|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 591 | 20.7 | 16.7 - 25.3 | 846 | 26.6 | 22.5 - 31.0 | 1437 | 23.6 | 20.5 - 27.1 |
| 30-44 | 661 | 28.1 | 23.4 - 33.3 | 1058 | 24.3 | 20.9 - 28.1 | 1719 | 26.2 | 23.0 - 29.7 |
| 45-59 | 408 | 25.5 | 20.0 - 31.9 | 608 | 30.4 | 25.4 - 35.9 | 1016 | 28.1 | 24.2 - 32.4 |
| 60-69 | 185 | 26.8 | 20.1 - 34.8 | 346 | 22.4 | 16.9 - 29.0 | 531 | 24.3 | 19.7 - 29.5 |
| **Total** | **1845** | **24.2** | **21.0 - 27.7** | **2858** | **26.3** | **23.4 - 29.3** | **4703** | **25.2** | **22.7 - 27.9** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1472 | 23.0 | 19.8 - 26.6 | 2406 | 26.9 | 23.7 - 30.3 | 3878 | 25.1 | 22.4 - 27.9 |
| Urban | 373 | 28.5 | 20.5 - 38.2 | 452 | 22.8 | 17.3 - 29.4 | 825 | 26.1 | 20.0 - 33.4 |