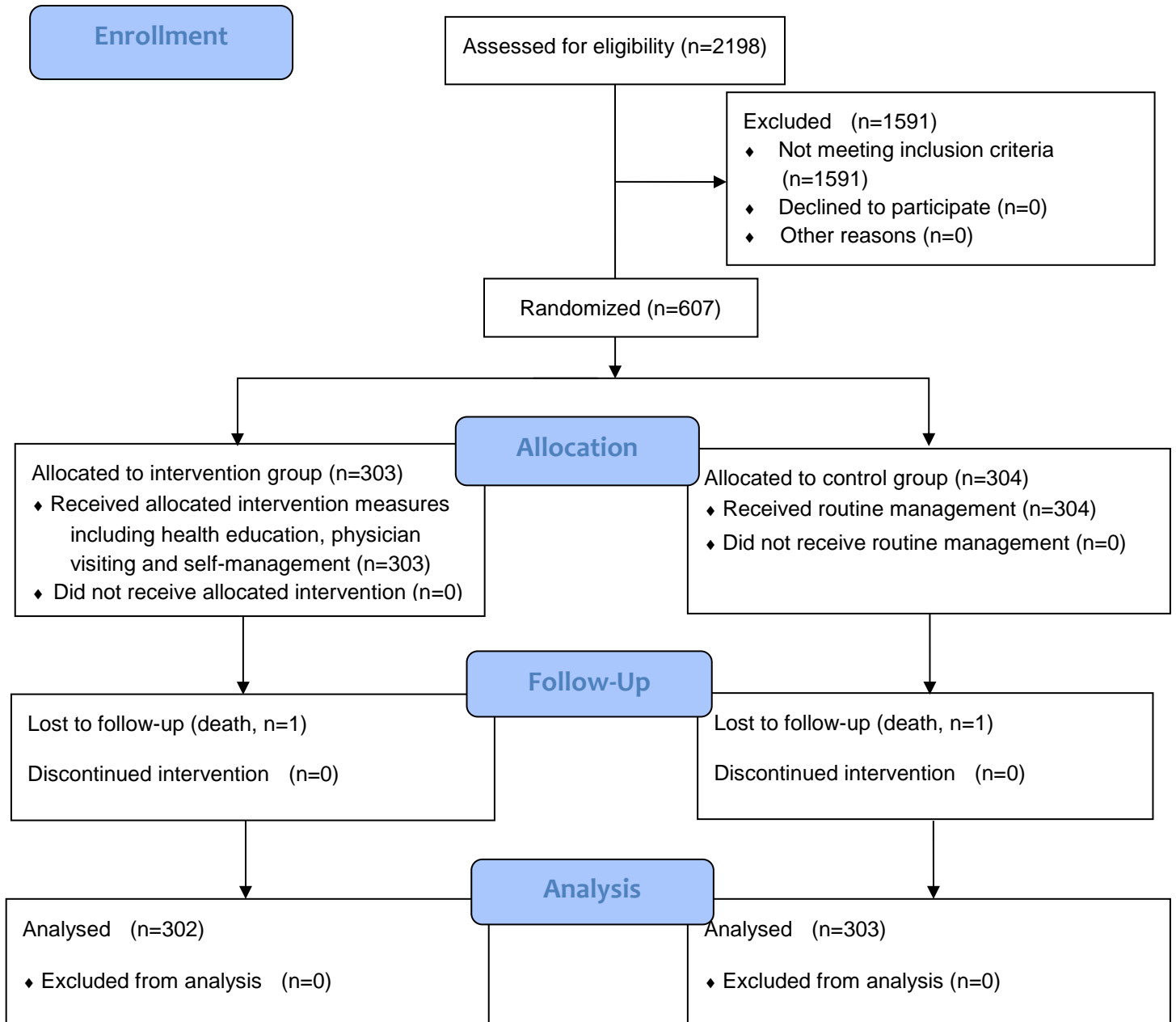


Participant flow

Figure1 Study design and flow of participants inclusion in the cluster randomized controlled trial



Baseline characteristics

Table 1 Socio-demographical characteristics between the intervention and control groups at baseline

Variables	Intervention group (n=303)	Control group (n=304)
Age (n(%))		
<50 years	46(15.2)	51(16.8)
50-64 years	97(32.0)	93(30.6)
≥65 years	160 (52.8)	160(52.6)
Gender (n(%))		
Male	151(49.8)	149(49.0)
Female	152(50.2)	155(51.0)
Educational level (n(%))		
High school or below	218(71.9)	227(74.7)
Vocational college or above	85(28.1)	77(25.3)
Annual income per capita (n(%))		
Low (< 100,000 RMB)	260(86.1)	272(89.5)
High (≥ 100,000 RMB)	42(13.9)	32(10.5)

Outcome measures

Table 2 Intervention effects on the incidence of hypertension for the intervention and control group at one-year follow-up

Variable	Intervention group		Control group	
	Baseline(n(%))	Follow-up(n(%))	Baseline(n(%))	Follow-up (n(%))
Incidence of hypertension	0(0)	7(2.3)	0(0)	32(10.6)

Table 3 Intervention effects on hypertension-related knowledge, attitudes, and behaviors for the intervention and control group at one-year follow-up

Items	Intervention group		Control group	
	Baseline(n(%))	Follow-up(n(%))	Baseline(n(%))	Follow-up(n(%))
Knowledge of hypertension prevention				
Whether hypertension is a life-long disease	228(75.2)	281(93.0)	185(60.9)	165(54.5)
Diagnostic criteria for hypertension in adults	156(51.5)	241(79.8)	186(61.2)	195(64.4)
Whether high BP is related to smoking	229(75.6)	239(79.1)	223(73.4)	228(75.2)
Whether high BP is related to long-term drinking	232(76.6)	241(79.8)	239(78.6)	242(79.9)
Whether high BP is related to high salt intake	244(80.9)	274(90.7)	244(80.3)	241(79.5)
Whether high BP is related to overweight or obesity	223(73.9)	226(74.8)	206(67.8)	214(70.6)
Complications of hypertension				
Coronary heart disease	175(57.8)	268(88.7)	194(63.8)	181(59.7)

Stroke	230(75.9)	160(86.1)	262(86.2)	258(85.1)
RDI of salt for adults	194(64.0)	286(94.7)	175(57.6)	210(69.3)
Attitude of hypertension prevention				
Population at risk for hypertension should improve their lifestyle	202(66.7)	251(83.1)	267(87.8)	263(86.8)
Reducing salt intake can help prevent hypertension	252(83.2)	257(92.5)	245(80.6)	244(80.5)
Quitting smoking can help prevent hypertension	209(69.0)	238(78.8)	236(77.6)	241(79.5)
Reducing alcohol intake can help prevent hypertension	215(71.0)	258(85.4)	246(80.9)	255(84.2)
Controlling body weight can help prevent hypertension	219(72.3)	240(79.5)	204(67.1)	218(71.9)
Population at risk for hypertension should monitor their BP	213(70.3)	275(91.1)	256(84.2)	254(93.8)
hypertension-related behaviors				
Not smoking	267(88.1)	276(91.4)	234(77.0)	232(76.6)
Not drinking alcohol	262(86.5)	262(86.8)	235(77.3)	229(75.6)
Control of salt intake	262(86.5)	263(87.1)	224(73.7)	223(73.9)
Controlling body weight	153(50.5)	212(70.2)	114(37.5)	148(48.8)
Frequent physical activity	167(55.1)	193(63.9)	100(32.9)	107(35.3)
Monitoring BP regularly	199(65.4)	296(98.0)	148(48.7)	141(46.5)

Adverse Events

There were no adverse events associated with this trial.