



Exploring Lifestyle Factors and Treatment Adherence among Older Adults with Hypertension Attending a Mobile Health Unit (MHU) in a Rural Area of Central Portugal | 1

Pinto, C.; Chaves, C.; Duarte, J.; Raposo, A.; Zandonadi, R.P.; Monteiro, S.; Teixeira-Lemos, E.
[Exploring Lifestyle Factors and Treatment Adherence among Older Adults with Hypertension Attending a Mobile Health Unit \(MHU\) in a Rural Area of Central Portugal.](#)
Nutrients 2024, 16, 1112.
<https://doi.org/10.3390/nu16081112>