

RELATIONSHIP BETWEEN BARRIERS OF SALT REDUCTION AND SALT INTAKE: CASE STUDY AMONG B40 HOUSEHOLD

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ABSTRACT

Background & Aim: 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. **Materials & Methods:** 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. **Results:** 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 (85.0%) through online social website (85.0%). Higher barrier of interest in salt reduction is associated with higher salt intake ($p < 0.05$). **Conclusion:** B40 population individuals are keen on exploring alternative to reduce their salt intake but more than half of the participants did not know the recommendation of daily salt consumption. This indicates that further education on salt intake recommendations is needed.

Keywords: Salt; salt intake; salt reduction; barriers of salt reduction; B40 population

INTRODUCTION

- Excess salt intake is a major cause of hypertension, which increases the risk of stroke and cardiovascular disease (CVD).
- Many people have knowledge about importance of salt reduction but have poor practice of salt intake due to barriers.

OBJECTIVE

- The aim of this study was to determine the barriers on salt intake reduction and its relationship with salt intake among B40 household in Kuala Lumpur.

METHODOLOGY

Study Design	Case Study
Location	LeQuadri Hotel Vaccination Centre
Subjects	40 participants from B40 population in Kuala Lumpur
Instruments	A structured questionnaire to access the participant's barriers of salt reduction

RESULTS

Table 1. Interest in reducing salt intake among B40 adults.

Interest in Reducing Salt Intake	n (%)
I am not at all interested in lowering salt in my diet and I have no intention of doing so in the next 6 months	4 (10.0)
I am interested in lowering salt in my diet and I have the intention of doing that within the next 6 months	13 (32.0)
I am interested in lowering salt in my diet and I have the intention of doing that in the next month	12 (30.0)
I am interested in lowering salt in my diet and I have started lowering my salt intake during the last 6 months	3 (7.5)
I am interested in lowering salt in my diet and I have already lowered my salt intake for longer than 6 months	8 (20.0)

Knowledge and Recommendations of Salt Intake

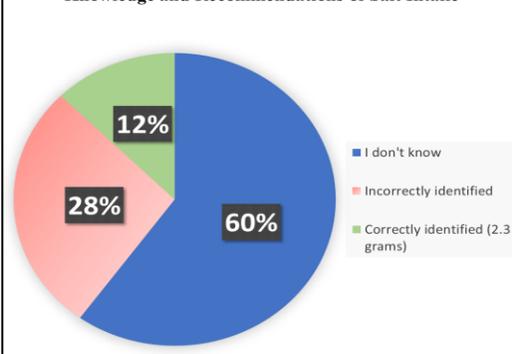


Figure 1. Knowledge and Recommendations of Salt intake

Responsibility for Salt Reduction

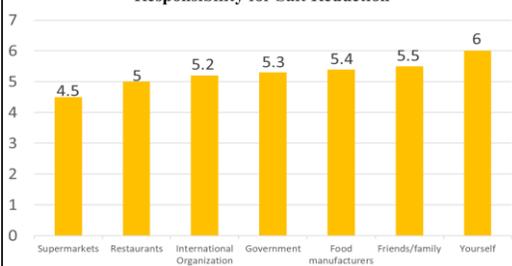


Figure 2. Responsibility for Salt Reduction

Perceptions of the Importance and Healthfulness of Salt Reduction

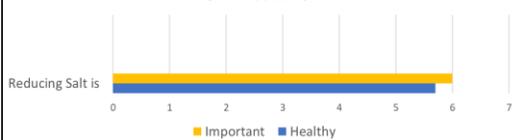


Figure 3. Perceptions of the Importance and Healthfulness of Salt Reduction

Table 2. Interest of topic about salt and its effects on health.

What would you like to hear about salt and its effects on health?	n (%)
What foods are the main sources of salt in the diet	21 (52.5)
The reasons why salt is bad for your health	21 (52.5)
How much salt you are currently eating	20 (50.0)
How to reduce salt in your diet	30 (75.0)
How to use less salt in cooking	15 (37.5)

Sources Preferences

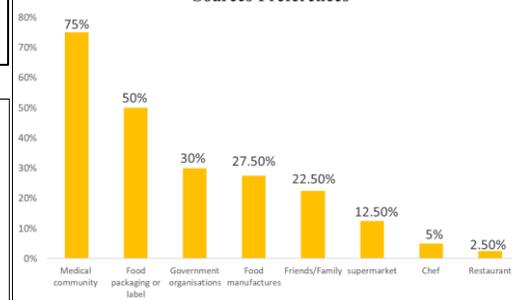


Figure 4. Sources preferences among B40 adults.

Medium Preferences

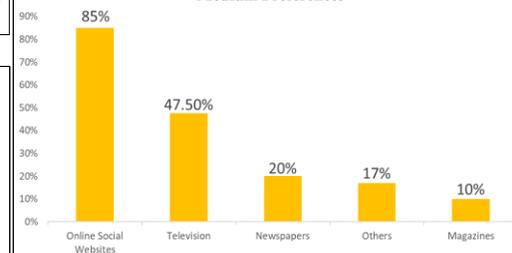


Figure 5. Medium preferences among B40 adults.

DISCUSSION

- Individuals from B40 population were aware of the importance of reducing salt intake yet only a few are able to practice it due to a lack of motivation.
- Most of the participants are interested in the topic of 'How to reduce salt in your diet'. This result shows that B40 population individuals are keen on exploring alternative to reduce their salt intake.
- More than half of the participants reported they did not know what are the recommendation of daily salt consumption. This shows that the knowledge on salt intake recommendations was generally low in B40 population.
- Participants identified themselves as being the most responsible for their own salt intake. This is because the participants felt they were the ones who had the greatest control over their own health.
- The participants agreed that reducing salt is healthy and important. This shows that participants were aware of the importance and healthfulness of reducing salt intake to maintain a healthy life.
- Three quarters of participants said they would like to hear more about salt and its influence on health from the medical community (e.g., dieticians, doctors). This is due to the fact that medical professionals were considered as the most reliable source of knowledge for Malaysians.
- Online social media websites were the most popular type of medium selected by the participants as the individuals can easily search online information by using smart phones or computer.

CONCLUSION

- B40 population individuals are keen on exploring alternative to reduce their salt intake but more than half of the participants did not know the recommendation of daily salt consumption. This indicates that further education on salt intake recommendations is needed.
- A prospective study intervening B40 adults to improve their interest and awareness is needed emphasizing self-autonomy in salt reduction in their daily diet.