### Module 1  Framework for Population Approach in the Prevention and Control of Hypertension across the Life Course

<table>
<thead>
<tr>
<th>Age group</th>
<th>Lifestyle advice</th>
<th>Risk assessment</th>
<th>Screening</th>
<th>Disease management</th>
<th>Complication monitoring</th>
<th>Rehabilitation care</th>
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</table>
| **Antenatal** | ● A balanced diet  
● Regular intake of carbohydrates  
● Lower in fat  
● Plenty of fruits and vegetables  
● Physically active | ● Monitor weight gain | ● Watch out for pre-eclampsia | ● Early antenatal care  
● Blood pressure and lipid control  
● Self-care | ● Monitor fetal growth  
● Obstetric complications in women | |
| **Infancy** | ● Breast feeding  
● Avoid obesity  
● Regular exercise  
● Adequate sleep | ● Monitor weight gain | | | |
| **Childhood** | ● Abstain from smoking  
● Regular exercise  
● Healthy eating habit  
● Limit sodium intake | ● Monitor BMI | ● Watch out for secondary hypertension | ● Treat secondary hypertension  
● Monitor growth and development  
● Carer education and support | | |
| **Adulthood** | ● Abstain from smoking  
● Smoking cessation for smokers  
● Healthy eating habit  
● Limit sodium intake  
● Weight management  
● Regular exercise  
● Limit alcohol consumption | ● Monitor BMI  
● Monitor abdominal circumference  
● Family history of diabetes | ● Measure blood pressure for all individuals aged $\geq 18$ every 2 years$^1$  
● More frequent blood pressure measurement for individuals with moderate or high risk of vascular disease$^1$  
● Opportunistic measurement of blood pressure at all clinic visits | ● Blood pressure and lipid control  
● Monitor the adverse effect of drug treatment  
● Self-care | ● Target organ damage, e.g. nephropathy, neuropathy, cardiovascular complications  
● Hypotension  
● Malignant hypertension | |
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| Elderly   | ● Abstain from smoking  
            ● Smoking cessation for smokers  
            ● Healthy eating habit  
            ● Limit sodium intake  
            ● Weight management  
            ● Regular exercise | ● Monitor BMI  
            ● Monitor abdominal circumference  
            ● Diabetes | ● Measure blood pressure as above-mentioned | ● Blood pressure and lipid control  
            ● Beware of increased risk of hypotension in elderly  
            ● Monitor the adverse effect of drug treatment  
            ● Self-care  
            ● Carer education and support | ● Hypotension  
            ● Malignant hypertension  
            ● Target organ damage: nephropathy, neuropathy, cardiovascular complications | ● Optimise patient’s potential to cope with hypertension and its complications. Example: myocardial infarction, cerebrovascular disease, nephropathy, etc.  
            ● Provide support to carer and loved ones  
            ● Multidisciplinary approach in rehabilitation for stroke and renal failure |

### Reference: