

**The Effectiveness of C.A.L.M Initiative Program in Lowering the Blood Pressure of the Older Adults with Hypertension in Brgy. Bernardo Pulido, General Mariano Alvarez, Cavite**

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**Abstract**

Hypertension remains a significant public health concern among older adults, particularly in community settings where challenges in lifestyle management and medication adherence persist. This study evaluated the effectiveness of the C.A.L.M. (Caring Approach to Lowering and Managing Hypertension) Initiative Program in reducing blood pressure and improving lifestyle management among hypertensive older adults in Barangay Bernardo Pulido, General Mariano Alvarez, Cavite. A quasi-experimental pretest–posttest design with a descriptive-correlational component was employed. Twelve older adults aged 50–65 years with a clinical diagnosis of hypertension were selected through purposive sampling. The intervention was implemented over an eleven-week period and consisted of weekly, structured sessions focusing on health education, dietary modification, physical activity, stress management, medication adherence, sleep hygiene, and regular blood pressure monitoring. Data were collected using validated structured questionnaires, structured observation, field diaries, and serial blood pressure measurements. Descriptive and inferential statistics were used to determine changes in blood pressure levels and examine the relationship between socio-demographic variables and selected health indicators. Results showed a gradual and sustained reduction in mean blood pressure levels throughout the intervention, with average readings improving from hypertensive baseline values to approximately 120/80 mmHg by the end of the program. Medication adherence and participation in regular physical activity markedly increased after the intervention, while lifestyle management scores improved from general disagreement in the pretest to strong agreement in the posttest. Analysis revealed no statistically significant relationship between blood pressure outcomes and age, educational attainment, household income, physical activity, blood sugar levels, or body mass index, although gender demonstrated a significant association with post-intervention blood pressure. Overall, the findings indicate that the C.A.L.M. Initiative Program was effective in improving blood pressure control, health behaviors, and self-management practices among older adults with hypertension. The study supports the implementation of structured, community-based, lifestyle-focused interventions as complementary strategies for hypertension management and prevention, aligned with Sustainable Development Goals on health and education, and recommends further research with larger samples to strengthen generalizability.

*Keywords: C.A.L.M Initiative Program, field diaries, hypertension, lifestyle modification, quasi-experimental, structured observation, structured questionnaires*