



CITATION

Khuliso Goodman Ravhuhali addresses the growing burden of non-communicable diseases in rural South Africa, with a specific focus on hypertension and diabetes. Using a sequential explanatory mixed-methods design. The study revealed socio-economic inequalities in behavioural risk factors for NCDs and in the prevalence of diabetes and hypertension within a DIMAMO Health and Demographic Surveillance System. The integration of quantitative and qualitative findings informed the development of an evidence-based, context-specific preventive care model grounded in the Practice–Provider–Patient (P3) framework. The model was further strengthened through expert validation using the Delphi technique, ensuring relevance to policy and primary healthcare practice. This research makes a significant contribution to public health practice, policy development, and the promotion of health equity in resource-constrained settings. One peer-reviewed scientific article has been published in *Frontiers in Public Health*.