

Supplementary Table 2: Topics proposed for the health education sessions

Week	Topics	Topics covered / Details
Week 1	Understanding DM and hypertension	Risk factors associated with the development of DM and hypertension. Consequences of DM and hypertension on the body and risks for developing other diseases; Importance of adherence to pharmacological and non-pharmacological treatments
Week 2	Facilitators and barriers for healthy eating	Facilitators and barriers faced by individuals when changing their eating habits. Strategies for overcoming barriers and for strengthening facilitators of healthy changes
Week 3	Benefits of physical activity	Presentation of the benefits of regular physical activity. Guidelines for physical activity practice, including appropriate clothing, footwear, hydration, and intensity
Week 4	NOVA classification of foods	NOVA classification of foods according to the extent and purpose of industrial processing. Guidelines for healthy eating based on categories of food processing
Week 5	Reducing sedentary behavior	Incorporating regular physical activity into daily routines. Types of physical activity, frequency, suitable locations, and intensity.
Week 6	NOVA classification of foods with a focus on ultraprocessed foods	Characteristics of ultraprocessed foods and reasons to avoid them. Food label interpretation as a strategy to identify ultraprocessed foods.

Week 7	Myths and truths about physical activity in hypertension and DM	Common misconceptions about physical activity in hypertension and DM. Group activity: quiz game on hypertension, DM and physical activity.
Week 8	Myths and truths about healthy eating in hypertension and DM	Common misconceptions about healthy eating in hypertension and DM, brainstorming and discussion of healthy eating habits for individuals with hypertension and DM.
Week 9	Impact of alcohol and smoking on health	Impact of alcohol and smoking consumption; Strategies for controlling and quitting smoking and alcohol consumption. Support and assistance measures.
Week 10	Mindful eating	Demonstration of gastric emptying mechanisms; Discussion of hunger and satiety cues. Experiencing mindful eating.
Week 11	Proper medication use in hypertension and DM treatment	Guidelines for correct medication use. Proper storage of medications.
Week 12	Action planning for changing eating habits	Goal setting and definition of necessary changes on eating habits. Planning for change.
Week 13	Importance of self-care in hypertension and DM	Monitoring and proper control of blood pressure and blood glucose levels.
Week 14	Strategies to maintain healthy eating habits	Case studies on healthy eating habits; identification of healthy eating habits beyond food choice.

Week 15	Physical activity and mental health	Managing stress and anxiety through physical activity.
Week 16	Strategies to maintain healthy eating habits	Identification of strategies to maintain healthy eating habits in hypertension and diabetes. Discussion of food shopping lists as tools for maintaining healthy eating.
Week 17	Strategies for staying physically active	Planning a daily physical activity routine.
Week 18	Moderate use of cooking ingredients (salt, sugar, oils, and fats)	Taste test: recipes made with reduced amounts of salt, sugar, oils and fats.
Week 19	Effects of incorporating healthy habits in the treatment of hypertension and DM	Benefits of incorporating healthy habits in the control of hypertension and DM.
Week 20	Food servings	Discussion on changing sizes of food servings as a strategy to facilitate healthy eating. Cooking experience.
Week 21	Recapitulating important topics	Key benefits of regular physical activity for individuals with hypertension and diabetes and incorporating it into daily routine.
Week 22	Reviewing the action plans	Reflection on what was discussed since the first group session and what changes were successful. Review of action plans created on week 12.

Week 23	Recapitulating important topics	Importance of regular monitoring of hypertension and DM.
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Week 24	Group closing	Final group session: collaborative picnic with healthy recipes. Assessment of participants, activities, and professionals.
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DM: diabetes mellitus