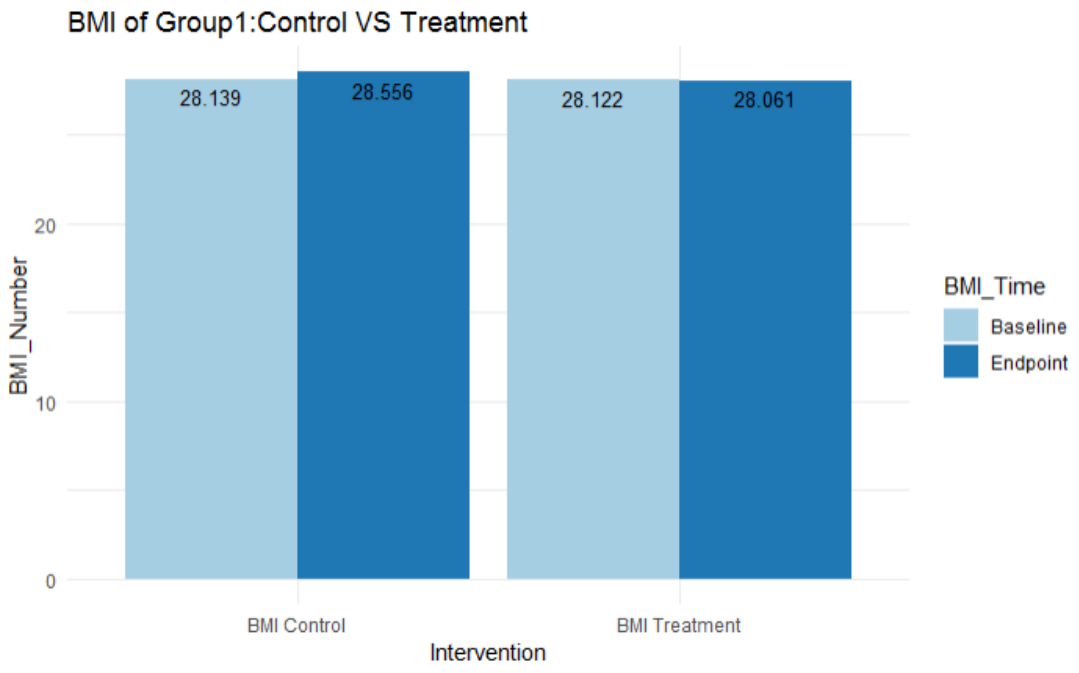
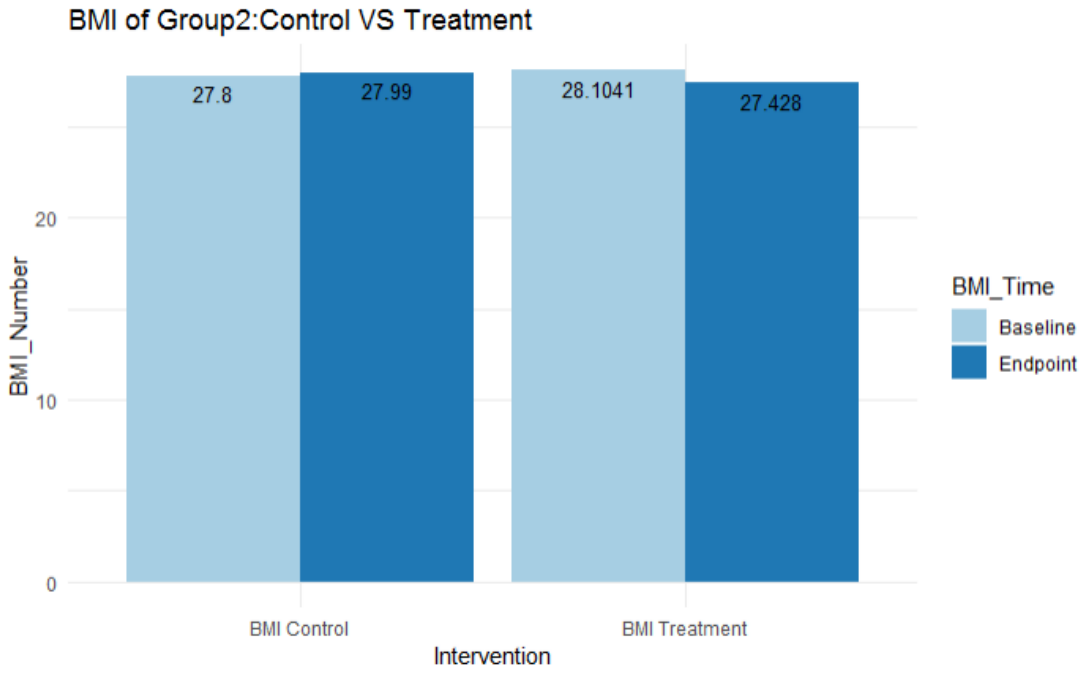
```
# BMI Comparison Between Control and Treatment Participant of Group1

library(ggplot2)

df <- data.frame(Intervention=rep(c("BMI Control", "BMI Treatment"), each=2),
                 BMI_Time=rep(c("Baseline", "Endpoint"),2),
                 BMI_Number=c(28.139, 28.556, 28.122, 28.061))
head(df)

ggplot(data=df, aes(x=Intervention, y=BMI_Number, fill=BMI_Time)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=BMI_Number), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="BMI of Group1:Control VS Treatment")
```



BMI Comparison Between Control and Treatment Participant of Group2

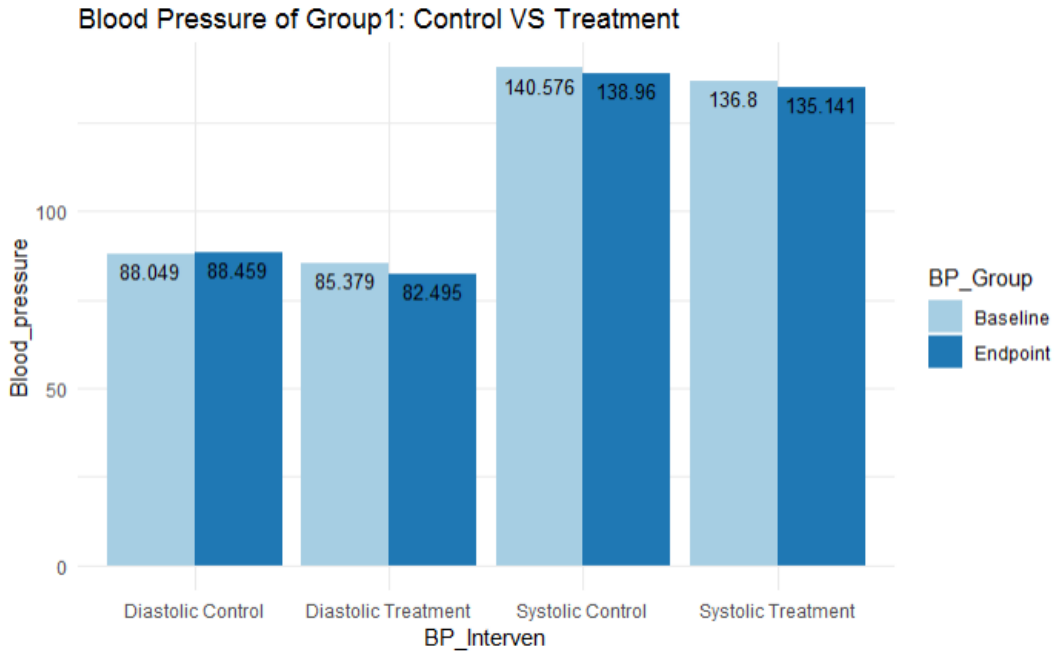
```
df <- data.frame(Intervention=rep(c("BMI Control", "BMI Treatment"), each=2),
                 BMI_Time=rep(c("Baseline", "Endpoint"),2),
                 BMI_Number=c(27.8, 27.99, 28.1041, 27.428))
head(df)
ggplot(data=df, aes(x=Intervention, y=BMI_Number, fill=BMI_Time)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=BMI_Number), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="BMI of Group2:Control VS Treatment")
```



Blood Pressure Comparison Between Control and Treatment Participant of Group1

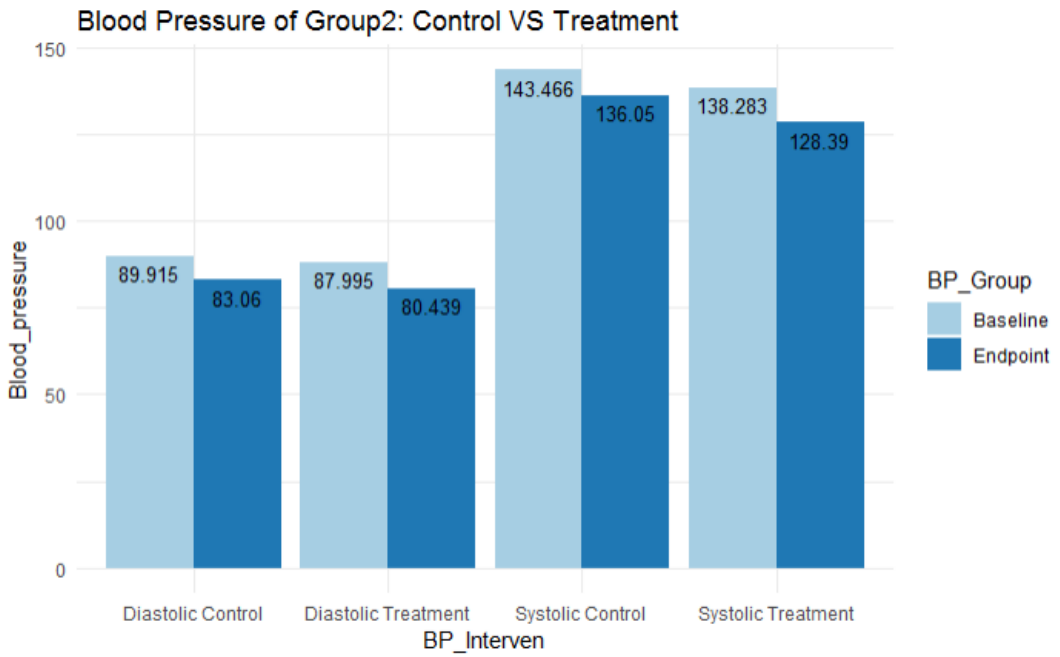
```
df <- data.frame(BP_Interven=rep(c("Systolic Control", "Diastolic Control","Systolic
Treatment","Diastolic Treatment"), each=2),
                 BP_Group=rep(c("Baseline", "Endpoint"),2),
                 Blood_pressure=c(140.576, 138.96,
88.049,88.459,136.8,135.141,85.379,82.495))
head(df)

ggplot(data=df, aes(x=BP_Interven, y=Blood_pressure, fill=BP_Group)) +
```

```
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=Blood_pressure), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="Blood Pressure of Group1: Control VS Treatment")
```

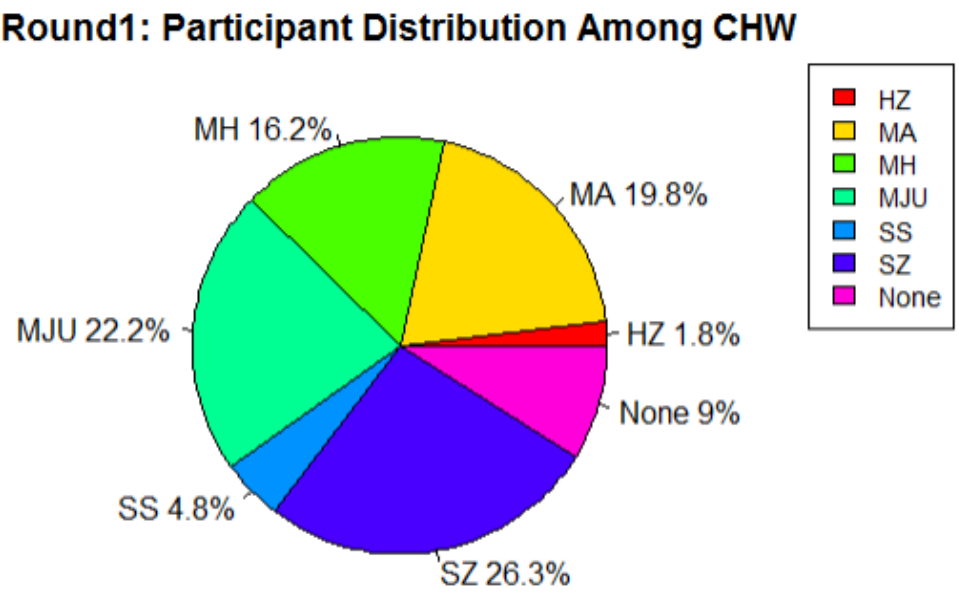


Blood Pressure Comparison Between Control and Treatment Participant of Group2

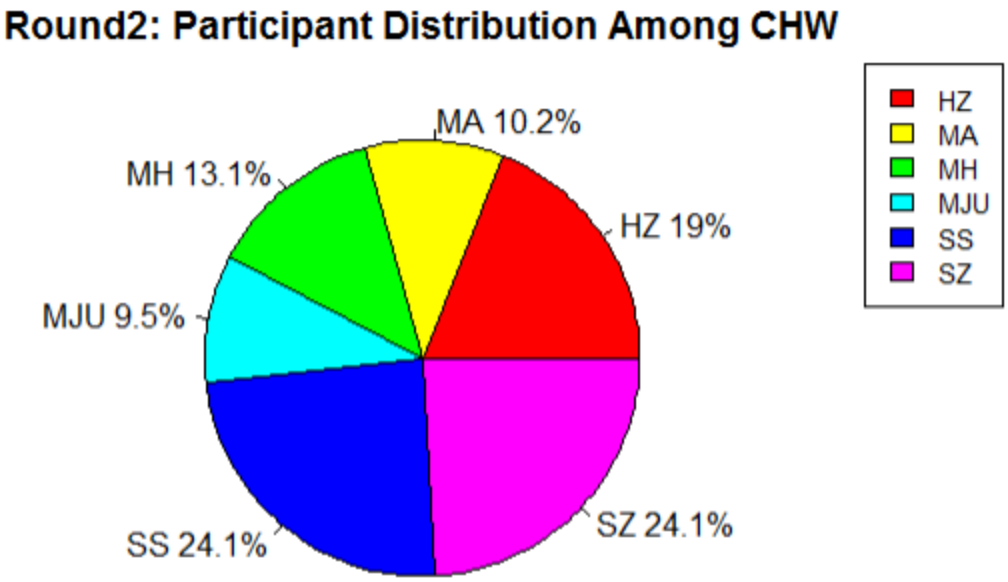
```
df <- data.frame(BP_Interven=rep(c("Systolic Control", "Diastolic Control","Systolic
Treatment","Diastolic Treatment"), each=2),
                 BP_Group=rep(c("Baseline", "Endpoint"),2),
                 Blood_pressure=c(143.466, 136.05,
89.915,83.06,138.283,128.39,87.995,80.439))
head(df)

ggplot(data=df, aes(x=BP_Interven, y=Blood_pressure, fill=BP_Group)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=Blood_pressure), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="Blood Pressure of Group2: Control VS Treatment")
```



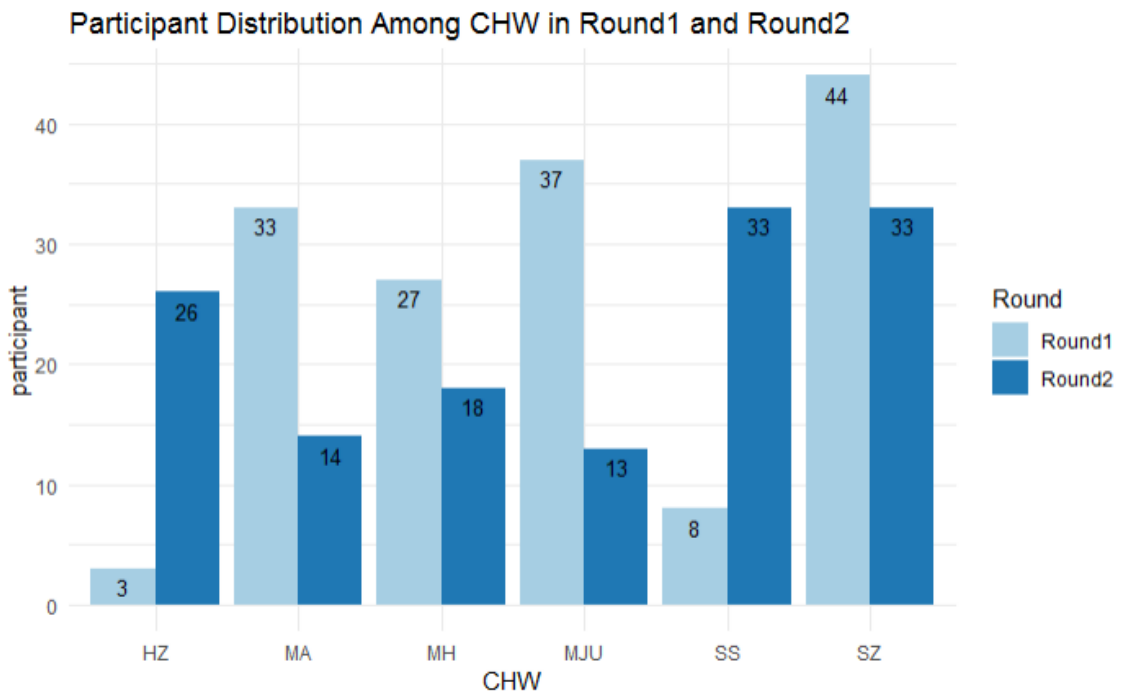

```
# Piechart of Participant distribution Among CHW in Round1

x <- c(3, 33, 27,37,8,44,15)

CHW <-  c("HZ","MA","MH","MJU","SS","SZ","None")

pct<- round(100*x/sum(x), 1)

label<-paste(CHW,pct)
label<-paste(label,"%",sep="")

# Plot the chart.
pie(x, labels = label, main = "Round1: Participant Distribution Among CHW",col =
rainbow(length(x)))
legend("topright", c("HZ","MA","MH","MJU","SS","SZ","None"), cex = 0.9,
   fill = rainbow(length(x)))
```




```
# Piechart of Participant distribution Among CHW in Round2

x <- c(26, 14, 18,13,33,33)

CHW <-  c("HZ","MA","MH","MJU","SS","SZ")

pct<- round(100*x/sum(x), 1)

label<-paste(CHW,pct)
label<-paste(label,"%",sep="")

# Plot the chart.
pie(x, labels = label, main = "Round2: Participant Distribution Among CHW",col =
rainbow(length(x)))
legend("topright", c("HZ","MA","MH","MJU","SS","SZ"), cex = 0.9,
   fill = rainbow(length(x)))
```

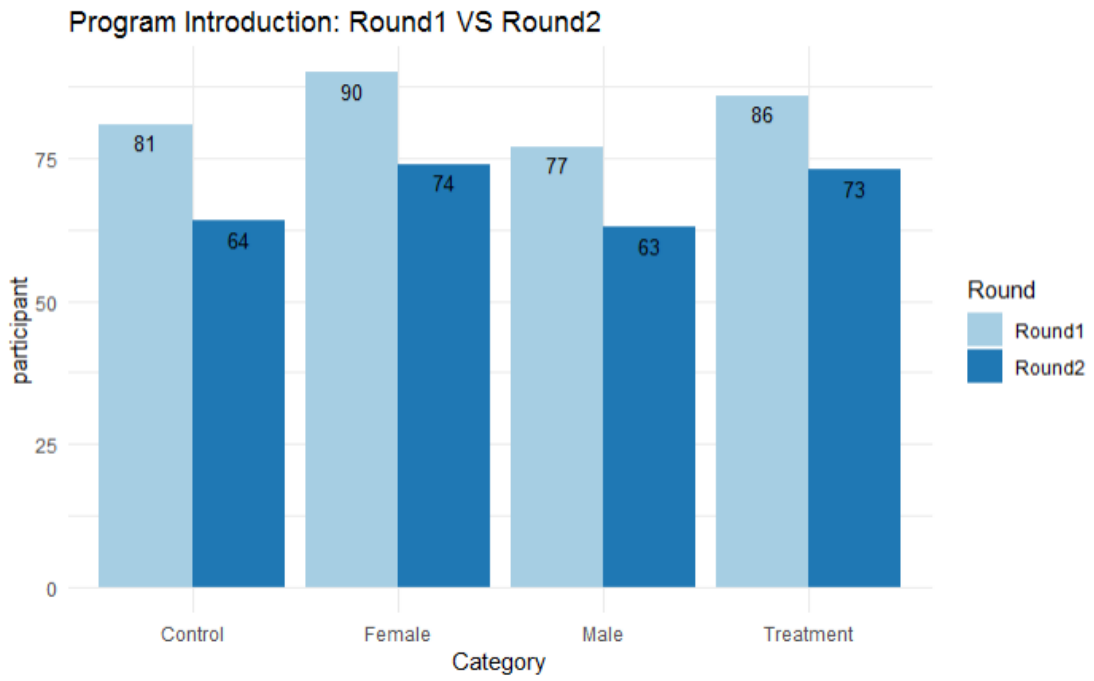



```
#Participant Distribution Among CHW in Round1 and Round2

df <- data.frame(CHW=rep(c("HZ", "MA","MH","MJU", "SS", "SZ"), each=2),
                 Round=rep(c("Round1", "Round2"),2),
                 participant=c(3, 26, 33,14,27,18,37,13, 8 ,33, 44,33))
head(df)

ggplot(data=df, aes(x=CHW, y=participant, fill=Round)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="Participant Distribution Among CHW in Round1 and Round2")
```



#Program Introduction: Round1 VS Round2

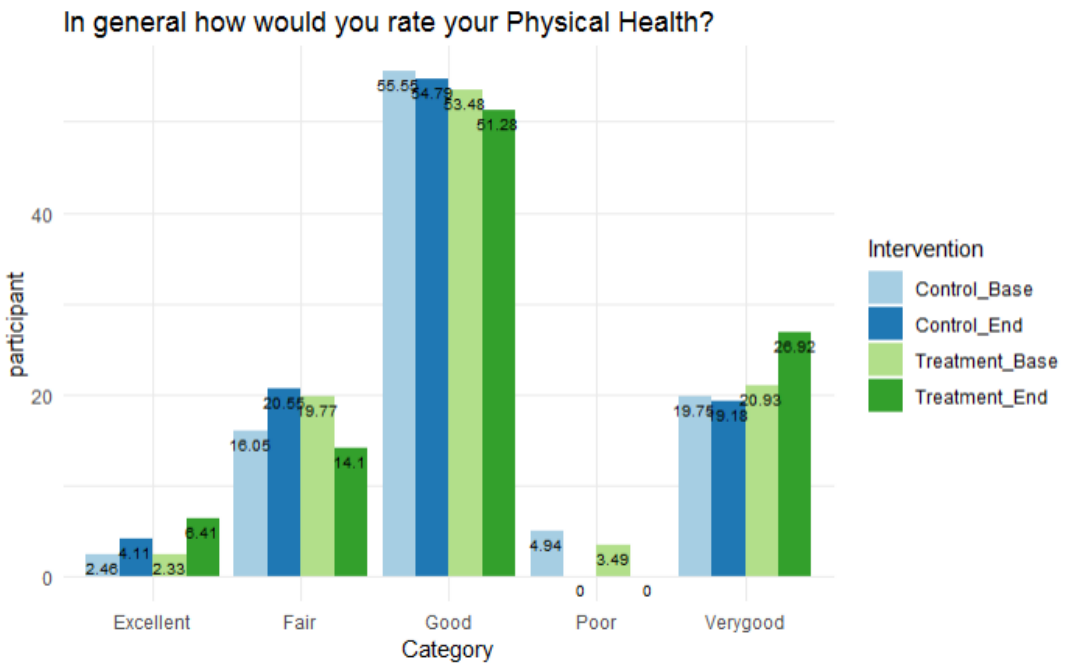
```
df <- data.frame(Category=rep(c("Control", "Treatment","Male","Female"), each=2),
                 Round=rep(c("Round1", "Round2"),2),
                 participant=c(81, 64, 86,73,77,63,90,74))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Round)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=3.5)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="Program Introduction: Round1 VS Round2")
```



Survey Question Comparison between Control and Treatment Participant

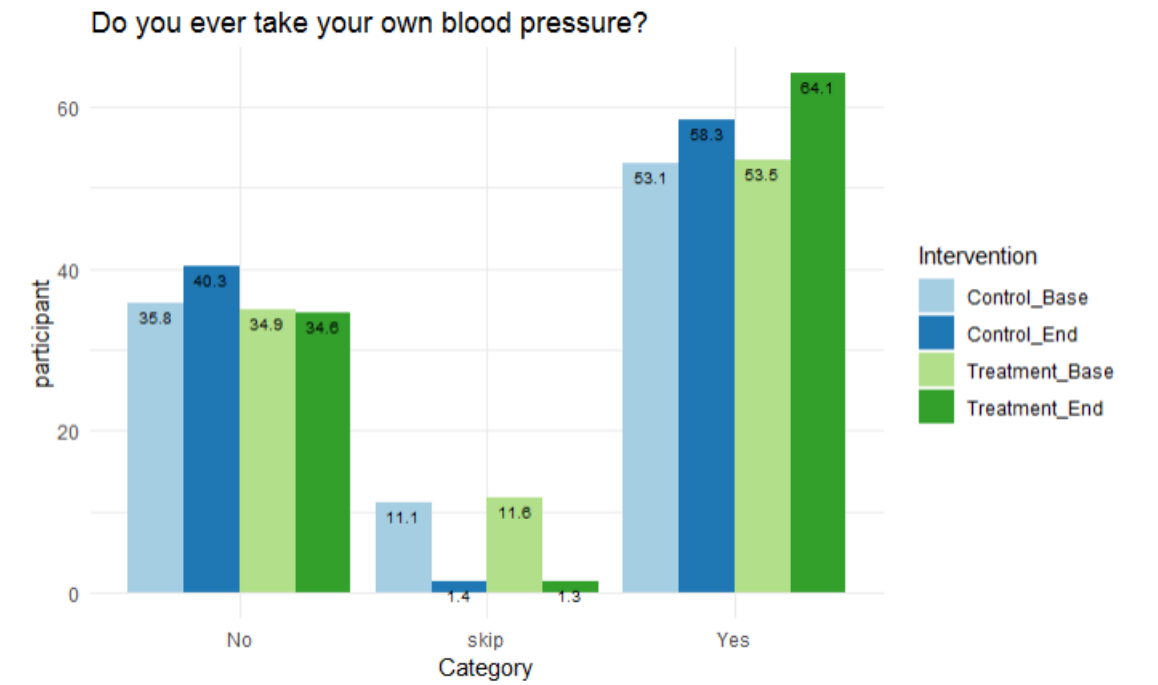
#In general how would you rate your Physical Health?

```
df <- data.frame(Category=rep(c("Excellent", "Verygood","Good","Fair","Poor"),
each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"),
5),
                 participant=c(2.46, 4.11, 2.33, 6.41,
                               19.75, 19.18, 20.93, 26.92, 55.55,
                               54.79, 53.48, 51.28,16.05, 20.55,
                               19.77, 14.10, 4.94, 0, 3.49, 0))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="In general how would you rate your Physical Health?")
```



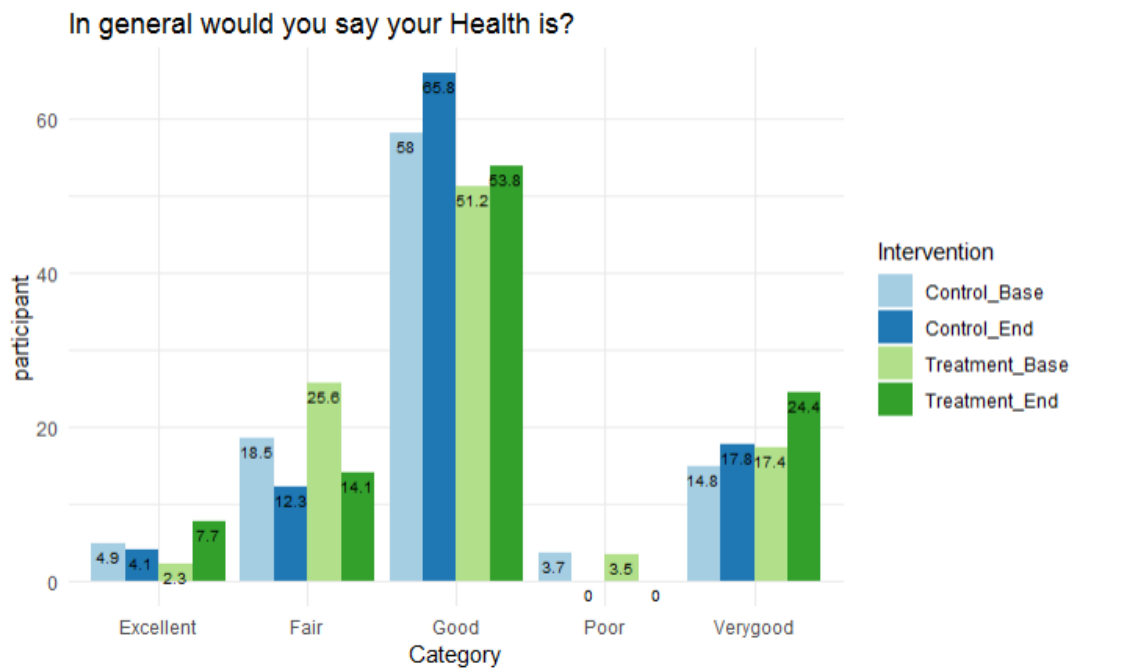
#Do you ever take your own blood pressure?

```
df <- data.frame(Category=rep(c("No", "skip","Yes"), each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"),
3),
                 participant=c(35.8, 40.3      ,34.9, 34.6, 11.1, 1.4, 11.6, 1.3, 53.1, 58.3, 53.5,
64.1))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="Do you ever take your own blood pressure?")
```



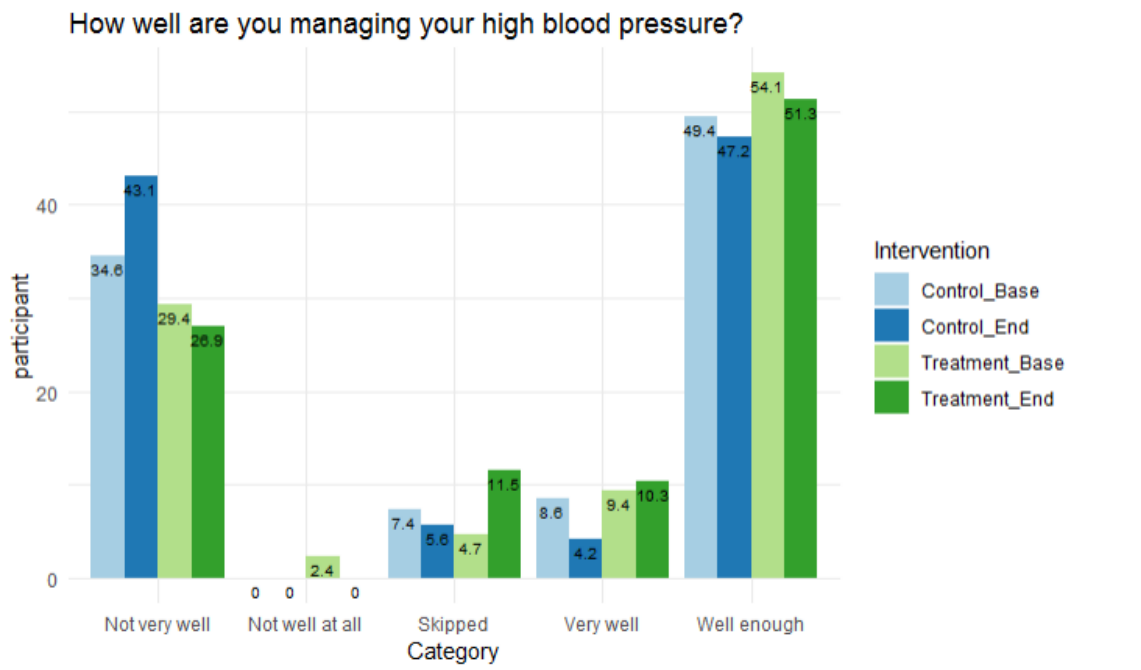
#In general would you say your Health is?

```
df <- data.frame(Category=rep(c("Excellent", "Fair","Good","Poor", "Verygood"),
each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"),
5),
                 participant=c(4.9, 4.1, 2.3, 7.7, 18.5, 12.3, 25.6, 14.1, 58.0, 65.8,
                               51.2, 53.8, 3.7, 0.0, 3.5, 0.0, 14.8, 17.8, 17.4, 24.4))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="In general would you say your Health is?")
```



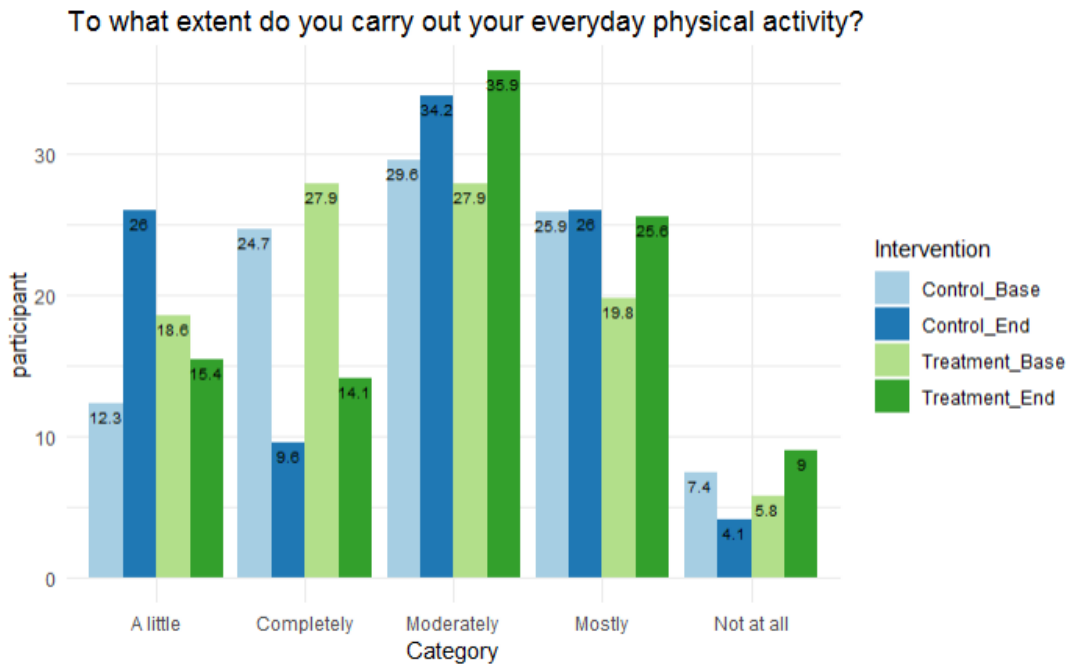
#How well are you managing your high blood pressure?

```
df <- data.frame(Category=rep(c("Not very well", "Not well at all","Skipped", "Very well", "Well enough"), each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"), 5),
                 participant=c(34.6, 43.1,  29.4,  26.9, 0.0,  0.0,  2.4,  0.0, 7.4,
                 5.6,  4.7,  11.5, 8.6,  4.2,  9.4,  10.3, 49.4,  47.2,
                 54.1,  51.3))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="How well are you managing your high blood pressure?")
```



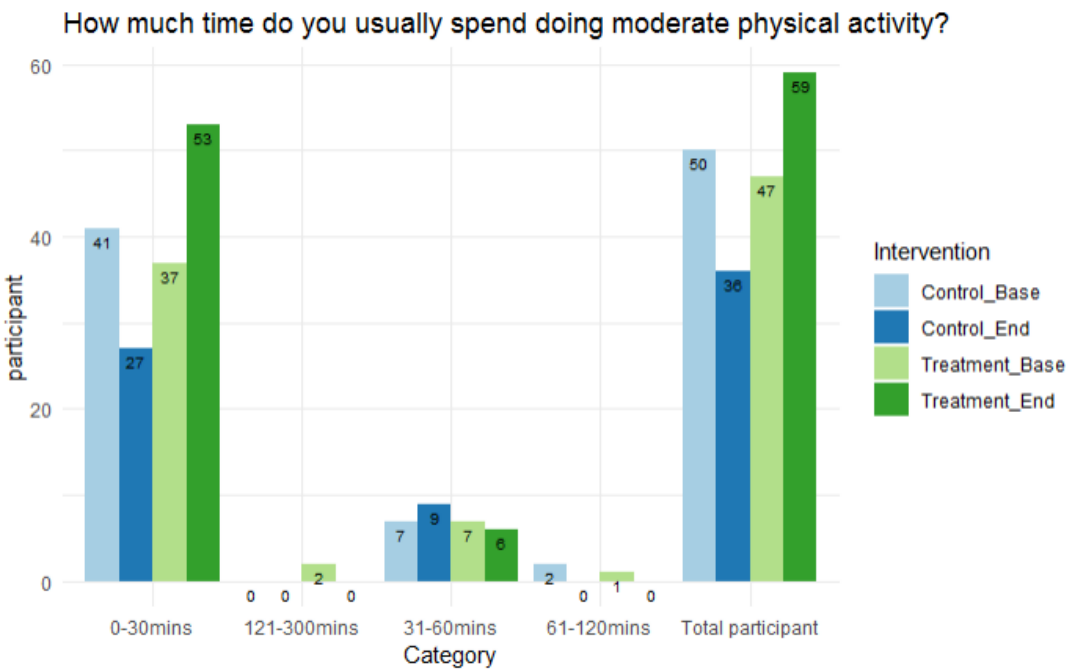
#To what extent are you able carry out your everyday physical activity?

```
df <- data.frame(Category=rep(c("A little", "Completely","Moderately", "Mostly", "Not at all"), each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"), 5),
                 participant=c(12.3, 26.0,  18.6,  15.4, 24.7,  9.6,  27.9, 14.1, 29.6,
                 34.2,  27.9,  35.9,  25.9,  26.0,  19.8,  25.6, 7.4,  4.1,  5.8,
                 9.0))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="To what extent do you carry out your everyday physical activity?")
```



#How much time do you usually spend doing moderate physical activity?

```
df <- data.frame(Category=rep(c("Total participant", "0-30mins","31-60mins", "61-120mins", "121-300mins"), each=4),

Intervention=rep(c("Control_Base","Control_End","Treatment_Base","Treatment_End"), 5),
                 participant=c(50,    36,      47,      59, 41, 27,  37,  53,  7,          9,   7,
          6, 2,     0,         1,        0, 0,     0,        2,        0))
head(df)

ggplot(data=df, aes(x=Category, y=participant, fill=Intervention)) +
  geom_bar(stat="identity", position=position_dodge(),width=.9)+
  geom_text(aes(label=participant), vjust=1.5, color="black",
            position = position_dodge(.9), size=2.6)+
  scale_fill_brewer(palette="Paired")+
  theme_minimal()+
  labs(title="How much time do you usually spend doing moderate physical activity?")
```


How much time do you usually spend doing moderate physical activity?
participant
60
40
20
0
41
27
37
53
0
0
2
0
7
9
7
6
2
0
1
0
50
36
47
59
0-30mins
121-300mins
31-60mins
61-120mins
Total participant
Category
Intervention
Control_Base
Control_End
Treatment_Base
Treatment_End