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**The health promotion guidelines controlling blood pressure for monks in Nong Khai Province**

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**Abstract**

The objective of this research is to investigate the health promotion guidelines in controlling blood pressure in monks at Nong Khai Province using research and development model. There are 3 research processes. The target groups are Monks in Nong Khai province included 4,183 monks, 31 persons involved and 9 experts.

**Result** Monk health examination at Nong Khai province has implemented all 9 districts from a total of 4,183 monks who participated in 3,741 monks (89.43%). The monks have 1,675 normal systolic pressure (44.77%), 1,298 risky monks (34.70%) Hypertensive conditions 768 monks (20.53) and normal diastolic blood pressure 2,541 monks (67.92%). In risk condition 587 monks (15.69%). Hypertension 613 monks (16.39%). the health promotion guidelines in controlling blood pressure in monks contain 5 elements at Nong Khai province (18 activities) including belly reduction, blood sugar control, body mass index, education and continuous blood pressure measurement. Then, the 9 factors of success in the operation are clear policy, all sector corporation, understanding, integration of operations, management effort, network and coordination, monitoring and evaluation, Continuity in operation, steadiness and faith and belief in creating merit that has been made merit together.

**Keywords:** Hypertension, Monk