



CITATION

Thabo Difference Pilusa, adopted a mixed methods approach which was an explanatory sequential design to investigate the behavioural risk factors for hypertension (HPT) and diabetic mellitus (DM) within the Ehlanzeni District. Prevalence of behavioural risk factors were very high and factors contributing to HPT and DM included mental health, stress, socioeconomic status, cultural practices, low monitoring, lack of health education, and structural challenges. Evidenced-based strategies were developed and validated to enhance the prevention and control of behavioural risk factors contributing to hypertension and diabetic mellitus. The study contributed to the establishment of Vutomi Clinic and empowerment of health care professionals including community health workers in fighting HPT and DM. Three has been articles published in BMC Public Health; Frontiers in Epidemiology; International Journal of Environmental Research and Public Health