**Mobile Health Applications to Increase Health Literacy about Hypertension among Jamaican Adults**

**Purpose of Study:** The aim of this study is to investigate the effectiveness of health literacy through mobile health applications to counter the prevalence of hypertension in Jamaica. The potential benefits are to increase health literacy and reduce the risk of hypertension.

**🗸**

**Do you consent for this interview and your responses to be recorded? Yes No**

* How long have you been practicing as a health professional?
  + 2 Years
* What type of health discipline do you practice?
  + Family medicine
* What is your specialty (if any)?
  + No Specialty

1. With the prevalence of hypertension in Jamaica, do you believe greater levels of health literacy across the board would combat hypertension?
   * Yes
2. What is key information that Jamaicans need to know about hypertension?
   * It is one of the most common lifestyle diseases here... And one can have it and not even know so that's why it is so dangerous.
3. Do you find that Jamaicans are accepting of information that would increase their health literacy towards hypertension?
   * Yes
4. What method(s) would you recommend could effectively be used to improve hypertension health literacy?
   * Community Intervention
5. Would you recommend a mobile application to your patients to help improve their hypertension health literacy?
   * Yes
6. What would you propose be included in a mobile application targeted at helping to improve hypertension health literacy?
   * diet advice and suggestions of various meals to choose from as well as recipe specifying quantity of salt and fats to be used.
   * Exercise guidelines
   * Frequently asked questions about hypertension
   * Drug compliance, that is, dangers of not taking medication (e.g. Heart attack, stroke etc. with pictures)
   * Have an alarm feature that could remind them when to take medication daily. A lot of patients are elderly and usually forget to take their meds.
7. What recommendation to minimize/control or prevent hypertension (in terms of diet, exercise, water/salt intake, checkups, etc.) would you provide for someone that is:
   * Not Hypertensive
     1. Moderate amount of salt and greasy food intake. Br sure to exercise 3 time per week for at least 30 min avoid smoking and excessive alcohol consumption. Yearly BP checkup
   * Pre-hypertensive
     1. Moderate amount of salt and greasy food intake. Br sure to exercise 3 time per week for at least 30 min avoid smoking and excessive alcohol consumption. BP checkup every 6 months. No smoking and no alcohol.
   * Stage 1 hypertensive
     1. Low salt low fatty food diet, exercise 3 times per week, no smoking and no alcohol. Ensure medications are taken. Do not default from clinic visits, that is, keep ALL doctors’ appointments. Do recommended blood tests 1-2 times per year
     2. ECG once per year
     3. Get eyes tested once per year
   * Stage 2 hypertensive
     1. Same as stage 1
   * Stage 3 hypertensive
     1. We really manage these patients in the hospital until we can get the BP lowered
     2. But for them.... They should ensure meds are taken and adhere strictly to the diet recommendations
   * Has there been changes in the perspectives and behaviors of patients due to concerns about pre-existing conditions such as hypertension)?
     1. No... People still have the same lackadaisical attitude towards their health... I haven't really seen where people are more concerned about their health.