|  |  |
| --- | --- |
| **Adding salt at meal** | Description: Percentage of all respondents who always or often add salt or salty sauce to their food before eating or as they are eating |
| Instrument question: D5: How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Add salt always or often before eating or when eating** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % | 95% CI | n | % | 95% CI | n | % | 95% CI |
| 18-29 | 265 | 28.7 | 20.2 - 39.1 | 241 | 20.1 | 8.9 - 39.2 | 506 | 23.8 | 15.5 - 34.6 |
| 30-44 | 473 | 19.9 | 14.1 - 27.4 | 506 | 21.4 | 14.3 - 30.7 | 979 | 20.8 | 15.9 - 26.8 |
| 45-59 | 441 | 12.8 | 6.2 - 24.8 | 481 | 11.4 | 7.3 - 17.3 | 922 | 12.1 | 8.0 - 17.9 |
| 60-69 | 297 | 11.8 | 6.5 - 20.3 | 305 | 9.6 | 5.3 - 16.9 | 602 | 10.5 | 7.0 - 15.4 |
| **Total** | **1476** | **19.5** | **15.1 - 24.7** | **1533** | **17.1** | **12.1 - 23.5** | **3009** | **18.1** | **14.4 - 22.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 442 | 19.9 | 12.2 - 30.8 | 454 | 16.3 | 8.2 - 29.8 | 896 | 17.9 | 11.2 - 27.3 |
| Urban | 1034 | 19.1 | 15.4 - 23.3 | 1079 | 17.8 | 13.6 - 23.0 | 2113 | 18.4 | 15.5 - 21.7 |