

B03 Relationship between barriers of salt reduction and salt intake: Case study among B40 household

Alolikia Ong PJ, Vaidehi U, Lim SY, Siti Madihah Muhammad R, Lubna Samer A, Chee JJY and Tiaw HL

Faculty of Applied Science, UCSI University, UCSI Heights, Cheras, Wilayah Persekutuan Kuala Lumpur

Salt reduction is vital for lowering blood pressure and cardiovascular risk; however, individuals have poor practice of salt intake due to barriers. The aim of this case study was to explore the barriers on salt intake reduction and its relationship with total added salt intake among B40 households in Kuala Lumpur. This was a case study conducted among 40 adults from the B40 population. A structured questionnaire was used to assess the participant's total added salt intake and barriers [i) characteristic and behaviours surrounding salt reduction, ii) responsibility for salt reduction, iii) communication preferences, iv) interest in salt reduction] on salt intake reduction. All data were analysed using SPSS ver.26. A total of 32.0% of study participants were interested in salt reduction in the next 6 months and the majority (60.0%) were unaware of recommendations of salt intake. Participants perceived themselves to be mostly responsible for their salt intake, followed by friends and family, food manufacturers, governments, and international organizations, restaurants/fast food chains/caterers, and supermarkets/local markets. The participants reported that reducing salt is healthy and important. Additionally, they wanted to learn more about 'How to reduce salt in your diet' (75.0%) especially from medical community (75.0%) through online social website (85.0%). A prospective study intervening B40 adults to improve their interest and awareness is needed emphasizing self-autonomy in salt reduction in their daily diet.