

All About Reducing Salt

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Introduction & Background

- US Food & Drug Administration¹ recommends:
 - <2300mg of daily sodium consumption (general population)
 - <1500mg (at risk)
- A 2012 study² shows:
 - 99.4% of US adults consume >1500mg sodium
- Most research focus on dietary salt intake & health consequences (i.e., blood pressure, cardiovascular-related deaths)^{3, 4}
 - Fewer studies address patients' attitudes and barriers^{5,6}
- Healthy People 2020⁷
 - Decrease number of adults with hypertension (HTN); target 26.9%
 - Estimated 29.9% US adults had HTN in years 2005-2008
- There is a need to assess patients' beliefs, knowledge, and barriers with respect to following a low-salt diet

Methodology

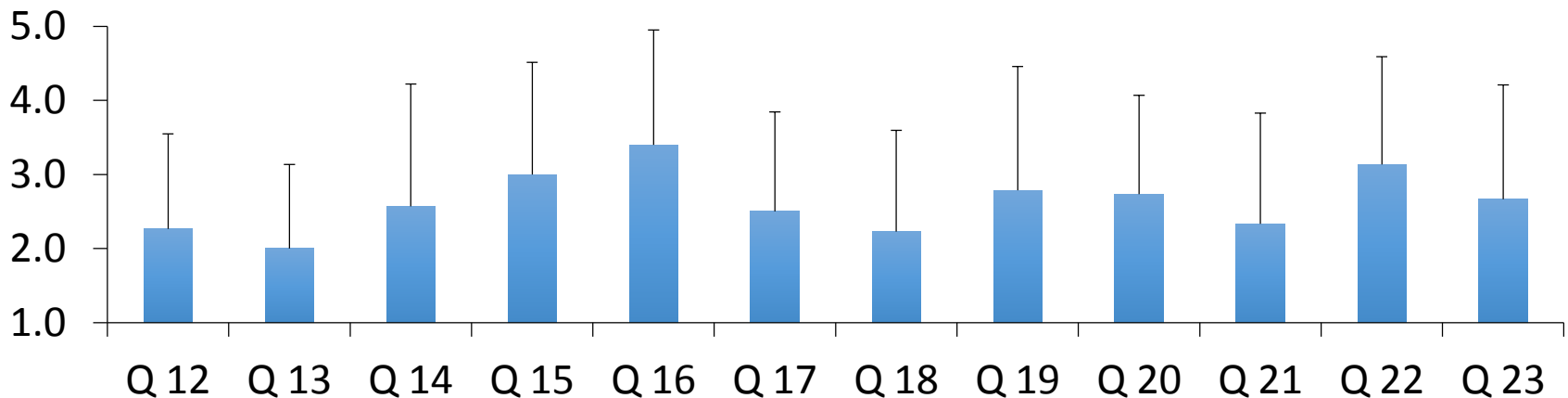
- Questionnaire packet administered to patients attending either Diabetes or HTN class over 2-week period
 - 7/28 – 8/8/14, 4 sessions total
- Questionnaire packet available in English & Spanish:
 - Cover sheet with instructions
 - Demographic Questionnaire (age, gender, race & ethnicity)
 - Dietary Sodium Restriction Questionnaire (DSRQ)⁸
 - 4 Parts consisting of questions using a rating scale
 - Part 1 (Q1-11): General Information
 - Part 2 (Q12-23): Perceived Behavioral Control Subscale
 - Part 3 (Q24-27): Subjective Norm Subscale
 - Part 4 (Q28-34): Attitudes Subscale
 - Translated into Spanish & back-translated

Results

- Participants
 - Total 20 participants (13 F, 7 M)
 - 23 Questionnaires distributed, 3 declined (response rate 87%)
 - 100% Latino/Hispanic & majority in 51-60 age group
- Part 1 (Q1-11)
 - 40% (N=8) reported they were prescribed a low salt diet by a health care provider
 - 50% (N=10) reported that they try to follow a low salt diet
 - Note that these two groups overlapped (N=5)

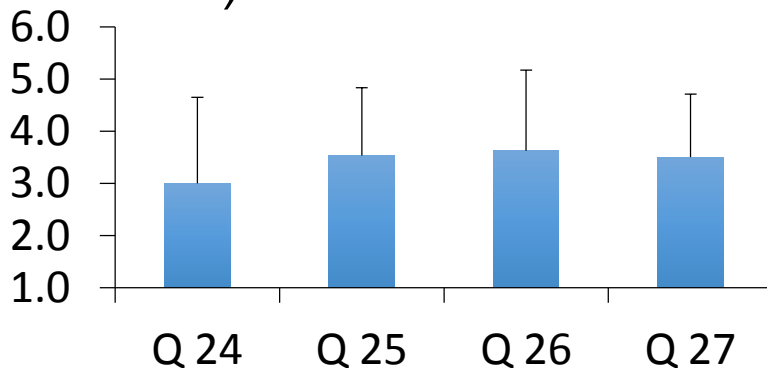
Results: Part 2

- Part 2: Perceived Behavioral Subscale (Q12-23)
 - *Indicate below, how much the following items keep you from following a low salt diet [from 1-5 (1= not at all; 5 = a lot)]*
 - *Examples: Cost of low-salt foods, time to prepare foods, etc.*
- Average ratings shown below

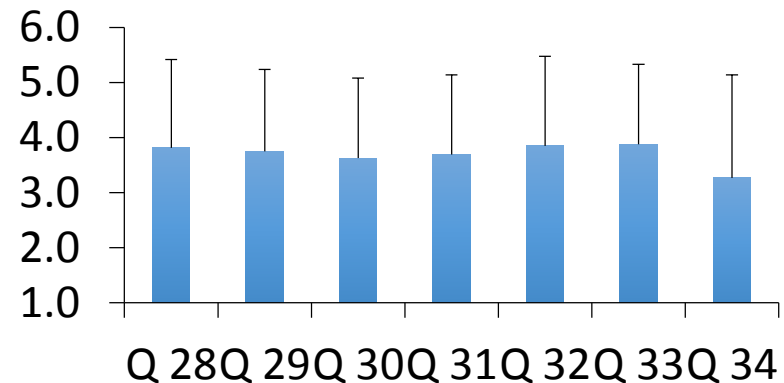


Results: Parts 3 & 4

- Part 3: Subjective Norm Subscale (Q24-27)
 - Rate from 1-5 (1 = not at all; 5 = a lot) to statements (e.g., *My doctor thinks I should follow a low-salt diet*)



- Part 4: Attitudes Subscale (Q28-34)
 - Rate from 1-5 (1 = not at all; 5 = a lot) to statements (e.g., *It is important for me to follow my low-salt diet*)



Discussion & Conclusion

- At least 50% try to follow a low-salt diet w/o MD's order
- No universal barrier to eating a low-salt diet
- Average ratings more consistent throughout Parts 3 & 4
 - Most acknowledge relationship between low-salt diet and health
 - Most acknowledge importance of low-salt diet
- Limitations
 - Small sample (N=20)
 - Incomplete responses & response bias possible
 - Literacy not assessed due to limited time
 - DSRQ originally developed for patients with heart failure and were predominately white

Recommendations

- Need for individualized plans
 - Address both cultural and financial barriers
- For future data collection
 - Obtain larger sample
 - Assess literacy prior to questionnaire distribution
 - Assess motivational level
 - Provide one-on-one guidance & offer more time



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