CRHCP: China Rural Hypertension Control Project

**Purpose:** To test the effectiveness of a village doctor-led multifaceted intervention compared to usual care on blood pressure (BP) control over 18 months among rural residents with hypertension (HTN) in China.

**Trial Design:** In this cluster randomized trial, 326 villages (33,995 patients with uncontrolled HTN) were randomly assigned to intervention or control. In the intervention group, village doctors managed patients with HTN according to a standard protocol with support from physicians. Village doctors also conducted health coaching on home BP monitoring, lifestyle changes, and medication adherence.

**Primary Endpoints:** The proportion of patients with BP <130/80 mmHg at 18 months.

**Secondary Endpoints:** The proportion of participants with BP <140/90 mmHg at 18 months and mean changes in systolic and diastolic BP from baseline to 18 months.

<table>
<thead>
<tr>
<th></th>
<th>Intervention (n=17,407)</th>
<th>Control (n=16,588)</th>
<th>Net difference</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Endpoints</strong></td>
<td></td>
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<tr>
<td>BP &lt;130/80 mmHg, %</td>
<td>57.0</td>
<td>19.9</td>
<td>37.0</td>
<td>&lt;0.001</td>
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<tr>
<td><strong>Secondary Endpoints</strong></td>
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<tr>
<td>BP&lt;140/90 mmHg. %</td>
<td>77.3</td>
<td>44.5</td>
<td>32.7</td>
<td>&lt;0.001</td>
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<tr>
<td>Change in SBP, mmHg</td>
<td>-26.3</td>
<td>-11.8</td>
<td>-14.5</td>
<td>&lt;0.001</td>
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<tr>
<td>Change in DBP, mmHg</td>
<td>-14.6</td>
<td>-7.5</td>
<td>-7.1</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

**Conclusion:** As compared with usual care, the village doctor-led intervention significantly improved BP control among rural residents in China. This feasible, effective, and sustainable implementation strategy could be scaled up in rural China and other low-resource settings for hypertension control.

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Results reflect the data available at the time of presentation.