



Table 1: Distribution of the studied sample (control and intervention groups) according to socio-demographic data (Kafr El-Dawwar 2021-2023)

Socio-demographic data	Control (n = 50)		Intervention (n = 50)		Total (n = 100)		Test of significance (p)
	No.	%	No.	%	No.	%	
Age (years)	61.34 ± 7.449		61.16 ± 6.816		61.25 ± 7.104		t= 0.126 (0.900)
Sex							$\chi^2= 0.041$ (0.839)
Male	29	58.0	30	60.0	59	59.0	
Female	21	42.0	20	40.0	41	41	
Educational level							FET = 3.590 (0.163)
Low (illiterate or read and write)	22	44.0	28	56.0	50	50.0	
Middle (primary, preparatory or secondary)	19	38.0	19	38.0	38	38.0	
High (university)	9	18.0	3	6.0	12	12.0	

t: Independent samples *t*-test

χ^2 : Chi-Square test

FET: Fisher's Exact test

Table 2: Distribution of the studied sample (control and intervention groups) according to blood pressure and body mass index before and after the intervention (Kafr El-Dawwar 2021-2023)

Variables	Control group		% Change	<i>p</i> -value	Intervention group		% Change	<i>p</i> -value#	<i>p</i> -value\$
	Pre n=50	Post n=49+			Pre n=50	Post n=49+			
Systolic BP (mmHg)	146.90 ± 18.87	154.70± 24.92	↑5.3	0.049*	145.10 ± 12.84	131.00 ± 16.51	↓9.7	< 0.001*	Pre: 0.578 Post: <.000*
Diastolic BP (mmHg)	93.10 ± 6.54	96.60± 10.62	↑3.8	0.019*	91.30 ± 6.13	84.40 ± 6.279	↓7.6	< 0.001*	Pre: 0.159 Post: <.000*
Body mass index (kg/m²)	33.69 ± 5.01	33.94± 5.36	↑0.7	0.292	32.94 ± 5.72	32.09 ± 5.59	↓2.6	0.049*	Pre: 0.489 Post: 0.080

Values are presented as means ± SD.

BP: blood pressure

* Statistically significant at *p*-value less than 0.05

+: There was a dropout case at the end of the study

#: *P*-value from paired *t*-test between pre- and post-test within single group

\$: *P*-value from independent samples *t*-test between two groups

Table 3: Distribution of the studied sample (control and intervention groups) according to nutrient intake before and after the intervention (Kafr El-Dawwar 2021-2023)

Nutrient intake	Control group		% Change	<i>p</i> -value	Intervention group		% Change	<i>p</i> -value#	<i>p</i> -value\$
	Pre n=50	Post n=49+			Pre n=50	Post n=49+			
Energy intake (kcal/day)	2067.1 ±612.8	2114.2 ±591.1	↑2.3	0.696	2396.9 ±848.5	1579.4 ±836.1	↓34.1	< 0.001*	Pre: 0.028* Post:0.016*
Fat intake (gm./day)	70.13± 33.5	69.50± 33.3	↓0.8	0.925	77.3 ±42.3	73.2 ±41.2	↓5.5	0.049*	Pre: 0.033* Post: 0.353
Sodium intake (mg/day)	6022.8 ±4013.2	6022.9 ±4014.4	0.0	0.999	6533 ±5407	2913 ±1100	↓55.4	< 0.001*	Pre: 0.593 Post: <.000*
Potassium intake (mg/day)	2283.8 ±903.6	2165.6 ±810.7	↓5.2	0.492	2311.5 ±887.1	3209.6 ±901.2	↑38.9	< 0.001*	Pre: 0.877 Post: <.000*
Magnesium intake (mg/day)	111.3±52.3	99.2±41.2	↓10.9	0.232	105.7 ±60.8	193.8 ±31.5	↑83.4	< 0.001*	Pre: 0.624 Post:0.020*

Values are presented as means ± SD.

* Statistically significant at *p*-value less than 0.05

+: There was a dropout case at the end of the study

#: *P*-value from paired *t*-test between pre- and post-test within single group

\$: *P*-value from independent samples *t*-test between two groups

Table 4: Distribution of the studied sample (control and intervention groups) according to H-SCALE before and after the intervention (Kafr El-Dawwar 2021-2023)

Scores	Control group		% Change	<i>p</i> -value	Intervention group		% Change	<i>p</i> -value#	<i>p</i> -value\$
	Pre n=50	Post n=49+			Pre n=50	Post n=49+			
Adherence to medications ¹	18.96 ±4.18	18.69 ±3.37	↓1.4	0.434	18.60 ±4.12	19.57 ±3.81	↑5.2	0.340	Pre: 0.665 Post: 0.231
Eating unhealthy high fat and high salt diet ²	27.78±5.87	30.57±6.94	↑10.0	0.008*	30.42 ±4.86	21.96 ±7.46	↓27.8	< 0.001*	Pre: 0.190 Post: <.000*
Weight management ³	11.32±5.79	12.18±6.67	↑7.6	0.246	9.42 ±4.03	15.35 ±6.18	↑63.0	< 0.001*	Pre: 0.060 Post:0.017*
Physical activity ⁴	3.06 ± 2.99	3.35 ± 2.99	↑9.5	0.249	2.83 ± 2.78	5.18 ± 4.57	↑83	< 0.001*	Pre: 0.633 Post:0.021*
Smoking ⁵	2.72 ± 1.26	2.74 ± 1.29	0.0	cannot be computed	2.93 ± 1.54	2.95 ± 1.57	0.0	cannot be computed	Pre: 0.621 Post: 0.620

Values are presented as means ± SD.

* Statistically significant at *p*-value less than 0.05

+: There was a dropout case at the end of the study

#: *P*-value from paired *t*-test between pre- and post-test within single group

\$: *P*-value from independent samples *t*-test between two groups

1. Scores ranged from 0 to 21 and higher scores indicated higher adherence

2. Scores ranged from 0 to 77 and higher scores indicated more unhealthy eating behaviors

3. Higher scores indicated higher adherence

4. Scores ranged from 0 to 14 and higher scores indicated higher adherence

5. Higher scores indicated more smoking behaviors