

Effect of Lifestyle Intervention Program on the Health Status of Hypertensive Adults

Rosalinda Solano, Mary Jane Botabara-Yap and Miriam R. Estrada

College of Health, Adventist University of the
Philippines, Cavite, Philippines;
mjbbotabara@aup.edu.ph

Abstract: This study aimed to determine the effect of lifestyle intervention program on the health status of hypertensive adults in Kuala Lumpur. There were 60 participants; 30 were assigned as experimental group and 30 were assigned as control group. The lifestyle promotion program was implemented to the participants of the experimental group for one month. Pre-test showed high food consumption for the experimental group especially on meats, dairy products and canned or packet foods, moderate physical activity, hypertension II, overweight in terms of BMI and body fat at 26-35%. The post intervention results showed changes in dietary habits (eating more whole grains, vegetables and fruits), decrease in blood pressure (BP) and body fat percent. Comparing the results of pre- and post-intervention for both groups, it was found that there is no significant difference for the control group in the dietary habits, physical activity and BMI, but a significant difference in BP and body fat. For the experimental group, a significant difference was seen in the health related practices such as dietary habits and physical activity and health status' BMI, BP, and body fat. Comparing the gain score between the two groups, the lifestyle promotion program was found to be effective in improving dietary habits, physical activity, and BP.

Keywords: Hypertension, lifestyle intervention, dietary habits, BMI, body fat