

1



Pinto, C., Chaves, C., Duarte, J., Raposo, A., Zandonadi, R. P., Monteiro, S., Teixeira-Lemos, E. (2024). 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*, *16*(8), 1112.

https://doi.org/10.3390/nu16081112