

## INFORMATION OF NEW CONTRIBUTIONS OF THE THESIS

**Title of thesis** “*Effectiveness of nutrition education and communication model to improve some risk factors for hypertension in the community*”

**Code:** 62.72.03.03

**Major:** Nutrition

**Candidate’s name:** Truong Thi Thuy Duong

**Advisors:** 1. Assoc. Prof, PhD. Le Thi Huong  
2. Assoc. Prof, PhD. Le Thi Tai

**Training Unit:** Ha Noi Medical University

### **Summary of new contributions of thesis:**

The study has provided relatively system data on the status of hypertension in adults  $\geq 18$  years of age in two communes in Binh Luc district, Ha Nam province including data to determine the prevalence rate of hypertension and the risk factors of hypertension. The theme has identified the prevalence rate of 24.4% in adults and some risk factors related to hypertension including overweight, obesity, using a lot of foods with an increased risk of developing hypertension, alcohol/beer consumption and cigarette smoking, less physical activity. The theme also provides a evidence of effective model of nutrition education and communication for a reasonable diet to prevent hypertension in the community and has showed a remarkable effectiveness in improving knowledge and practice of the community on prevention of hypertension: The proportion of respondents correctly understand the concept of hypertension, knowing the signs, consequences and risk of hypertension occurring in the study subjects in the intervention commune to be significantly higher as compared to the pre-intervention period and the control. The frequency of food consumption at a high risk causing hypertension in the intervention commune also fell much more as compared to the pre-intervention period and the control.

**Advisors**  
( *Sinagture and full name* )

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**Truong Thi Thuy Duong**