**Table 2:** Demographic information on the study participants.

| **Demographic information** | **Frequency** | **Percentage** |
| --- | --- | --- |
| **Number of participants** | 24 | 100 |
| **Sex** |  |  |
| Male | 12 | 50% |
| Female | 12 | 50% |
| **Age** |  |  |
| 30-40 | 6 | 25% |
| 41-50 | 6 | 25% |
| 51-60 | 5 | 20.8% |
| 61-70 | 5 | 20.8% |
| > 71 | 2 | 8.3% |
| **Level of education** |  |  |
| None | 7 | 29.1% |
| Primary | 8 | 33.3% |
| Secondary | 8 | 33.3% |
| Graduation | 1 | 4.1% |
| **Total occupation range** |  |  |
| Unemployed | 4 | 16.6% |
| Housewife | 8 | 33.3% |
| Labour | 9 | 37.5% |
| Other (salesman, teacher) | 3 | 12.5% |
| **Family members in household** |  |  |
| 1-10 | 19 | 79.1% |
| 11-20 | 4 | 16.6% |
| 21-30 | 1 | 4.1% |
| **Range of income** |  |  |
| None | 4 | 16.6% |
| 5,000 or less | 11 | 45.8% |
| > 5,000 | 9 | 37.5% |
| **Diagnosis** |  |  |
| Myocardial infarction | 16 | 66.6% |
| 2-vessel degree | 3 | 12.5% |
| Valvular disease | 4 | 16.6% |
| Rheumatic heart disease | 1 | 4.1% |
| **Weight in kgs** |  |  |
| > 50 | 6 | 25% |
| 51-65 | 5 | 20.8% |
| 66-80 | 9 | 37.5% |
| 81-95 | 2 | 8.3% |
| 96-110 | 2 | 8.3% |
| **Received diet teaching** |  |  |
| Yes | 23 | 95.8% |
| No | 1 | 4.1% |
| **Attended rehabilitation** |  |  |
| Yes | 17 | 70.8% |
| No | 7 | 29.1% |
| **Received teaching materials** |  |  |
| Yes | 17 | 70.8% |
| No | 7 | 29.1% |