|  |  |
| --- | --- |
| **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 | 591 | 27.7 | 22.9 - 33.1 | 844 | 25.7 | 21.2 - 30.7 | 1435 | 26.7 | 23.0 - 30.7 |
| 30-44 | 656 | 25.5 | 20.8 - 30.8 | 1056 | 22.5 | 18.7 - 26.9 | 1712 | 24.0 | 20.6 - 27.8 |
| 45-59 | 408 | 24.9 | 19.7 - 30.9 | 606 | 17.1 | 13.5 - 21.3 | 1014 | 20.7 | 17.4 - 24.5 |
| 60-69 | 183 | 29.5 | 20.9 - 39.9 | 346 | 19.8 | 14.7 - 26.2 | 529 | 24.0 | 18.8 - 30.1 |
| **Total** | **1838** | **26.6** | **23.3 - 30.1** | **2852** | **22.8** | **20.1 - 25.7** | **4690** | **24.7** | **22.1 - 27.4** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1467 | 26.8 | 23.1 - 30.9 | 2400 | 22.6 | 19.7 - 25.9 | 3867 | 24.6 | 21.8 - 27.7 |
| Urban | 371 | 25.9 | 19.7 - 33.1 | 452 | 23.6 | 17.5 - 31.0 | 823 | 24.9 | 19.9 - 30.7 |