Participants of group activities with hypertensive in the last 6 months (N=400)

Patients with confirmed diagnosis of hypertension in medical record

Female; age between 45 and 60 years (N=60)

Enrollment (N=31)

Randomization

Allocation

Excluded (n=29)
Not meeting inclusion criteria (n=20)
Refused to participate (n=5)
Absent from home (n=4)

Group 1

Allocated to workshops (n=16)

Begin Intervention 1
Workshop 1
N = 16

End Intervention 1
Workshop 5
Participation in more than 50% of the workshops (N = 14)

Workshops + Home visits

Group 2

Allocated to workshops and home visits (n=15)

Begin Intervention 2
Workshop 1
N = 15

End Intervention 2
Workshop 5
Participation in more than 50% of the workshops (N = 14)

Workshops + Home visits

Participants with confirmed diagnosis of hypertension in medical record

Female; age between 45 and 60 years (N=60)

Enrollment (N=31)

Randomization

Allocation

Excluded (n=29)
Not meeting inclusion criteria (n=20)
Refused to participate (n=5)
Absent from home (n=4)

Group 1

Allocated to workshops (n=16)

Begin Intervention 1
Workshop 1
N = 16

End Intervention 1
Workshop 5
Participation in more than 50% of the workshops (N = 14)

Workshops + Home visits

Group 2

Allocated to workshops and home visits (n=15)

Begin Intervention 2
Workshop 1
N = 15

End Intervention 2
Workshop 5
Participation in more than 50% of the workshops (N = 14)

Workshops + Home visits

T0
- Initial questionnaire
- Dietary evaluation
- Biochemical

T1
- Initial anthropometric evaluation

T2
- Final anthropometric evaluation

T3
- Final questionnaire (n=14)
- Biochemical evaluation