



Protecting and improving the nation's health

National Diet and Nutrition Survey: Assessment of salt intake from urinary sodium in adults (aged 19 to 64 years) in England, 2018/19

Variable List

Edition 1: Prepared April 2020

Variable	Description	Source	Notes
SerialA	Individual serial number	Nurse	
Sex	Sex	Nurse	
Age	Age	Nurse	
age3grp	Age in 3 groups	Nurse	
Diuretics	Any diuretics taken during collection period	Urine Collection Form	
DietrySupplements	Any dietary supplements taken during collection period	Urine Collection Form	
Sulphonamides	Any sulphonamides taken during collection period	Urine Collection Form	
SlFood	How often add salt to food at the table	Nurse	
SlCook	How often salt added in cooking to food eaten at home	Nurse	
SlMuch	Perception of amount of salt consumed	Nurse	
SlHl	Think that a high salt diet could cause a serious health problem	Nurse	
SlHIW1	Think high salt diet could cause: High blood pressure	Nurse	
SlHIW2	Think high salt diet could cause: Osteoporosis	Nurse	
SlHIW3	Think high salt diet could cause: Stomach cancer	Nurse	
SlHIW4	Think high salt diet could cause: Kidney stones	Nurse	
SlHIW6	Think high salt diet could cause: None of the above	Nurse	

SltLow	How important is lowering the salt/sodium in your diet	Nurse	
SltCtrl	Do anything on a regular basis to control your salt or sodium intake	Nurse	
SltDo1	Control salt/sodium intake: Avoid/minimize consumption of processed foods	Nurse	
SltDo2	Control salt/sodium intake: Look at the salt or sodium labels on food	Nurse	
SltDo3	Control salt/sodium intake: Do not add salt at the table	Nurse	
SltDo4	Control salt/sodium intake: Buy low salt alternatives	Nurse	
SltDo5	Control salt/sodium intake: Buy low sodium alternatives	Nurse	
SltDo6	Control salt/sodium intake: Do not add salt when cooking	Nurse	
SltDo7	Control salt/sodium intake: Use spices other than salt when cooking	Nurse	
SltDo8	Control salt/sodium intake: Avoid eating out	Nurse	
DayUrCollection	Day of urine collection (StartDay)	Nurse	
NoPABA	Number of PABA tablets taken	Nurse	
CollectionHours	Number of hours urine collected for	Nurse	
MissedCollections	Number of missed collections (MissedCollections)	Nurse	
UrineEligibilityCode	Completeness Status (CompletenessStatus)	Lab & Urine Collection Form	Shows the outcome of the completeness tests for the 24-hour urine
Include_Analysis	Whether included in statistical analysis	Lab	

UrineWt_KG	Weight of urine (kg) collected	Lab	
UrineWt_KGM	Weight of urine (kg) collected – result code	Lab	
PABAConc_mgL	24-hour PABA excretion	Lab	
PABAmg24hr	24-hour PABA excretion	Lab	
PABAmg24hrM	24-hour PABA excretion – result code	Lab	
PABA	% Percentage PABA recovery	Lab	
PABAM	% Percentage PABA recovery – result code	Lab	
Na_mmoll	Urinary sodium concentration (mmol/L)	Lab	
Na_mmollM	Urinary sodium concentration (mmol/L) – result code	Lab	
PotassiumConc_m moll	Urinary potassium concentration (mmol/L)	Lab	
PotassiumConc_m mollM	Urinary potassium concentration (mmol/L) – result code	Lab	
CreatinineConc_m moll	Urinary creatinine concentration (mmol/L)	Lab	
CreatinineConc_m mollM	Urinary creatinine concentration (mmol/L) – result code	Lab	
UR24hNa	Urinary sodium excretion (mmol/24-Hours)	Lab	For complete collections only

UR24hNaM	Urinary sodium excretion (mmol/24-Hours) – result code	Lab	For complete collections only
Ur24hK	Urinary potassium (mmol/24-hours)	Lab	For complete collections only
Ur24hKM	Urinary potassium (mmol/24-hours) – result code	Lab	For complete collections only
Ur24hCreatinine	Urinary creatinine (mmol/24-hours)	Lab	For complete collections only
Ur24hCreatinineM	Urinary creatinine (mmol/24-hours) – result code	Lab	For complete collections only
Salt24h_intake	24-hour salt intake	Lab	
GOR	Government Regional Office	Nurse	
PSU	Sodium 2018 Scrambled Sample point number	Nurse	
finwt_validsamp	Sodium 2018 Final Weight: Valid urine sample	NatCen	For complete collections only
finwt_anysamp	Sodium 2018 Final Weight: Any urine sample	NatCen	For all samples