

B46 Mobile health to support reduced-salt food choice: Acceptance by Indonesian low-income consumers

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Association between mobile health usage and acceptance of reduced-salt food choice was being relatively unexplored up to this date, especially among the low-income population who were at higher risk of getting health issues due to financial limitation. An online cross-sectional study was conducted with aims of i) to explore the use of mobile health related to salt intake; ii) to explore the acceptance of reduced-salt food choice; iii) determine the correlation between the use of mobile health related to salt intake and acceptance of reduced-salt food choice. The questionnaires were self-administrated by the respondents and the variables collected and assessed were: i) sociodemographic data; ii) the use of mobile health related to salt intake; iii) health consciousness related to salt intake; iv) acceptance of reduced-salt food choice. A total of 104 adults (66.3% male) with mean age of 34.77 ± 9.68 were participated. Most of the respondents were high school graduates (50%). The majority of respondents scored “low” in the use of mobile health related to salt intake and scored “medium” in both health consciousness related to salt intake and acceptance of reduced-salt food choice. The relationship between mobile health related to salt intake with acceptance of reduced-salt food choice and health consciousness related to salt intake were both positively correlated ($r=0.430$, $p=0.000$; $r=0.618$, $p=0.000$ respectively). Educational levels were found to be an influence in the mobile health use related to salt intake despite it is not showing a strengthening effect ($p=0.012$).