

## ABSTRACT

This paper presents a design project aimed at addressing the rising issue of obesity among teenagers due to excessive sugar consumption. Targeting teenagers aged 13-15, Gen Z from middle to upper economic classes in Bekasi, this project identified a lack of awareness among teenagers regarding the health risks associated with high sugar intake, which can lead to obesity. To overcome this problem, the author wants to create an interactive illustrated book that inform about sugar that can cause obesity and how to prevent it, using augmented reality features with the video animation. The book aims to inform teenagers about the dangers of excessive sugar consumption through engaging and interactive illustrations. The design aims include increasing teenagers awareness of health and ultimately preventing the negative impacts of high sugar consumption in adolescents.

**Keywords:** *Obesity, Sugar Consumption, Teenagers, Illustration Book, Augmented Reality, Health Awareness.*