|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Look at the salt or sodium content on food labels** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 267 | 26.5 | 18.9 - 35.9 | 242 | 36.2 | 23.5 - 51.1 | 509 | 32.1 | 24.1 - 41.2 |
| 30-44 | 473 | 23.3 | 16.5 - 31.9 | 506 | 50.2 | 38.6 - 61.8 | 979 | 39.4 | 30.7 - 48.8 |
| 45-59 | 444 | 33.6 | 17.3 - 55.0 | 482 | 45.0 | 36.0 - 54.4 | 926 | 39.1 | 28.9 - 50.5 |
| 60-69 | 298 | 37.8 | 26.1 - 51.0 | 305 | 45.2 | 32.9 - 58.1 | 603 | 42.1 | 33.3 - 51.4 |
| **Total** | **1482** | **29.2** | **22.1 - 37.5** | **1535** | **43.7** | **37.4 - 50.1** | **3017** | **37.3** | **32.8 - 42.0** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 444 | 28.8 | 15.8 - 46.6 | 454 | 46.2 | 35.5 - 57.3 | 898 | 38.7 | 30.9 - 47.1 |
| Urban | 1038 | 29.6 | 24.7 - 34.9 | 1081 | 41.3 | 34.5 - 48.4 | 2119 | 36.0 | 31.3 - 40.9 |