

## Lifestyle Intervention using BASNEF Model in Hypertension Management



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**Abstract:** Hypertension is a serious health issue and a major cardiovascular disease and stroke risk factor. In the Philippines, it is the major cause of mortality resulting from undiagnosed and unmanaged hypertension. Many of those affected are from low-income communities due to lack of access to healthcare services, less health education causes modifiable hypertension factors such as lifestyle changes (e.g. reduction of salty foods, weight loss, reduction of alcohol consumption and smoking cessation), and difficulties in accessing hypertensive drugs due to distance from pharmacies. The study aims to examine the effects of a lifestyle intervention program using BASNEF model among non - adherent hypertensive respondents in relation to the introduction of a lifestyle intervention.



**Biography:** Resti Tito H. Villarino is a Registered Nurse and a Licensed Professional Teacher in the Philippines. He is an AACUP Accreditor (Accrediting Agency of Chartered Colleges and Universities in the Philippines, Inc.). He is a peer reviewer for the Journal of Development and Agricultural Economics (JDAE) and International Journal of Plant Physiology and Biochemistry (IJPPB).

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