

## REPORT ON RHTC

### WORLD HYPERTENSION DAY-2024

**THEME- 'MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER.'**

The Department of Community Medicine, Arunai Medical College and Hospital under the guidance of Dr. A. Balaji, Professor and Head of Community Medicine department. We conducted World Hypertension Day programme at Siththapattinam colony.

Dr.S. Sakthipriyan (Senior Resident) of Department of community medicine > Mr.Arikrishnan, Mr.Deiveegan (Health inspectors) we were part of the team on (18/05/2024) & Went to Rural field practice area, Siththapattinam colony.



- As we were also involved in NCD visit in this community for blood pressure monitoring, blood glucose level monitoring monthly as a part of our routine activity.
- Programme started with introduction of theme, followed by the teaching them with adverse effects of addiction, harmful dietary habits, and physical inactivity in their local language.



- We clarified doubts of the participants, about the daily recommended salt intake per day and its significance.
- We also insisted about the regular follow-up and screening for the vulnerable groups in the community.
- We measured blood pressure, blood glucose, and gave counselling on the lifestyle modification and prevention after the session.

- Programme was overall satisfactory and found useful to the community and clarified the doubts of the participants.



Key message for healthier lifestyle.

1. Salt restricted diet. Less than 5 gram per day.
2. Avoid smoking and alcohol intake.
3. Physical activity not less than 30mins including brisk walking.
4. Adequate consumption of vegetables and fruits were recommended.
5. Regular blood pressure measurement.
6. Monitor your weight gain. Ideal body weight  $100 - \text{your height in cm}$ .
7. Sleep for 8 hours.