Introduction to intake of salt per day

Levels of sodium and creatinine in spot urine samples are used in STEPS to estimate population 24 hour salt intake, using the INTERSALT equation:

Estimated 24 hour sodium (Na) intake in mmol for males: 23.51+0.45*spot Na concentration (mmol/L) -3.09*spot creatinine concentration (mmol/L)+4.16*BMI+0.22*Age

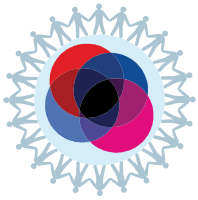
Estimated 24 hour sodium (Na) intake in mmol for females: 3.74+0.33* spot Na concentration (mmol/L)-2.44* spot creatinine concentration (mmol/L)+2.42* BMI +2.34* Age -0.03* Age ^2

The 24 hour sodium values in mmol are divided by 17.1 in order to get grams of salt.

WHO recommen-dation

The WHO recommendation is less than 5 grams of salt or 2 grams of sodium per person per day.

Intake of salt per day



Description: Mean intake of salt in grams per day among all respondents

Instrument question:

- Are you pregnant?
- Had you been fasting prior to urine collection?
- Urinary sodium measurement
- Urinary creatinine measurement

Mean salt intake (g/day)									
Age Group (years)	Men			Women			Both Sexes		
	n	Mean	95% CI	n	Mean	95% CI	n	Mean	95% CI
18-29									
30-44									
45-59									
60-69									
18-69									

Analysis Information:

- Questions used: M8, B10, B14, B15
- Epi Info program name: Bsalt (unweighted); BsaltWT (weighted)
