|  |  |
| --- | --- |
| **Adding salt at meal** | Description: Percentage of population 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 | 554 | 29.8 | 23.5 - 36.9 | 969 | 23.4 | 19.3 - 28.0 | 1523 | 25.8 | 22.3 - 29.6 |
| 30-44 | 601 | 28.8 | 23.4 - 34.9 | 1047 | 27.5 | 22.8 - 32.9 | 1648 | 28.0 | 24.3 - 32.1 |
| 45-59 | 278 | 15.6 | 9.5 - 24.4 | 447 | 23.3 | 16.8 - 31.4 | 725 | 20.4 | 15.6 - 26.2 |
| 45-69 | 239 | 32.3 | 25.5 - 40.0 | 424 | 25.4 | 20.4 - 31.1 | 663 | 28.6 | 24.3 - 33.2 |
| 60-69 | 113 | 35.1 | 19.0 - 55.5 | 258 | 11.3 | 6.7 - 18.4 | 371 | 21.3 | 13.7 - 31.6 |
| **Total** | **1785** | **28.1** | **24.6 - 31.9** | **3145** | **24.4** | **21.8 - 27.1** | **4930** | **25.8** | **23.8 - 28.0** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1013 | 23.5 | 19.1 - 28.5 | 1811 | 22.1 | 18.6 - 26.0 | 2824 | 22.6 | 19.9 - 25.5 |
| Urban | 772 | 34.0 | 28.8 - 39.7 | 1334 | 28.0 | 24.7 - 31.6 | 2106 | 30.6 | 27.5 - 33.8 |