

# Ban Khlong Khut reduces risky behavior and lowers blood pressure.

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**Situation:** In a health screening in Ban Khlong Khut, Pak Nakorn Subdistrict, Nakhon Si Thammarat Province, among 126 people, 11.5% were at risk for hypertension, and 50% of NCD patients were diagnosed with hypertension.

- ❑ **Procedure:**  
Physical exercise, which includes walking, aerobics, and organizing walking and running events.
- ❑ Sodium and monosodium glutamate (MSG) reduction.
- ❑ Monitoring and evaluating the implementation and changes every month after participation to track blood pressure levels.

**Target population:** a total of 65 participants, consisting of 15 members of the project team and 50 individuals from high-risk groups and patients with hypertension.

**Outcomes:**

- ❖ Both group understanding and made health behavior changes in two areas: reducing dietary sodium intake and engaging in regular physical activity.
- ❖ More than 50% of the group achieved effective blood pressure management.



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