

SUPPLEMENT

Table S1: Summary of survey domains, survey themes, and examples of participant responses

STUDY DOMAINS	THEMES	PARTICIPANT RESPONSES
PARTICIPANT BELIEFS, PERCEPTIONS, & KNOWLEDGE ABOUT HYPERTENSION (SURVEY ITEMS 1-14)	“Worrying and overthinking” as a cause for uncontrolled hypertension.	<p>“Lack of relaxing my mind/ overthinking. (Female, 59yo)”</p> <p>“It is a silent killer. It comes from thinking too much and worrying too much about different issues. It has no visible symptoms. (Female, 72yo)”</p>
	Medication adherence and lifestyle modification are important for hypertension control.	<p>“Taking my medications dutifully. I don't play with it. (Female, 55yo)”</p> <p>“I use my drugs diligently and faithfully (Female, 55yo)”</p> <p>“My BP is high. It is a condition that needs dietary management and medication. (Female, 63yo)”</p> <p>“... someone who has hypertension has to take it easy, reduce stress and anxiety (Female, 76yo)”</p>
FACILITATORS (SURVEY ITEMS 38-44)	Family support and encouragement.	<p>“Once the family is aware of the health status, they help to prepare it adequately. (Male, 54yo)”</p> <p>“Because my wife cooks my food and she knows about my condition, she makes a conscious effort to reduce the salt (Male, 43yo)”</p> <p>“I have grandchildren and children that I can send on errands to quickly get the drug (Female, 81yo)”</p> <p>“I don't want to have complications and burden my family. (Male, 54yo)”</p>
	Importance of creating a routine and incorporating lifestyle modifications into daily activities.	<p>“I normally do a lot of trekking...(Female, 72yo)”</p> <p>“I trek a lot. It helps to keep me</p>

		<p><i>in shape and also maintain a healthy posture and a good weight (Male, 71yo)</i></p> <p><i>“Daily usage as soon as I wake up because when I think of my health, it becomes a regimen. Take it faithfully as recommended by the doctor. (Male, 75yo)”</i></p>
BARRIERS (SURVEY ITEMS 45-49)	Pain and discomfort with exercise	<p><i>“Serious body pain, due to the stress of trekking. (Female, 40yo)”</i></p> <p><i>“I can't stand for 2-3 hours in a day as recommended by the doctor. The exercise is too strenuous for me.... The walking is not easy. (Female, 51yo)”</i></p>
	Tasteless Meals	<p><i>“While making the family meal, I need to consider family members eating the food and for me to cook a separate meal for myself can be a bit difficult (Female, 58yo)”</i></p> <p><i>“I prepare my food with very little salt, and everything is always okay. But when I eat other people's food with plenty salt, my legs start to swell (Female, 53yo)”</i></p>
	High cost and difficulty acquiring and taking necessary medications.	<p><i>“Unavailability of finance to buy the drugs and take it. (Female, 48yo)”</i></p> <p><i>“It is difficult to find and expensive. Some people also sell fake ones (Female, 77yo)”</i></p> <p><i>“The medication is plenty, taking about 10 tablets at once is not convenient (Female, 61yo)”</i></p> <p><i>“I use it most times, but I stop when I feel better (Female, 54yo)”</i></p>