gout in the community.

RESEARCH METHODS

This community service activity uses a descriptive method with a participatory approach as a form of real work innovation in the health sector. The implementation of the activity was carried out through face-to-face health counseling in Tanjung Beringin Village, Dusun III from November 24 to December 22, 2025. The target of the activity was the general public, especially adolescents and adults, with a total of 58 participants. The counseling methods used included interactive lectures, discussions, and questions and answers, with the support of educational media in the form of presentation slides to facilitate participant understanding.

RESULTS AND DISCUSSION

Community service activities, in the form of innovative real-life health education on gout, were implemented according to the established plan. This innovation was designed as a concrete effort to increase public knowledge and awareness of gout through an educational and participatory approach. Participants included people ranging in age from adults to seniors with a risk or history of gout.

Prior to the education, participants were given a pre-test questionnaire to assess their initial knowledge regarding gout, risk factors, signs and symptoms, prevention, and management. The pre-test results indicated that most participants had low to moderate levels of knowledge. Generally, participants only understood gout as a disease that causes joint pain, but lacked a comprehensive understanding of the causes of increased uric acid levels, types of foods high in purines, and the long-term impacts of the disease if left untreated. Furthermore, there was still a perception that gout is a normal condition that occurs with age and does not require special treatment.

As an innovative real-life health education, the health education was conducted using an interactive lecture method combined with educational media in the form of presentation slides, leaflets, and posters. The material presented covered the definition of gout, the process by which uric acid levels increase in the blood, risk factors such as a high-purine diet, lack of physical activity, obesity, and alcohol consumption, as well as clinical signs and symptoms, complications, and prevention and control efforts through a healthy lifestyle.

Throughout the activity, participants demonstrated high enthusiasm for the innovative outreach program. This was evident in their active participation in the discussion and question-and-answer sessions, particularly regarding daily diet management, habits that can trigger gout recurrence, and personal experiences of dealing with joint pain. This active participation

demonstrates that an innovative approach through two-way communication can increase community engagement in the health education process.

Following the outreach activity, participants were given a post-test questionnaire to assess changes in their knowledge levels. The post-test results showed a significant increase in knowledge compared to the pre-test results. Most participants were able to re-explain the definition of gout, identify types of foods that should be limited, understand the value of uric acid levels after a test, and recognize the importance of maintaining a healthy diet and physical activity to prevent recurrence.

The tangible impact of this innovative work is evident in the increased public understanding of the signs and symptoms of gout, the ability of sufferers to manage their gout effectively, and the increased motivation of the public to undergo regular health check-ups at available healthcare facilities. This demonstrates that health education, as a practical innovation, not only increases knowledge but also encourages changes in attitudes and public awareness of the importance of gout prevention and management.

CONCLUSION

The innovative, hands-on approach to health education about gout has proven effective in increasing public knowledge, awareness, and understanding of the causes, risk factors, prevention, and management of gout. This activity represents a promotional and preventive effort that contributes to improving public health.

It is recommended that gout education activities, as a hands-on initiative, be implemented sustainably, involving health workers and community cadres. Further research and activities are needed to assess changes in community behavior and the long-term impact of education on reducing the incidence of gout in the community.

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