



Estimating daily salt intake based on 24h urinary sodium excretion among adults aged 18–69 years in Shandong, China

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3 **Estimating daily salt intake based on 24h urinary sodium excretion among adults**
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5 **aged 18–69 years in Shandong, China**
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ABSTRACTS

Background: In 2011, China's National Health and Family Planning Commission and Shandong (population 96 million) Provincial Government launched the SMASH Project to prevent and control hypertension. This study estimates the daily salt intake among adult Shandong population (aged 18-69) during 2011 on 24h urinary sodium excretion.

Methods: In 2011, a cross-sectional survey was conducted with a random sample of 2061 adults aged 18–69 years in Shandong. A 24h urine sample was collected from each participant. All urine samples were tested at the ADICON Clinical Laboratory for Na and creatinine content. Daily salt intake was estimated based on the 24-hour urinary sodium excretion assuming that all sodium ingested was in the form of sodium chloride. Data are expressed as means and 95% confidence intervals (CIs).

Results: The mean excretion of Na over 24h was 237.61 (95%CI: 224.77-250.44) Mmol. Overall, the estimated salt intake was on average 13.90 (95%CI: 13.15-14.65) g/day. The mean intake was higher among rural residents (14.00g) than among urban residents (13.68g); and was higher among men (14.40g) compared to women (13.37g). About 96% of survey participants had a salt dietary intake of 6g or more per day.

Conclusion: Salt intake in Shandong is alarmingly high with a great majority (96%) of adults consuming more than currently recommended (6g/d). There is an urgent need to develop and implement effective interventions to reduce the intake level to combat the increasing burden of noncommunicable diseases.

Strengths and limitations

The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance calculated salt intake in Chinese adults, and the

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3 results indicated that about 80% of the Chinese exceeded the Chinese Nutritional
4 Society's (2007) recommended salt (sodium chloride) intake upper level of 6 gram/day.
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8 In 2002, the average daily salt intake was 12.6 gram in Shandong Province. However, the
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10 salt intake from the above surveys was estimated by FFQ or dietary recall, and the salt
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12 intake volumes calculated might be high or low. The method of salt intake based on 24h
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14 urinary sodium excretion was applied in the other researches in China, but the number of
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16 the sample was small and not well representative for Chinese aged 18-69 years. In this
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18 study, 2184 subjects were investigated and 2061 urine specimens were collected by
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20 multi-stage cluster sampling which was used to select a provincially representative.
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23 Based on 24h urinary sodium excretion, the exact salt intake in Chinese aged 18-69 years
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25 was estimated relatively. The present study indicates that the intake of Na is very high in
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27 a representative Chinese adults aged 18-69 years. This paper suggests that population salt
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29 reduction campaign is a must in China. The results also provided the 24h urinary sodium
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31 in Chinese aged 18-69 years for other studies.
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36 The sample only included Chinese aged 18-69 years, so the results are not extrapolated to
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38 other groups. The 24h urinary excretion method does not account for electrolyte loss
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40 other than via the kidneys, and therefore will tend to slightly underestimate the true
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42 intake.
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BACKGROUND

In China, hypertension is a major contributor to cardiovascular disease, which accounts for 40% of the deaths [1], and 23% of the health care costs [2]. Evidence suggests a high level of salt intake is associated with high blood pressure and a greater risk of stroke and CVD [3-6]. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance indicated that about 80% of the Chinese exceeded the Chinese Nutritional Society's (2007) recommended salt (sodium chloride) intake upper level of 6 gram/day. In 2010, the estimated average salt intake of Chinese citizens was 9.1 grams/day in urban areas, and 11.5 grams/day in rural areas [1]. The Chinese diet is high in sodium.

Reducing population salt intake is one of the easiest, more efficient and cost-effective ways to reduce the burden of CVD and save health care costs, and this would result in a major improvement in public health [1,7]. Internationally, calls have been made for dietary sodium reduction to be a major intervention for prevention and control of non-communicable diseases [8]. Many countries, including Japan, the United Kingdom, Finland, Portugal, and the United States, have reduced population-wide sodium intake [9-11]. China, a major challenge to sodium intake reduction effort, in contrast to western countries, is that majority of sodium comes from home cooking, not commercially processed foods. A recent study suggested that most dietary sodium (76%) in China was from salt added in home cooking [12]. In contrast, processed foods contributed heavily to sodium intake in the UK (95%), and the US (71%)[12]. To prevent and control hypertension and improve health, efforts to remove excess sodium from diets in China should focus on reducing sodium in home cooking.

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3 Shandong Province is one of the most populous provinces in China. Sodium intake by
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5 most Shandong residents considerably exceeds the recommended limit. In 2002, the
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7 average daily salt intake was 12.6 gram, and the prevalence of hypertension was 25.1%.
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9 High-salt intake has caused huge economic loss [2]. To reduce sodium in the Chinese diet,
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11 in 2011, the Chinese Ministry of Health (MOH) selected Shandong province as a national
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13 pilot area for sodium reduction and the Shandong MOH Action on Salt and Hypertension
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15 (SMASH) Project was formed. In order to help develop effective interventions for the
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17 SMASH Project, in 2011, a base-line survey was conducted to assess the salt
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19 consumption, and the prevalence of hypertension among the Shandong residents. The
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21 measurement of 24h urinary Na excretion is considered the ‘gold standard’ method for
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23 obtaining data of Na intakes in population surveys [1]. But in China, there is few research
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25 results on salt intake of general population based on 24h urinary Na excretion. This study
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27 analyzes this baseline survey to estimate the daily amount of dietary salt intake among
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29 the general adult Shandong population (aged 18-69) based on 24h urinary sodium
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31 excretion and to prepare for public health measures and to enable later monitoring and
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33 evaluation of the strategy.
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40 41 **METHODS**

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43 During June to July, 2011, a cross-sectional survey was conducted in Shandong province.
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45 Multi-stage (4-stage) cluster sampling was used to select a provincially representative
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47 sample of the adult population (aged 18-69). Briefly, a total of 140 counties/districts in
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49 Shandong province were stratified by geographic distribution (Eastern, Central Southern,
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51 and North Western), and by residence (urban versus rural). Twenty counties/districts were
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53 selected (12 counties and 8 districts). Using a proportional probability sampling (PPS)
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3 method, three townships (in rural areas) or two streets (in urban areas) were selected from
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5 each selected county or district. Also using PPS, 1 village/neighborhood was selected
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7 from each sampled township/street. In every selected village/neighborhood, 42 subjects
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9 were selected by random sampling. A total of 2184 subjects were sampled.
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12 A face to face, close-ended questionnaire was administered by trained public health
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14 professionals, all of whom had previous experience in conducting interviews in similar
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16 health surveys. Questions collected information on: demographics (gender, age,
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18 education, income).
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21 A single timed 24 hour urine collection was obtained for estimation of electrolyte
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23 excretion. All subjects were asked to provide 24-hour urine samples. The participants
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25 were given written and verbal instructions for the 24-hour urine collection. The first urine
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27 of the day was discarded and all urine over the following 24 hours was collected in the
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29 bottles provided. The urine volume was measured, the sample was carefully mixed, and
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31 an aliquot of 20 ml was taken. Aliquots were immediately frozen to -20°C and were sent
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33 to the laboratory.
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37 The sodium concentration was determined by direction selective electrode method and
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39 creatinine concentration was determined by picric acid method in ADICON Clinical
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41 Laboratory which is CAP accredited lab in China. Urine volume less than 500 milliliter
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43 or creatinine less than 3.81 mmol (mean-2SD: day/weight(kg)) for men and 4.57 mmol
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45 (mean-2SD: day/weight(kg)) for women were considered insufficient to ensure the
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47 completeness of urine. Inaccurate urine collections and extreme outliers for urinary
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49 creatinine were excluded for the analysis. Daily salt intake was estimated based on
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51 calculation of 24-hour urinary sodium excretion on the assumption that all sodium
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3 ingested was in the form of sodium chloride.
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6 Physical measurements taken in all subjects included: height, weight, waist
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8 circumference. Of 2184 subjects, 2061 subjects with complete data were included for this
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10 analysis (response rate 94.4%).
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13 The survey received ethical approval from the Ethics Committee of the Shandong Center
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15 for Disease Control and prevention, and participants provided written informed consent
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17 to participate in this study.
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20 Educational level and annual household income were used as indicators for social
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22 economic status (SES). We divided participants into five groups by education level: no
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24 education, primary school, junior high school, senior high school, or any college and
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26 above. Annual household income level was classified in high, middle, and low, according
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28 to tertiles.
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31 Statistical analyses were performed with Statistical Analysis System (SAS), version 9.3
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33 (SAS Institute, Inc). $P < 0.05$ was considered significant. All the results shown were
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35 weighted by the total demography in Shandong province. Survey weight (total
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37 weight=design weight \times post-stratification weight) was applied to calculate weighted
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39 proportions. Design weight was calculated to account for different factors, including
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41 cluster design, strata, and individual. The population data of Shandong province was used
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43 to generate post-stratification weight. Means and CI were calculated for all variables and
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45 the normality of the data was checked. Differences were tested by using analysis of
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47 variance and Chi-square test.
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RESULTS

Study subjects

A total of 2061 urine was eligible for the analysis and 51 were excluded. There was no significant between including samples and excluding samples on age, gender and urban or rural ($t=1.31$, $p>0.05$; Chi-square =0.14, $p>0.05$; Chi-square =0.12, $p>0.05$). (table 1).

The characteristics of each subpopulation studied are summarized in Table 2. Among the 2061 eligible samples, there were 1076 men (52.21%) and 985 women (47.79%). The average age was 41.23 years, average height was 163.00cm, average BMI was 24.22 kg/m². There were no significant differences in age and BMI between males and females($t=0.34$, $P>0.05$; $t=0.29$, $P>0.05$). But, height of males was significantly higher than females ($t=37.65$, $P<0.05$). The prevalence of overweight and obese was respectively 33.72% and 18.00%. There were no significant difference between males and females (Chi-square=0.90, $P>0.05$; Chi-square=0.001, $P>0.05$). The income of 82.90% residents was less than 10000 RMB. 42.60% residents had junior high degree of education level.

Salt intake

The 24h urinary sodium ranged from 22.05 mmol to 750.79 mmol, the median was 231.10 mmol, Q3 was 258.44mmol, and Q1 was 180.87mmol.

Table3 and table4 show that 24h urinary sodium excretion and estimated daily salt intake for each subpopulation. The mean excretion of Na over 24h was 237.61 mmol (95%CI: 224.77-250.44 mmol), respectively corresponding to 13.90g NaCl (95%CI: 13.15-14.65g). The mean of salt intake by rural residents (14.00g) was more than urban residents (13.68g). Salt intake in men (14.40g) was higher than in women (13.37g). There

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3 was not obvious difference among age groups.
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5 6 **DISCUSSION**

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8 It can be very hard to estimate Na intake accurately. Certainly, it is very difficult to know
9 the exact amount of salt added during cooking (even in restaurants) and at the table.
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11 Further, it is hard to know how much salt has been left on the plate, and it can be very
12 hard to determine the salt content in food and drinking-water over time [1]. Thus, in
13 agreement with numerous authors [3,1,13], the best way to determine salt intake is
14 probably via the amount excreted in 24 h urine. There have been very few studies on salt
15 intake via 24h urine sodium in China and none has been performed in a sample
16 representative of the Chinese population as a whole. Longjian LIU et al. reported an
17 intake of 188.4mmol/d (corresponding 11.02g) NaCl in a population of 48–56 year olds
18 in China [14], a result much smaller than that obtained in the present study
19 (224.77mmol/24h, 13.9g). The present study indicates that the intake of Na is very high
20 in a representative group of Shandong adults. It is higher than the UK population aged
21 19-64 years in 2008 (148 mmol)[15]. Salt intake by men and women are respectively
22 246.23 mmol/24h and 228.52 mmol/24h, they are higher than by the population in
23 Toyama [11] (Male: 224 mmol/24h; Female: 201mmol/24h) [16] and by the US [17]
24 (Male: 180-190 mmol/24h; Female:130-150 mmol/24h) and UK [17] (Male: 161
25 mmol/24h; Female: 127 mmol/24h).
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48 It is in fact double the recommended intake of not more than 80–110 mmol Na/d (5–6 g
49 salt/d) issued by WHO in 1982 [18] and since then adopted in the China Nutrition
50 Recommendations [19]. In China, salt intake is higher, mainly owed to the high
51 consumption of soya sauce and the custom of adding a lot of salt to food (both during
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3 cooking and at the table) [3,20,21]. As reported in most of the studies, salt intake in men
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5 (14.4g) was higher than in women (13.9g) in Shandong, perhaps because of their overall
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7 higher food intakes and differences in food habits [3,20,22]. In the vast majority of
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9 populations, salt intake is high and well above recommended daily intakes. During taking
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11 the national basic public health service, it is very important to add the contents about salt
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13 reduction and to change the habit of high salt intake, like persuading patients to give up
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15 smoking.
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20 There is strong and consistent evidence from animal studies, clinical trials and
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22 epidemiological data both within and across populations implicating high salt intake as an
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24 important risk factor for high BP among both hypertensive and normotensive individuals;
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26 high salt intake is also associated with increased risk of future CHD and stroke. Given the
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28 health problems, such as hypertension [23] and CVD [24], associated with excessive salt
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30 intake, it would appear that public health initiatives are needed to reduce its consumption
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32 [3,4] and consequently lower CVD burden and increase life expectancy. Government is in
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34 charge of health education and promotion for salt reduction, a media campaign to
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36 increase public awareness. There is therefore the opportunity for timely community based,
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38 context-specific initiatives to limit the amount of salt added to food by individuals. It is
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40 necessary to engage with restaurant to reduce the large amount of salt commonly
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42 included in dish. Increasing westernization of cultures, it is also essential to encourage
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44 low levels of salt content in processed foods. Such public health approaches can be
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46 simple, low-cost and effective. Indeed, such a campaign is underway in Shandong,
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48 promoted by the Shandong government and China MOH (Shandong & MOH Action on
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50 Salt and Hypertension, SMASH). The results of the present study may be useful in its
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endeavors.

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Contributors

Conceived and designed the experiments: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi. Performed the experiments: Jiyu Zhang, Junli Tang, Zhenqiang Bi. Analyzed the data: Jiyu Zhang, Junli Tang, Zhenqiang Bi. Contributed reagents/materials/analysis tools: Jiyu Zhang, Jixiang Ma, Xiaolei Guo, Wen-hua Zhao, Xiaofei Zhang, Jianhong Li, Jie Chu. Wrote the paper: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi.

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Competing interests

None declared

Ethics approval The survey received ethical approval from the Ethics Committee of the Shandong Center for Disease Control and prevention, China.

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Table 1 Test of goodness of fit between including and excluding study population

Gender	Age-group	Including sample						Excluding sample					
		Total		Urban		Rural		Total		Urban		Rural	
		n	%	n	%	n	%	n	%	n	%	n	%
Male	18-29	281	13.63	85	4.12	196	9.51	15	29.41	6	11.76	9	17.65
	30-39	276	13.39	91	4.42	185	8.98	6	11.76	0	0	6	11.76
	40-49	204	9.9	65	3.15	139	6.74	1	1.96	1	1.96	0	0
	50-59	162	7.86	51	2.47	111	5.39	2	3.92	0	0	2	3.92
	60-69	153	7.42	50	2.43	103	5	4	7.84	0	0	4	7.84
	Subtotal	1076	52.21	342	16.59	734	35.61	28	54.9	7	13.73	21	41.18
Female	18-29	252	12.23	79	3.83	173	8.39	10	19.61	3	5.88	7	13.73
	30-39	244	11.84	79	3.83	165	8.01	4	7.84	1	1.96	3	5.88
	40-49	190	9.22	59	2.86	131	6.36	2	3.92	0	0	2	3.92
	50-59	164	7.96	53	2.57	111	5.39	3	5.88	2	3.92	1	1.96
	60-69	135	6.55	41	1.99	94	4.56	4	7.84	2	3.92	2	3.92
	Subtotal	985	47.79	311	15.09	674	32.7	23	45.1	8	15.69	15	29.41
Total	18-29	533	25.86	164	7.96	369	17.9	25	49.02	9	17.65	16	31.37
	30-39	520	25.23	170	8.25	350	16.98	10	19.61	1	1.96	9	17.65
	40-49	394	19.12	124	6.02	270	13.1	3	5.88	1	1.96	2	3.92
	50-59	326	15.82	104	5.05	222	10.77	5	9.8	2	3.92	3	5.88
	60-69	288	13.97	91	4.42	197	9.56	8	15.69	2	3.92	6	11.76
	Subtotal	2061	100	653	31.68	1408	68.32	51	100	15	29.41	36	70.59

Table 2 Personal characteristics of the study sample by sex and age

	Total(n=2061)			Male(n=1076)			Female(n=985)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Age(years)	41.23	13.99	39.00	41.12	14.32	39.00	41.34	13.62	39.00
Height(cm)	163.00	8.84	162.60	168.78	7.02	169.20	157.27	6.23	157.20
BMI (kg/m²)	24.53	3.90	24.22	24.55	3.90	24.25	24.51	3.90	24.15
Overweight (%)		33.72			34.67			32.69	
Obese (%)		18.00			18.03			17.97	
Income (Yuan,%)									
<5000		52.24			51.1			53.45	
5000-		30.66			31.4			29.87	
10000-		8.35			8.27			8.44	
15000-		5.45			5.64			5.25	
20000-		3.29			3.57			2.99	
Education (%)									
illiteracy		13.79			7.72			20.43	
junior		19.09			17.58			20.73	
junior high		42.06			47.72			35.87	
senior		15.15			16.84			13.31	
junior college or above		9.91			10.14			9.65	

Table3 Urinary sodium excretion of Shandong adults aged 18-69 in 2011
(Weighted mean, 95% CI, mmol/24h)

Gender	Age-group	Urban			Rural			Total		
		N	Mean	95% CI	N	Mean	95% CI	N	Mean	95% CI
Male	18-29	85	241.64	194.77 288.51	196	244.81	222.52 267.10	281	243.88	225.17 262.58
	30-39	91	255.88	224.25 287.50	185	247.19	225.21 269.17	276	249.99	233.30 266.69
	40-49	65	233.33	187.35 279.31	139	247.90	230.99 264.82	204	243.59	227.72 259.47
	50-59	51	263.00	230.28 295.71	111	251.36	222.78 279.95	162	255.27	235.02 275.52
	60-69	50	239.00	201.12 276.88	103	232.24	203.69 260.79	153	234.42	213.36 255.49
	Subtotal	342	246.81	214.77 278.85	734	245.96	227.38 264.55	1076	246.23	231.49 260.96
Female	18-29	79	200.77	166.40 235.14	173	225.93	209.51 242.35	252	219.01	204.66 233.37
	30-39	79	236.43	213.31 259.54	165	234.70	212.94 256.46	244	235.27	220.01 250.53
	40-49	59	236.92	203.65 270.18	131	231.88	204.25 259.52	190	233.46	213.24 253.69
	50-59	53	213.23	186.91 239.54	111	245.28	219.48 271.09	164	234.73	216.01 253.45
	60-69	41	200.29	171.42 229.15	94	221.79	204.32 239.26	135	215.48	201.88 229.07
	Subtotal	311	219.97	196.66 243.29	674	232.32	214.85 249.79	985	228.52	215.67 241.37
Total	18-29	164	222.94	195.56 250.32	369	235.72	218.46 252.98	533	232.08	218.89 245.26
	30-39	170	246.19	220.85 271.54	350	241.06	220.44 261.68	520	242.73	227.75 257.71
	40-49	124	235.11	204.10 266.11	270	240.30	220.05 260.56	394	238.72	223.37 254.07
	50-59	104	238.44	219.05 257.83	222	248.32	227.36 269.27	326	245.03	230.70 259.37
	60-69	91	220.68	188.80 252.56	197	226.94	207.45 246.43	288	225.01	209.89 240.14
	Subtotal	653	233.82	208.36 259.28	1408	239.30	222.28 256.33	2061	237.61	224.77 250.44

Table 4 Salt intake of Shandong adults aged 18-69 in 2011

(Weighted mean, 95%CI, grams/24h)

Gender	Age-group	Urban			Rural			Total		
		N	Mean	95%CI	N	Mean	95%CI	N	Mean	95%CI
Male	18-29	85	14.14	11.39 16.88	196	14.32	13.02 15.63	281	14.27	13.17 15.36
	30-39	91	14.97	13.12 16.82	185	14.46	13.17 15.75	276	14.62	13.65 15.60
	40-49	65	13.65	10.96 16.34	139	14.50	13.51 15.49	204	14.25	13.32 15.18
	50-59	51	15.39	13.47 17.30	111	14.70	13.03 16.38	162	14.93	13.75 16.12
	60-69	50	13.98	11.77 16.20	103	13.59	11.92 15.26	153	13.71	12.48 14.95
	Subtotal	342	14.44	12.56 16.31	734	14.39	13.30 15.48	1076	14.40	13.54 15.27
Female	18-29	79	11.75	9.73 13.76	173	13.22	12.26 14.18	252	12.81	11.97 13.65
	30-39	79	13.83	12.48 15.18	165	13.73	12.46 15.00	244	13.76	12.87 14.66
	40-49	59	13.86	11.91 15.81	131	13.57	11.95 15.18	190	13.66	12.47 14.84
	50-59	53	12.47	10.93 14.01	111	14.35	12.84 15.86	164	13.73	12.64 14.83
	60-69	41	11.72	10.03 13.41	94	12.97	11.95 14.00	135	12.61	11.81 13.40
	Subtotal	311	12.87	11.50 14.23	674	13.59	12.57 14.61	985	13.37	12.62 14.12
Total	18-29	164	13.04	11.44 14.64	369	13.79	12.78 14.80	533	13.58	12.81 14.35
	30-39	170	14.40	12.92 15.89	350	14.10	12.90 15.31	520	14.20	13.32 15.08
	40-49	124	13.75	11.94 15.57	270	14.06	12.87 15.24	394	13.97	13.07 14.86
	50-59	104	13.95	12.81 15.08	222	14.53	13.30 15.75	326	14.33	13.50 15.17
	60-69	91	12.91	11.05 14.77	197	13.28	12.14 14.42	288	13.16	12.28 14.05
	Subtotal	653	13.68	12.19 15.17	1408	14.00	13.00 15.00	2061	13.90	13.15 14.65

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Estimating daily salt intake based on 24h urinary sodium excretion among adults aged 18–69 years in Shandong, China

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3 **Estimating daily salt intake based on 24-hour urinary sodium excretion in adults**
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6 **aged 18–69 years in Shandong, China**
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ABSTRACT

Objective: To estimate the daily salt intake in the adult Shandong population (aged 18–69 years) in 2011 based on 24-h urinary sodium excretion in China.

Setting: Twenty counties/districts by geographic distribution (Eastern, Central Southern, and North Western) and residence (urban versus rural), Shandong, China.

Participants: We randomly selected 2184 adults and obtained usable 24 h urine samples from 2061. Urine volume <500 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were considered deficient to ensure the completeness of the urine sample. Inaccurate urine collections and extreme outliers for urinary creatinine level were excluded from the analysis.

Results: The mean sodium level excreted over 24 h was 237.61 mmol (95% CI: 224.77–250.44)mmol. Overall, the estimated mean salt intake was 13.90 g/day (95% CI: 13.15–14.65). The mean salt intake by rural residents was more than that of urban residents (14.00 g vs 13.68 g; $p<0.01$). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; $p<0.01$). Approximately 96% of the survey participants had a dietary salt intake of ≥ 6 g/day.

Conclusion: The salt intake in Shandong is alarmingly higher than the current recommended amount (6 g/day). Thus, effective interventions to reduce the salt intake levels to combat the increasing burden of non-communicable diseases need to be developed and implemented.

Strengths and limitations

The gold standard 24-h urinary sodium excretion was used to estimate salt intake with standard checks for completeness of the specimens based on urine volume and the level of urine creatinine excreted. A limitation of this study is that the sample only comprised Chinese adults aged 18–69 years; hence, the results cannot be extrapolated to other groups.; The 24-h urinary sodium excretion method does not account for electrolyte loss via routes other than the kidneys, and therefore will tend to slightly underestimate the true amount of salt intake.

BACKGROUND

In China, hypertension is a major contributor to cardiovascular disease (CVD), which accounts for 40% of the deaths [1] and 23% of the health care costs [2]. Evidence suggests that a high level of salt intake is associated with high blood pressure (BP) and a greater risk of stroke and CVD [3–6]. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance indicated that approximately 80% of Chinese individuals consumed more than the maximum salt (sodium chloride) intake of 6 g/day recommended by the Chinese Nutritional Society (2007). In 2010, the estimated mean salt intake among the Chinese was 9.1 g/day in urban areas, and 11.5 g/day in rural areas [1]. The Chinese diet is high in sodium.

Reducing salt intake is one of the easiest, most efficient, and cost-effective ways to reduce the burden of CVD and health care costs, which would result in a major improvement in public health [1, 7]. Globally, dietary sodium reduction has been recommended as a major intervention method for the prevention and control of non-communicable diseases [8]. Several countries including Japan, the United Kingdom (UK), Finland, Portugal, and the United States (US), have succeeded in reducing the population-wide sodium intake [9–11]. In contrast to Western countries, a major challenge to the efforts to reduce sodium intake is that a majority of sodium comes from the salt added to home cooked food rather than in commercially processed foods. A recent study suggested that most of the dietary sodium (76%) in China could be traced to the salt added during home cooking [12]. In contrast, processed foods contributed heavily to sodium intake in the UK (95%) and the US (71%) [12]. To prevent and control

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3 hypertension and improve health, efforts to remove excess sodium from diet in China
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5 should focus on reducing the sodium level in home cooked food.
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10 Shandong Province is one of the most populous provinces in China. Sodium intake by
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12 most Shandong residents considerably exceeds the recommended limit. In 2002, the
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14 mean daily salt intake was 12.6 g and the prevalence of hypertension was 25.1%. High
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16 salt intake has caused huge economic loss [2]. In 2011, the Chinese Ministry of Health
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18 (MOH) selected Shandong province as a national pilot area and the Shandong MOH
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20 Action on Salt and Hypertension (SMASH) Project was set up to reduce the sodium level
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22 in the Chinese diet. To help develop effective interventions for the SMASH Project, a
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24 baseline survey was conducted in 2011 to assess salt consumption and the prevalence of
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26 hypertension among the residents in Shandong. The measurement of 24-h urinary sodium
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28 excretion is considered the gold standard method for obtaining data on the sodium intake
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30 in population surveys [1]. However, in China, few studies have been conducted on the
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32 salt intake of the general population based on the 24-h urinary sodium excretion method.
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34 This study analyses the baseline survey to estimate the daily intake of dietary sodium
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36 among the general adult Shandong population (aged 18–69 years) based on 24-h urinary
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38 sodium excretion, establish public health measures, and enable later monitoring and
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40 evaluation of the strategy.
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50 51 **METHODS**

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53 A cross-sectional survey was conducted in Shandong province from June 2011 to July
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55 2011. Multi-stage (four-stage) cluster sampling was used to select a provincially
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3 representative sample of the adult population (aged 18–69 years). Briefly, a total of 140
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5 counties/districts in Shandong province were stratified by geographic distribution
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7 (Eastern, Central Southern, and North Western) and residence (urban versus rural).
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10 Twenty counties/districts were selected (12 counties and 8 districts). Using a proportional
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12 probability sampling (PPS) method, three townships (in rural areas) or two streets (in
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14 urban areas) were chosen from each selected county or district. The PPS method was also
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16 used to select one village/neighbourhood from each sampled township/street. Random
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18 sampling was used to select 42 subjects from each chosen village/neighbourhood. A total
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20 of 2184 subjects were sampled.
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27 Trained public health professionals with experience in conducting interviews for similar
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29 health surveys administered a face-to-face, close-ended questionnaire. The questions
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31 were used to collect information on demographics (gender, age, education, and income).
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36 A single, timed 24-h urine collection was performed for the estimation of electrolyte
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38 excretion. All subjects were asked to provide 24-h urine samples, for which they were
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40 given written and verbal instructions. The first urine of the day was discarded and all
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42 urine collected over the following 24 h was collected in bottles that were provided. The
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44 urine volume was measured, the sample was carefully mixed, and a 20 mL aliquot was
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46 withdrawn. Aliquots were immediately frozen at -20°C and sent to the laboratory for
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48 analysis.
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55 The sodium concentration was determined by the direction selective electrode method.
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3 Creatinine concentration was determined using the picric acid method (ADICON Clinical
4 Laboratory; CAP accredited). Urine volume <500 mL or creatinine level <3.81 mmol
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6 (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for
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8 women were considered deficient to ensure the completeness of the urine sample.
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10 Inaccurate urine collections and extreme outliers for urinary creatinine level were
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12 excluded from the analysis. Daily salt intake was estimated by assessing 24-h urinary
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14 sodium excretion based on the assumption that all sodium was ingested in the form of
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16 sodium chloride.
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24 Height, weight, and waist circumference were measured in all subjects. Of 2184 subjects,
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26 2061 subjects with complete data were included in this analysis (response rate, 94.4%).
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29 The survey was granted ethical approval by the Ethics Committee of the Shandong
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31 Centre for Disease Control and Prevention, and all participants provided written informed
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33 consent to participate in this study.
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39 Educational level and annual household income were used as indicators for social
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41 economic status. We divided participants into five groups based on education level: no
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43 education, primary school, junior high school, senior high school, college, and higher
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45 education. Annual household income was classified into high, middle, and low, according
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47 to tertiles. Body mass index (BMI, relative weight), which is a simple measure of obesity,
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49 was calculated as weight divided by the square of height (kg/m^2). Individuals with 24
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51 $\text{kg}/\text{m}^2 \leq \text{BMI} < 28 \text{ kg}/\text{m}^2$ were defined as being overweight and those with $\text{BMI} \geq 28$
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53 kg/m^2 were considered obese.
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3 Statistical analyses were performed using the Statistical Analysis System (SAS) version
4 9.3 (SAS Institute Inc., Cary, North Carolina, USA). $P < 0.05$ was considered significant.
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6 All the results shown were weighted by the total demography in Shandong province.
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8 Survey weight (total weight = design weight \times post-stratification weight) was used to
9
10 calculate weighted proportions. Design weight was calculated to account for different
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12 factors including cluster design, strata, and individual. The population data from
13
14 Shandong province was used to generate the post-stratification weight. Means and CI
15
16 were calculated for all variables and the normality of the data was assessed. Analysis of
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18 variance and chi-square test were used to test the significance of differences between
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20 groups.
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29 RESULTS

30 Study subjects

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32 A total of 2061 urine specimens were eligible for analysis out of which 51 samples that
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34 were inaccurate urine collections or extreme outliers for urinary creatinine level were
35
36 excluded. There was no significant association between sample inclusion and age, sex,
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38 and residence ($t = 1.31$, $p > 0.05$; $\chi^2 = \text{square}0.14$, $p > 0.05$; $\chi^2 = \text{square}0.12$, $p > 0.05$;
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40 Table 1).
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49 The characteristics of each subpopulation are summarised in table 2. Of 2061 eligible
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51 samples, 1076 belonged to men male (52.21%) and 985 to women (47.79%). The mean
52
53 age, height, and BMI were 41.23 years, 163.00 cm, and 24.22 kg/m², respectively. There
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55 were no significant differences in age and BMI between men and women ($t = 0.34$, $p >$
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p0.05 vs. $t = 0.29$, $p > p0.05$). However, men were significantly taller than women ($t = 37.65$, $p < p0.05$). The prevalence of overweight and obese individuals was 33.72% and 18.00%, respectively, with no significant differences between men and women ($\chi^2 = 0.90$, $p > p0.05$; $\chi^2 = 0.001$, $p > p0.05$). Of the tested subjects, 82.90% had an income <10,000 RMB and 42.60% were junior high school graduates.

Salt intake

The 24-h urinary sodium level ranged from 22.05 to 750.79 mmol, with a mean of 231.10 mmol, and 258.44 mmol at Q3, and 180.87 mmol at Q1. Tables 3 and 4 show the 24-h urinary sodium excretion and estimated daily salt intake for each subpopulation. The mean sodium level excreted over 24 h was 237.61 mmol (95% CI: 224.77–250.44 mmol), which corresponds to 13.90 g NaCl (95% CI: 13.15–14.65 g). The mean salt intake by rural residents was more than that of urban residents (14.00 g vs 13.68 g; $p < 0.01$). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; $p < 0.01$). There were no obvious differences in the salt intake between age groups.

DISCUSSION

It can be very challenging to accurately estimate sodium intake. Indeed, it is very difficult to know the exact amount of salt added during cooking (even in restaurants) and at the table. Further, it is hard to estimate the amount of salt that has been left on the plate, and to determine the salt content in food and drinking water [1]. Thus, in agreement with a number of reports [3, 1, 13], the best method to determine salt intake is by measuring the amount excreted using a 24-h urine sample. In China, very few studies have measured the

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3 salt intake using 24-h urinary excretion and none have been performed using a sample
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5 representative of the entire Chinese population. Liu et al reported an intake of 188.4
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7 mmol/day (corresponding to 11.02 g NaCl) in a population of 48–56-year-old individuals
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9 in China [14]; this value is much smaller than that obtained in the present study (224.77
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11 mmol/24 h, 13.9 g). The current study indicates that the sodium intake is very high in a
12
13 representative population of Shandong adults, higher than that in a UK population aged
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15 19–64 years (148 mmol) [15]. Salt intake by men and women was found to be 246.23
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17 mmol/day and 228.52 mmol/day, respectively, which is higher than that in the population
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19 in Toyama (men, 224 mmol/day; women, 201 mmol/day) [11, 16], the US (men, 180–190
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21 mmol/day; women, 130–150 mmol/day) [17], and the UK (men, 161 mmol/day; women,
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23 127 mmol/day) [17].
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32 The salt intake in China is double the recommended intake of 80–110 mmol/day (5–6 g
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34 salt/day) issued by the World Health Organisation in 1982 [18], which has led to the
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36 adoption of the China Nutrition Recommendations [19]. In China, salt intake is higher
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38 mainly due to the high consumption of soya sauce and the tradition of adding a large
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40 amount of salt to the food both during cooking and at the table [3, 20, 21]. As reported in
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42 several studies, salt intake in men (14.4 g) was higher than that in women (13.9 g) in
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44 Shandong possibly because of the higher overall food intake by men and the differences
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46 in food habits between men and women [3, 20, 22]. In majority of populations, salt intake
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48 is high and well above the daily recommended values. Now resident health records are
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50 being established in Shandong province, it is necessary to evaluate and record the salt
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52 intake for individuals by FFQ or other method,, Especially during following up the
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3 chronic patients and high risk population, it is very important to focus on the salt intake
4 and persuade them to change the habit of high salt intake.
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8 Strong and consistent evidence from animal studies, clinical trials, and epidemiological
9 data from within and across populations implicate high salt intake as an important risk
10 factor for high BP among hypertensive and normotensive individuals; additionally, high
11 salt intake is also associated with increased risk of coronary heart disease and stroke.
12 Given that health problems such as hypertension [23] and CVD [24] are associated with
13 excessive salt intake, public health initiatives are needed to help reduce salt consumption
14 [3,4] and consequently lower the burden of CVD and increase life expectancy. The
15 government needs to focus and resolve thisThe severe situation. Saltreduction must
16 be undertaken. Healthtaken. H education and promotion usingby the media campaigns, as
17 well as timely community-based initiatives to limit the amount of salt added to food by
18 individuals would increase public awareness. Meanwhile, iti is necessary to collaborate
19 with restaurants to reduce excessive salt commonly included in various dishes. With
20 increasing westernisation of cultures, it is essential to ensure low levels of salt in
21 processed foods. Such public health approaches can be simple, less costly, and effective.
22 Indeed, campaigns aresuch as (SMASH and the China Rural Health Initiative Sodium
23 Reduction Study are already underway [25]. As reported by Li et al [26], in China,
24 measures for salt reduction will include government initiatives, health education and
25 promotion, promotion of low sodium salt in ,food processing companies and restaurants.
26 In Shandong, education through radio, television, internet, and movies is underway to
27 improve the knowledge of the residents about low-salt diets. To bring about behavioural
28 changes, salt spoons have been provided for every family in the entire province. Key
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3 groups comprising of governors, medical personnel, and stakeholders from the food
4 processing enterprise and restaurants are trained. Local standards for the amount of salt in
5 soy sauce pickles and other dishes in the cuisine of Shandong have been formulated. The
6 results from the present study could be useful in these endeavours.
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15 There are certain limitations in this study. First, the sample only included Chinese adults
16 aged 18–69 years; hence, the results cannot be extrapolated to other groups. Because
17 behaviour is formed during childhood, salt intake should be evaluated and health
18 education should be administered during this period. Second, available the 24-h urinary
19 salt excretion method does not account for electrolyte loss via routes other than the
20 kidneys, such as the skin and respiratory tract, and will therefore tend to slightly
21 underestimate the true intake.
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Contributors

Conceived and designed the experiments: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi. Performed the experiments: Jiyu Zhang, Junli Tang, Zhenqiang Bi. Analysed the data: Jiyu Zhang, Junli Tang, Zhenqiang Bi. Contributed reagents/materials/analysis tools: Jiyu Zhang, Jixiang Ma, Xiaolei Guo, Wen-hua Zhao, Xiaofei Zhang, Jianhong Li, Jie Chu. Wrote the manuscript: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi.

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Competing interests

None declared.

Ethics approval

The survey was approved by the Ethics Committee of the Shandong Centre for Disease Control and Prevention, China.

Data sharing statement

No additional data available.

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Table 1 Test of goodness of fit between including and excluding study population

Gender	Including sample						Excluding sample					
	Total		Urban		Rural		Total		Urban		Rural	
	n	%	n	%	n	%	n	%	n	%	n	%
Male	1076	52.21	342	16.59	734	35.61	28	54.9	7	13.73	21	41.18
Female	985	47.79	311	15.09	674	32.7	23	45.1	8	15.69	15	29.41
Total	2061	100	653	31.68	1408	68.32	51	100	15	29.41	36	70.59

Table 2 Personal characteristics of the study sample by sex and age

	Total(n=2061)			Male(n=1076)			Female(n=985)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Age(years)	41.23	13.99	39.00	41.12	14.32	39.00	41.34	13.62	39.00
Height(cm)	163.00	8.84	162.60	168.78	7.02	169.20	157.27	6.23	157.20
BMI (kg/m²)	24.53	3.90	24.22	24.55	3.90	24.25	24.51	3.90	24.15
Overweight (%)	33.72			34.67			32.69		
Obese (%)	18.00			18.03			17.97		
Income (Yuan,%)									
<5000	52.24			51.1			53.45		
5000-	30.66			31.4			29.87		
10000-	8.35			8.27			8.44		
15000-	5.45			5.64			5.25		

20000-	3.29	3.57	2.99
Education (%)			
illiteracy	13.79	7.72	20.43
junior	19.09	17.58	20.73
junior high	42.06	47.72	35.87
senior	15.15	16.84	13.31
junior college or above	9.91	10.14	9.65

Table3 Urinary sodium excretion of Shandong adults aged 18-69 in 2011
(Weighted mean,SD, 95% CI, mmol/24h)

Gender	Age-group	Urban				Rural				Total						
		N	Mean	SD	95% CI	N	Mean	SD	95% CI	N	Mean	SD	95% CI			
Male	18-29	85	241.64	18.23	194.77	288.51	196	244.81	9.85	222.52	267.10	281	243.88	8.72	225.17	262.58
	30-39	91	255.88	12.30	224.25	287.50	185	247.19	9.72	225.21	269.17	276	249.99	7.79	233.30	266.69
	40-49	65	233.33	17.89	187.35	279.31	139	247.90	7.48	230.99	264.82	204	243.59	7.40	227.72	259.47
	50-59	51	263.00	12.72	230.28	295.71	111	251.36	12.64	222.78	279.95	162	255.27	9.44	235.02	275.52
	60-69	50	239.00	14.74	201.12	276.88	103	232.24	12.62	203.69	260.79	153	234.42	9.82	213.36	255.49
	Subtotal	342	246.81	12.46			734	245.96	8.22	227.38	264.55	1076	246.23	6.87	231.49	260.96
Female	18-29	79	200.77	13.37	166.40	235.14	173	225.93	7.26	209.51	242.35	252	219.01	6.69	204.66	233.37
	30-39	79	236.43	8.99	213.31	259.54	165	234.70	9.62	212.94	256.46	244	235.27	7.11	220.01	250.53
	40-49	59	236.92	12.94	203.65	270.18	131	231.88	12.22	204.25	259.52	190	233.46	9.43	213.24	253.69
	50-59	53	213.23	10.24	186.91	239.54	111	245.28	11.41	219.48	271.09	164	234.73	8.73	216.01	253.45
	60-69	41	200.29	11.23	171.42	229.15	94	221.79	7.72	204.32	239.26	135	215.48	6.34	201.88	229.07
	Subtotal	311	219.97	9.07	196.66	243.29	674	232.32	7.72	214.85	249.79	985	228.52	5.99	215.67	241.37
Total	18-29	164	222.94	10.65	195.56	250.32	369	235.72	7.63	218.46	252.98	533	232.08	6.15	218.89	245.26
	30-39	170	246.19	9.86	220.85	271.54	350	241.06	9.11	220.44	261.68	520	242.73	6.98	227.75	257.71
	40-49	124	235.11	12.06	204.10	266.11	270	240.30	8.95	220.05	260.56	394	238.72	7.16	223.37	254.07
	50-59	104	238.44	7.54	219.05	257.83	222	248.32	9.26	227.36	269.27	326	245.03	6.68	230.70	259.37
	60-69	91	220.68	12.40	188.80	252.56	197	226.94	8.61	207.45	246.43	288	225.01	7.05	209.89	240.14
	Subtotal	653	233.82	9.90	208.36	259.28	1408	239.30	7.52	222.28	256.33	2061	237.61	5.98	224.77	250.44

Table4 Salt intake of Shandong adults aged 18-69 in 2011
(Weighted mean, SD,95%CI, grams/24h)

Gender	Age-group	Urban				Rural				Total			
		N	Mean	SD	95% CI	N	Mean	SD	95% CI	N	Mean	SD	95% CI
Male	18-29	85	14.14	1.07	11.39 16.88	196	14.32	0.58	13.02 15.63	281	14.27	0.51	13.17 15.36
	30-39	91	14.97	0.72	13.12 16.82	185	14.46	0.57	13.17 15.75	276	14.62	0.46	13.65 15.60
	40-49	65	13.65	1.05	10.96 16.34	139	14.50	0.44	13.51 15.49	204	14.25	0.43	13.32 15.18
	50-59	51	15.39	0.74	13.47 17.30	111	14.70	0.74					
									13.03 16.38	162	14.93	0.55	13.75 16.12
	60-69	50	13.98	0.86	11.77 16.20	103	13.59	0.74	11.92 15.26	153	13.71	0.57	12.48 14.95
	Subtotal	342	14.44	0.73	12.56 16.31	734	14.39	0.48	13.30 15.48	1076	14.40	0.40	13.54 15.27
Female	18-29	79	11.75	0.78	9.73 13.76	173	13.22	0.42	12.26 14.18	252	12.81	0.39	11.97 13.65
	30-39	79	13.83	0.53	12.48 15.18	165	13.73	0.56	12.46 15.00	244	13.76	0.42	12.87 14.66
	40-49	59	13.86	0.76	11.91 15.81	131	13.57	0.71	11.95 15.18	190	13.66	0.55	12.47 14.84
	50-59	53	12.47	0.60	10.93 14.01	111	14.35	0.67	12.84 15.86	164	13.73	0.51	12.64 14.83
	60-69	41	11.72	0.66	10.03 13.41	94	12.97	0.45	11.95 14.00	135	12.61	0.37	11.81 13.40
	Subtotal	311	12.87	0.53	11.50 14.23	674	13.59	0.45	12.57 14.61	985	13.37	0.35	12.62 14.12
Total	18-29	164	13.04	0.62	11.44 14.64	369	13.79	0.45	12.78 14.80	533	13.58	0.36	12.81 14.35
	30-39	170	14.40	0.58	12.92 15.89	350	14.10	0.53	12.90 15.31	520	14.20	0.41	13.32 15.08
	40-49	124	13.75	0.71	11.94 15.57	270	14.06	0.52	12.87 15.24	394	13.97	0.42	13.07 14.86
	50-59	104	13.95	0.44	12.81 15.08	222	14.53	0.54	13.30 15.75	326	14.33	0.39	13.50 15.17
	60-69	91	12.91	0.73	11.05 14.77	197	13.28	0.50	12.14 14.42	288	13.16	0.41	12.28 14.05
	Subtotal	653	13.68	0.58	12.19 15.17	1408	14.00	0.44	13.00 15.00	2061	13.90	0.35	13.15 14.65

**Estimating daily salt intake based on ~~24h~~24-hour urinary sodium excretion among
adults aged 18–69 years in Shandong, China**

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KEY WORDS: Salt, sodium, 24-hour urine, cardiovascular disease, China

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ABSTRACT

Objective: Background: In 2011, China's National Health and Family Planning Commission and the Shandong Provincial Government (population of Shandong, 96 million) Provincial Government launched the Shandong Ministry of Health Action on Salt and Hypertension (SMASH) Project to prevent and control hypertension. This study estimates the daily salt intake among in the adult Shandong population (aged 18–69 years) during in 2011, based on 24-hour urinary sodium excretion in China.

Setting: Twenty counties/districts by geographic distribution (Eastern, Central Southern, and North Western) and residence (urban versus rural), Shandong, China.

Participants: We randomly selected 2184 adults and obtained usable 24 h urine samples from 2061. Urine volume <500 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were considered deficient to ensure the completeness of the urine sample. Inaccurate urine collections and extreme outliers for urinary creatinine level were excluded from the analysis.

Methods: In 2011, a cross sectional survey was conducted with a random sample of random sample of 2061 adults aged 18–69 years was conducted in Shandong. A 24-hour urine sample was collected from each participant. All urine samples were tested at the ADICON Clinical Laboratory for Nasodium and creatinine content level. Daily salt intake was estimated based on the 24-hour urinary sodium excretion because assuming that all sodium was assumed to be ingested was in the form of sodium chloride (NaCl). Data are expressed as means and 95% confidence intervals (CIs).

Results: The mean sodium level excreted on excretion of Na over 24h 24 h was 237.61

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~~mmol (95% CI: 224.77–250.44) mmolMmolmmol~~. Overall, the estimated mean salt intake was ~~on average~~ 13.90 g/day (95% CI: 13.15–14.65) ~~g/day~~. The mean salt intake by rural residents was more than that of urban residents (14.00 g vs 13.68 g; p<0.01). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; p<0.01). The mean intake was higher among rural residents (14.00g00 g) than among urban residents (13.68g);68 g) and was higher amongin men (14.40g40 g) compared tothan in women (13.37g). About37 g). Approximately 96% of the survey participants had a salt dietary salt intake of ~~≥6g6 g~~ or more per day.

Conclusion: ~~Salt~~The salt intake in Shandong is alarmingly higher ~~with a great majority (96%) of adults (96%) consuming more than currentlythe current~~ recommended (~~6g/damout~~ 6 g/day). ~~There is an urgent need to develop and implement~~Thus, effective interventions to reduce the salt intake ~~levellevels~~ to combat the increasing burden of ~~nonecommunicable~~non-communicable diseases need to be developed and implemented.

Strengths and limitations

~~The gold~~ Gold Standard ~~Standard~~, 24-hour urinary sodium excretion urine method was used to estimate salt intake with standard ~~checks for completeness of the specimens based upon urine volume and the level of urine creatinine~~ excretionexcreted. ~~Limitation~~A limitation~~excretion~~. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillancee ~~calculated salt intake in Chinese adults, and the results indicated that about 80% of the Chinese exceeded the Chinese Nutritional Society's (2007) recommended salt (sodium~~

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ehloride) intake upper level of 6 gram/day. In 2002, the average daily salt intake was 12.6 gram in Shandong Province. However, the salt intake from the above surveys was estimated by FFQ or dietary recall, and the salt intake volumes calculated might be high or low. The method of salt intake based on 24h urinary sodium excretion was applied in the other researches in China, but the number of the sample was small and not well representative for Chinese aged 18-69 years. In this study, 2184 subjects were investigated and 2061 urine specimens were collected by multi stage cluster sampling which was used to select a provincially representative. Based on 24h urinary sodium excretion, the exact salt intake in Chinese aged 18-69 years was estimated relatively. The present study indicates that the intake of Na is very high in a representative Chinese adults aged 18-69 years. This paper suggests that population salt reduction campaign is a must in China. The results also provided the 24h urinary sodium in Chinese aged 18-69 years for other studies.

~~Limitation of this study is as below that the~~ The sample only ~~included~~ comprised Chinese adults aged 18-69 years, so, hence, the results ~~are not~~ cannot be extrapolated to other groups; ~~24h~~ The ~~The~~ 24-h~~24h~~ urinary sodium excretion method does not account for electrolyte loss ~~via routes~~ other than ~~via~~ the kidneys, and therefore will tend to slightly underestimate the ~~true amount of true salt~~ intake.

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BACKGROUND

In China, hypertension is a major contributor to cardiovascular disease (CVD), which accounts for 40% of the deaths [1] and 23% of the health care costs [2]. Evidence suggests that a high level of salt intake is associated with high blood pressure (BP) and a greater risk of stroke and CVD [3–6]. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance indicated that ~~about~~ approximately 80% of ~~the~~ Chinese individuals consumed more than ~~exceeded the~~ Chinese Nutritional Society's (2007) recommended maximum salt (sodium chloride) intake upper level of 6 gram/day, recommended by the Chinese Nutritional Society (2007). ~~'s~~ (2007) recommended salt (sodium chloride) intake upper level of 6 gram/day. In 2010, the estimated average mean salt intake ~~of among the~~ Chinese citizens was 9.1 grams/day in urban areas, and 11.5 grams/day in rural areas [1]. The Chinese diet is high in sodium.

Reducing ~~population~~ salt intake is one of the easiest, ~~more~~ most efficient, and cost-effective ways to reduce the burden of CVD and ~~save~~ health care costs, ~~and~~ ~~this~~ which would result in a major improvement in public health [1, 7]. ~~Internationally~~ Globally, ~~calls have been made for~~ dietary sodium reduction ~~to be~~ has been recommended as a major intervention method for the prevention and control of non-communicable diseases [8]. ~~Many~~ Several countries, including Japan, the United Kingdom, ~~(UK)~~, Finland, Portugal, and the United States, ~~(US)~~, have succeeded in ~~reducing the~~ reduced population-wide sodium intake [9–11]. ~~In China~~ contrast to ~~Western countries~~ China, a major challenge to the efforts to reduce sodium intake

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reduction effort, in contrast to western countries, is that a majority of sodium comes from the salt added to home cooked food rather than in commercially processed foods. A recent study suggested that most of the dietary sodium (76%) in China was from the salt added during home cooking [12]. In contrast, processed foods contributed heavily to sodium intake in the UK (95%) and the US (71%) [12]. To prevent and control hypertension and improve health, efforts to remove excess sodium from diets in China should focus on reducing the sodium level in home cooked food.

Shandong Province is one of the most populous provinces in China. Sodium intake by most Shandong residents considerably exceeds the recommended limit. In 2002, the average daily salt intake was 12.6 g and the prevalence of hypertension was 25.1%. High salt intake has caused huge economic loss [2]. To reduce sodium in the Chinese diet, in 2011, the Chinese Ministry of Health (MOH) selected Shandong province as a national pilot area for sodium reduction and the Shandong MOH Action on Salt and Hypertension (SMASH) Project was formed. In order to set up to reduce the sodium level in the Chinese diet. To help develop effective interventions for the SMASH Project, in 2011, a baseline survey was conducted in 2011 to assess the salt consumption, and the prevalence of hypertension among the Shandong residents in Shandong. The measurement of 24-h urinary sodium excretion is considered the gold standard method for obtaining data of Na intakes on the sodium intake in population surveys [1]. However, in China, there is few research results studies have been conducted on the salt intake of the general population based on 24-h

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education, income).

Trained public health professionals, all of whom had previous with experience in conducting interviews in for similar health surveys. Questions collected administered a face-to-face, close-ended questionnaire. The questions were used to collect information on: demographics (gender, age, education, and income).

A single, timed 24-hour urine collection was obtained performed for the estimation of electrolyte excretion. All subjects were asked to provide 24-hour urine samples. The participants, for which they were given written and verbal instructions for the 24 hour urine collection. The first urine of the day was discarded and all urine collected over the following 24 hours was collected in the bottles that were provided. The urine volume was measured, the sample was carefully mixed, and a 20 mL an aliquot of 20 mL was taken withdrawn. Aliquots were immediately frozen to at -20°C and were sent to the laboratory for analysis.

The sodium concentration was determined by the direction selective electrode method and creatinine. Creatinine concentration was determined by using the picric acid method in (ADICON Clinical Laboratory which is CAP accredited lab in China). Urine volume less than < 500 milliliter mL, or creatinine level less than < 3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were considered insufficient deficient to ensure the completeness of the urine sample. Inaccurate urine collections and extreme outliers for urinary creatinine level were excluded for from the analysis. Daily salt intake was estimated based on by calculation

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8 ~~of~~ assessing 24-hour urinary sodium excretion based on the assumption that all sodium
9 ~~was~~ ingested ~~was~~ in the form of sodium chloride.

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14 ~~Physical measurements taken in all subjects included: height, weight, and waist~~
15 circumference ~~were measured in all subjects~~. Of 2184 subjects, 2061 subjects ~~with~~
16 complete data were included ~~for~~ in this analysis (response rate, 94.4%).

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22 The survey ~~received~~ ~~was granted~~ ethical approval ~~from~~ ~~by~~ the Ethics Committee of the
23 Shandong ~~Center~~ ~~Centre~~ for Disease Control and ~~prevention~~ ~~Prevention~~, and ~~all~~
24 participants provided written informed consent to participate in this study.

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29 Educational level and annual household income were used as indicators for social
30 economic status ~~(SES)~~. We divided participants into five groups ~~by~~ ~~based on~~ education
31 ~~level~~ ~~level~~: no education, primary school, junior high school, senior high school, ~~or any~~
32 college, and ~~above~~ ~~higher education~~. ~~Annual~~ ~~Annual~~ ~~Annual~~ household income ~~level~~ was
33 classified ~~in~~ ~~into~~ high, middle, and low, according to tertiles. ~~Body Mass Index~~ ~~mass index~~
34 (BMI, relative weight), ~~which is a simple measure of obesity, was calculated as measured~~
35 ~~weight divided by measured~~ the square of height squared (kg/m^2). ~~Overweight was~~
36 ~~defined as~~ Individuals with $24 \text{ kg/m}^2 \leq \text{BMI} < 28 \text{ kg/m}^2$; were defined as being
37 ~~overweight and obese as~~ those with $\text{BMI} \geq 28 \text{ kg/m}^2$ were considered obese.

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49 Statistical analyses were performed ~~with~~ ~~using the~~ Statistical Analysis System (SAS);
50 version 9.3 (SAS Institute; Inc); ~~Cary, North Carolina, USA~~. $P < 0.05$ was considered
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significant. All the results shown were weighted by the total demography in Shandong province. Survey weight (total weight = design weight \times post-stratification weight) was ~~applied~~ used to calculate weighted proportions. Design weight was calculated to account for different factors, including cluster design, strata, and individual. The population data ~~offrom~~ Shandong province was used to generate ~~the~~ post-stratification weight. Means and CI were calculated for all variables and the normality of the data was ~~echecked~~. Differences were tested by using ~~analysis~~ assessed. Analysis of variance and ~~Chi~~ chi-square test were used to test the significance of differences between groups.

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RESULTS

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Study subjects

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A total of 2061 urine ~~specimens was~~ were eligible for ~~the~~ analysis and ~~51~~ were ~~excluded~~ out of which 51 samples that were inaccurate urine collections or extreme ~~outliers~~ ~~offor~~ urinary creatinine level were excluded. There was no significant ~~association~~ between ~~including samples and excluding samples on sample inclusion and~~ age, ~~gender~~ sex, and ~~urban or rural~~ residence ($t = 1.31$, $p > 0.05$; ~~Chi~~ χ^2 square = ~~squaresquare~~ = 0.14, $p > 0.05$; ~~Chi~~ χ^2 square = ~~squaresquare~~ = 0.12, $p > 0.05$). (Table 1).

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The characteristics of each subpopulation ~~studied~~ are ~~summarized~~ summarised in ~~Table~~ table 2. Among ~~the~~ Of 2061 eligible samples, ~~there~~ 1076 were belonged to men, 4076 ~~men~~ male (52.21%) and 985 ~~women~~ to women (47.79%). The ~~average~~ mean age was

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41.23 years, average height was 163.00 cm, average BMI was 24.22 kg/m², and BMI was 24.22 kg/m², respectively. There were no significant differences in age and BMI between males and females (t = 0.34, p > 0.05; vs. t = 0.29, p > 0.05). However, men were significantly taller than women (t = 37.65, p < 0.05). The prevalence of overweight and obese individuals was respectively 33.72% and 18.00%. There were no significant differences between males and females (Chi² = 0.90, p > 0.05; Chi² = 0.001, p > 0.05). Of the tested subjects, 82.90% residents had an income < 10,000 RMB, and 42.60% residents had a junior high school degree of education level.

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Salt intake

The 24-hour urinary sodium level ranged from 22.05 mmol to 750.79 mmol, the median was 231.10 mmol, Q3 was 258.44 mmol, and Q1 was 180.87 mmol.

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Tables 3 and 4 show the 24-hour urinary sodium excretion and estimated daily salt intake for each subpopulation. The mean sodium level excreted of Na over 24 h was 237.61 mmol (95% CI: 224.77–250.44 mmol), respectively corresponding to 13.90 g NaCl (95% CI: 13.15–14.65 g). The mean salt intake by rural residents (14.00 g) was more than that of urban residents (14.00 g vs. 13.68 g; p < 0.01). Salt intake in men (14.40 g) was higher than that in women (14.40 g vs. 13.37 g; p < 0.01). There was

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not were no obvious ~~difference among~~ differences in the salt intake between age groups.

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DISCUSSION

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It can be very ~~hard~~ challenging to accurately estimate ~~Na~~sodium intake ~~accurately~~.

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~~Certainly. Indeed,~~ it is very difficult to know the exact amount of salt added during

cooking (even in restaurants) and at the table. Further, it is hard to ~~know how much~~

~~estimate the amount of~~ salt that has been left on the plate, and ~~it can be very hard to~~

determine the salt content in food and drinking ~~water over time~~ [1]. Thus, in agreement

with ~~numerous authors~~ a number of reports [3, 1, 13], the best ~~way~~ method to determine

salt intake is ~~probably viably measuring~~ the amount excreted ~~in using a 24-hour~~ urine-

~~There sample.~~ In China, ~~have been~~ very few studies ~~on have~~ measured the salt intake

~~via using 24-hour urine sodium in China~~ urinary excretion, ~~and none has been~~ have been

performed ~~in using~~ a sample representative of the ~~entire~~ Chinese population ~~as a whole~~.

~~Longjian LIU. Liu et al.~~ reported an intake of 188.4 ~~mmol/d~~ mmol/day (corresponding to

~~11.02g~~ 10.2 g NaCl) in a population of 48–56-year-old individuals ~~olds~~ in China [14]; a

~~result~~; this value is much smaller than that obtained in the present study

(224.77 ~~mmol/24h~~ mmol/24 h, 13.9 ~~g~~ g). The ~~present~~ current study indicates that the

~~sodium~~ intake of Na is very high in a representative ~~group~~ population of Shandong

adults. ~~It is~~ higher than ~~that in a~~ UK population aged 19–64 years ~~in 2008~~ (148

mmol) [15]. Salt intake by men and women ~~are respectively~~ was found to be 246.23

mmol/24 ~~h~~ day and 228.52 mmol/24 ~~h~~ day, respectively, which ~~is they are~~ higher than

~~by that in~~ the population ~~in~~ Toyama [11] (Male: (men, 224 mmol/24h; Female: day;

women, 201 ~~mmol~~ mmol/24h) (day) [11, 16] and ~~by~~ the US [17] (Male: (men,

180–190 mmol/24h; Female:day; women, 130–150 mmol/24h)day) [17], and the UK [17] (Male:(men, 161 mmol/24h; Female:day; women, 127 mmol/24h)-day) [17].

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~~It is in fact~~The salt intake in China is double the recommended intake of ~~not more than~~ 80–110 mmol ~~Na/d/day~~ (5–6 g salt/d)day) issued by ~~WHO~~the World Health Organisation in 1982 [18], ~~and since which has led to the then adoption of~~adopted, in the China Nutrition Recommendations [19]. In China, salt intake is higher, mainly ~~owed due~~ to the high consumption of soya sauce and the ~~custom~~tradition of adding a ~~lot~~large amount of salt to ~~the~~ food (both during cooking and at the table) [3, 20, 21]. As reported in ~~most of these~~several studies, salt intake in men (14.4g4 g) was higher ~~than~~than that in women (13.9g9 g) in Shandong, ~~perhaps possibly~~ because of ~~their~~the higher, overall ~~higher~~ food ~~intakes~~intake by men and ~~the~~ differences in food habits ~~between men and women~~ [3, 20, 22]. In ~~the vast~~majority of populations, salt intake is high and well above ~~the daily~~ recommended ~~daily intakes~~values. Now resident health records are being established in Shandong province, it is necessary to evaluate and record the salt intake for individuals ~~by FFQ or other method~~— Especially during following up the chronic patients and ~~it's~~ high risk population. During taking the national basic public health service, it is very important to ~~focus on the salt intake and persuade them to add the contents about salt reduction and to~~change the habit of high salt intake, ~~like persuading patients to give up smoking~~.

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~~There is s~~Strongstrong and consistent evidence from animal studies, clinical trials, and epidemiological data ~~both from~~ within and across populations ~~implicating~~implicate high

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salt intake as an important risk factor for high BP among both hypertensive and normotensive individuals; additionally, high salt intake is also associated with increased risk of ~~future CHD~~ coronary heart disease and stroke. Given ~~the~~ health problems, such as hypertension [23] and CVD [24], ~~are~~ associated with excessive salt intake, ~~it would appear that~~ public health initiatives are needed to ~~help~~ reduce ~~its~~ salt consumption [3,4] and consequently lower ~~CVD~~ the burden of CVD and increase life expectancy. ~~The government needs to focus and resolve this~~ ~~The severe situation should be drawn attention by the government~~ ~~Government Action on~~ ~~s~~ ~~Salt~~ ~~reduction must be undertaken.~~ ~~Health~~ ~~taken.~~ ~~is in charge of~~ ~~H~~ ~~health~~ education and promotion ~~by the~~ ~~using~~ for salt reduction, ~~by the~~ media campaign or other forms would to increase public awareness ~~campaigns,~~ as well as ~~There is therefore the opportunity for~~ timely community-based, ~~context specific~~ initiatives to limit the amount of salt added to food by individuals, ~~would increase public awareness.~~ Meanwhile, ~~it~~ is necessary to ~~engage~~ collaborate with ~~restaurant~~ ~~restaurants,~~ to reduce ~~the large amount~~ ~~excessive~~ of salt commonly included in ~~dish.~~ ~~Increasing westernization~~ ~~various dishes.~~ With increasing ~~westernisation~~ of cultures, it is ~~also~~ essential to ~~encourage~~ ~~ensure~~ low levels of salt ~~content~~ in processed foods. Such public health approaches can be simple, ~~low-ess~~ ~~costly~~ ~~cost~~ ~~cost~~ and effective. Indeed, ~~such a~~ ~~campaigns~~ ~~are~~ ~~is~~ ~~underway~~ in Shandong, promoted by the Shandong government and China MOH (~~Shandong & MOH Action on Salt and Hypertension (such as~~ ~~SMASH)~~ and the China Rural Health Initiative Sodium Reduction Study are already underway [25]. As ~~YAN LI~~ reported by Li et al [26] ~~put it that],~~ in China, ~~the~~ ~~measures~~ ~~on~~ ~~for~~ salt reduction will include government ~~leading~~ ~~initiatives,~~ health education and promotion, ~~extending~~ ~~promotion of~~ low sodium

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~~salt in promoting the food processing companies and restaurants less salt, etc. In Shandong, education public education by TV through radio, television, internet, film, broadcasting, etc and movies is underway to improve the level knowledge of the residents on about low salt diet knowledge diets. To enact behavior change bring about behavioural changes, salt spoons are have been provided for every family in the whole entire province. The key Key groups are trained such as comprising of governors, medical staff, personnel, and stakeholders from the food processing enterprise and restaurant. Some local restaurants are trained. Local standards about for the amount of salt volume in the Shandong cuisine and soy sauce pickles are and other dishes in the cuisine of Shandong have been formulated. The results off from the present study may could be useful in its endeavor these endeavours.~~

~~There is were some limitation was some limitation of are certain limitations in this study. First, the sample only included Chinese adults aged 18–69 years, so, hence, the results are not cannot be, extrapolating extrapolated extrapolate extrapolating to other groups. Because behavior behaviour is formed during childhood, salt intake among them should be evaluated and health education should cover them be administered during this period. Second, in short of available available available and exact the data on physics, 24-h 24h urinary salt excretion method does not account for electrolyte loss via routes other than via the kidneys, such as the skin and respiratory tract, etc, and therefore will therefore tend to slightly underestimate the true intake.~~

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~~The survey received ethical approval from~~was approved by the Ethics Committee of the Shandong ~~Center~~Centre for Disease Control and ~~prevention~~Prevention, China.

Data sharing statement

No additional data available.

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Table 1 Test of goodness of fit between including and excluding study population

Gender	Including sample						Excluding sample					
	Total		Urban		Rural		Total		Urban		Rural	
	n	%	n	%	n	%	n	%	n	%	n	%
Male	13.63	85	4.12	196	9.51	15	29.41	6	11.76	9	17.65	
—	13.39	91	4.42	185	8.98	6	11.76	0	0	6	11.76	
—	9.9	65	3.15	139	6.74	1	1.96	1	1.96	0	0	
—	7.86	51	2.47	111	5.39	2	3.92	0	0	2	3.92	
—	7.42	50	2.43	103	5	4	7.84	0	0	4	7.84	
Male	1076	52.21	342	16.59	734	35.61	28	54.9	7	13.73	21	41.18
Female	12.23	79	3.83	173	8.39	10	19.61	3	5.88	7	13.73	
—	11.84	79	3.83	165	8.01	4	7.84	1	1.96	3	5.88	
—	9.22	59	2.86	131	6.36	2	3.92	0	0	2	3.92	
—	7.96	53	2.57	111	5.39	3	5.88	2	3.92	1	1.96	
—	6.55	41	1.99	94	4.56	4	7.84	2	3.92	2	3.92	
Female	985	47.79	311	15.09	674	32.7	23	45.1	8	15.69	15	29.41
Total	533	25.86	164	7.96	369	17.9	25	49.02	9	17.65	16	31.37
—	520	25.23	170	8.25	350	16.98	10	19.61	1	1.96	9	17.65
—	394	19.12	124	6.02	270	13.1	3	5.88	1	1.96	2	3.92
—	326	15.82	104	5.05	222	10.77	5	9.8	2	3.92	3	5.88
—	288	13.97	91	4.42	197	9.56	8	15.69	2	3.92	6	11.76
Total	2061	100	653	31.68	1408	68.32	51	100	15	29.41	36	70.59

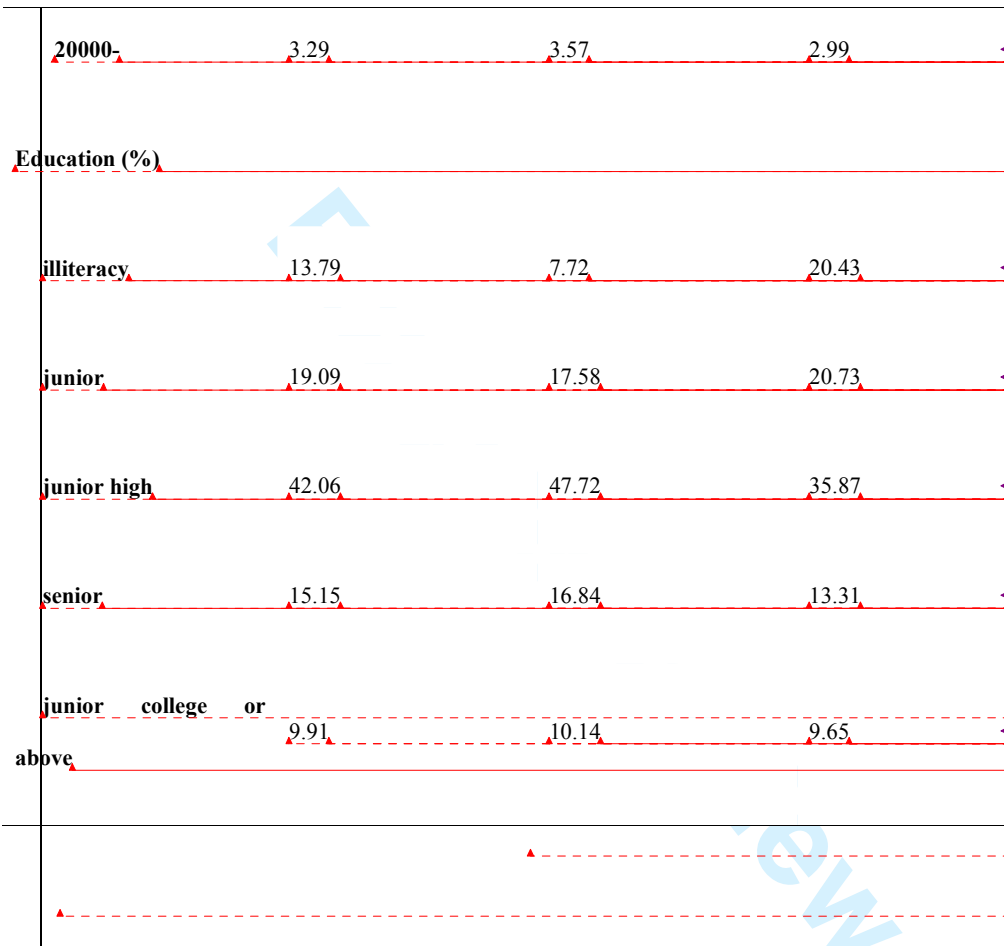
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Table 2 Personal characteristics of the study sample by sex and age

	Total(n=2061)			Male(n=1076)			Female(n=985)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Age(years)	41.23	13.99	39.00	41.12	14.32	39.00	41.34	13.62	39.00
Height(cm)	163.00	8.84	162.60	168.78	7.02	169.20	157.27	6.23	157.20
BMI (kg/m ²)	24.53	3.90	24.22	24.55	3.90	24.25	24.51	3.90	24.25
Overweight (%)	33.72		34.67			32.69			
Obese (%)	18.00		18.03			17.97			
Income (Yuan,%)									
<5000	52.24		51.1			53.45			
5000-	30.66		31.4			29.87			
10000-	8.35		8.27			8.44			
15000-	5.45		5.64			5.25			

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Table3 Urinary sodium excretion of Shandong adults aged 18-69 in 2011

(Weighted mean,SD, 95% CI, mmol/24h)

Gender	Age-group	Urban			Rural			Total								
		N	Mean	95% CI	N	Mean	95% CI	N	Mean							
Male	18-29	85	241.64	18.23	194.77	288.51	196	244.81	9.85	222.52	267.10	281	243.88	8.72	225.11	267.10
	30-39	91	255.88	12.30	224.25	287.50	185	247.19	9.72	225.21	269.17	276	249.99	7.79	223.31	269.17
	40-49	65	233.33	17.89	187.35	279.31	139	247.90	7.48	230.99	264.82	204	243.59	7.40	227.72	264.82
	50-59	51	263.00	12.72	230.28	295.71	111	251.36	12.64	222.78	279.95	162	255.27	9.44	233.01	279.95
	60-69	50	239.00	14.74	201.12	276.88	103	232.24	12.62	203.69	260.79	153	234.42	9.82	227.33	260.79
	Subtotal		342	246.81	12.46	214.77	278.85	734	245.96	8.22	227.38	264.55	1076	246.23	6.87	227.33
Female	18-29	79	200.77	13.37	166.40	235.14	173	225.93	7.26	209.51	242.35	252	219.01	6.69	218.61	242.35
	30-39	79	236.43	8.99	213.31	259.54	165	234.70	9.62	212.94	256.46	244	235.27	7.11	227.00	256.46
	40-49	59	236.92	12.94	203.65	270.18	131	231.88	12.22	204.25	259.52	190	233.46	9.43	227.22	259.52
	50-59	53	213.23	10.24	186.91	239.54	111	245.28	11.41	219.48	271.09	164	234.73	8.73	227.22	271.09
	60-69	41	200.29	11.23	171.42	229.15	94	221.79	7.72	204.32	239.26	135	215.48	6.34	227.22	239.26
	Subtotal		311	219.97	9.07	196.66	243.29	674	232.32	7.72	214.85	249.79	985	228.52	5.99	227.22
Total	18-29	164	222.94	10.65	195.56	250.32	369	235.72	7.63	218.46	252.98	533	232.08	6.15	227.22	252.98
	30-39	170	246.19	9.86	220.85	271.54	350	241.06	9.11	220.44	261.68	520	242.73	6.98	227.22	261.68
	40-49	124	235.11	12.06	204.10	266.11	270	240.30	8.95	220.05	260.56	394	238.72	7.16	227.22	260.56
	50-59	104	238.44	7.54	219.05	257.83	222	248.32	9.26	227.36	269.27	326	245.03	6.68	227.22	269.27
	60-69	91	220.68	12.40	188.80	252.56	197	226.94	8.61	207.45	246.43	288	225.01	7.05	227.22	246.43
	Subtotal		653	233.82	9.90	208.36	259.28	1408	239.30	7.52	222.28	256.33	2061	237.61	5.98	227.22

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—	40-49	59	236.92	203.65	270.18	131	231.88	204.25	259.52	190	233.46	213.24	253.69
—	50-59	53	213.23	186.91	239.54	111	245.28	219.48	271.09	164	234.73	216.01	253.45
—	60-69	41	200.29	171.42	229.15	94	221.79	204.32	239.26	135	215.48	201.88	229.07
	Subtotal	311	219.97	196.66	243.29	674	232.32	214.85	249.79	985	228.52	215.67	241.37
Total	18-29	164	222.94	195.56	250.32	369	235.72	218.46	252.98	533	232.08	218.89	245.26
	30-39	170	246.19	220.85	271.54	350	241.06	220.44	261.68	520	242.73	227.75	257.71
	40-49	124	235.11	204.10	266.11	270	240.30	220.05	260.56	394	238.72	223.37	254.07
	50-59	104	238.44	219.05	257.83	222	248.32	227.36	269.27	326	245.03	230.70	259.37
	60-69	91	220.68	188.80	252.56	197	226.94	207.45	246.43	288	225.01	209.89	240.14
	Subtotal	653	233.82	208.36	259.28	1408	239.30	222.28	256.33	2061	237.61	224.77	250.44

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Table 4 Salt intake of Shandong adults aged 18-69 in 2011

(Weighted mean, SD, 95% CI, grams/24h)

Gender	Age-group	Urban				Rural				Total			
		N	Mean	SD	95% CI	N	Mean	SD	95% CI	N	Mean	SD	95% CI
Male	18-29	85	14.14	1.07	11.39-16.88	196	14.32	0.58	13.02-15.63	281	14.27	0.51	13.17-15.37
	30-39	91	14.97	0.72	13.12-16.82	185	14.46	0.57	13.17-15.75	276	14.62	0.46	13.57-15.67
	40-49	65	13.65	1.05	10.96-16.34	139	14.50	0.44	13.51-15.49	204	14.25	0.43	13.19-15.31
	50-59	51	15.39	0.74	13.47-17.30	111	14.70	0.74	13.03-16.38	162	14.93	0.55	13.82-16.04
	60-69	50	13.98	0.86	11.77-16.20	103	13.59	0.74	11.92-15.26	153	13.71	0.57	12.57-14.85
	Subtotal	342	14.44	0.73	12.56-16.31	734	14.39	0.48	13.30-15.48	1076	14.40	0.40	13.60-15.20
Female	18-29	79	11.75	0.78	9.73-13.76	173	13.22	0.42	12.26-14.18	252	12.81	0.39	11.99-13.63
	30-39	79	13.83	0.53	12.48-15.18	165	13.73	0.56	12.46-15.00	244	13.76	0.42	12.92-14.60
	40-49	59	13.86	0.76	11.91-15.81	131	13.57	0.71	11.95-15.18	190	13.66	0.55	12.56-14.76
	50-59	53	12.47	0.60	10.93-14.01	111	14.35	0.67	12.84-15.86	164	13.73	0.51	12.71-14.75
	60-69	41	11.72	0.66	10.03-13.41	94	12.97	0.45	11.95-14.00	135	12.61	0.37	11.87-13.35
	Subtotal	311	12.87	0.53	11.50-14.23	674	13.59	0.45	12.57-14.61	985	13.37	0.35	12.62-14.12
Total	18-29	164	13.04	0.62	11.44-14.64	369	13.79	0.45	12.78-14.80	533	13.58	0.36	12.87-14.29
	30-39	170	14.40	0.58	12.92-15.89	350	14.10	0.53	12.90-15.31	520	14.20	0.41	13.38-15.02
	40-49	124	13.75	0.71	11.94-15.57	270	14.06	0.52	12.87-15.24	394	13.97	0.42	13.15-14.79
	50-59	104	13.95	0.44	12.81-15.08	222	14.53	0.54	13.30-15.75	326	14.33	0.39	13.54-15.12
	60-69	91	12.91	0.73	11.05-14.77	197	13.28	0.50	12.14-14.42	288	13.16	0.41	12.15-14.17
	Subtotal	653	13.68	0.58	12.19-15.17	1408	14.00	0.44	13.00-15.00	2061	13.90	0.35	13.19-14.61

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Estimating daily salt intake based on 24-hour urinary sodium excretion in adults aged 18–69 years in Shandong, China

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3 **Estimating daily salt intake based on 24-hour urinary sodium excretion in adults**
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6 **aged 18–69 years in Shandong, China**
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ABSTRACT

Objective:Based on 24-h urinary sodium excretion, to estimate the daily salt intake among residents aged 18–69 years in Shandong, China.

Setting: Twenty selected counties/districts in Shandong stratified by geographic region (Eastern, Central Southern, and North Western) and residence type (urban versus rural).

Participants: Among randomly selected 2184 adults, 2061 provided usable 24 h urine samples. Urine volume <500 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were excluded from analysis..

Results:The mean sodium level excreted over 24 h was 237.61 mmol (95% CI: 224.77–250.44)mmol. Overall, the estimated mean salt intake was 13.90 g/day (95% CI: 13.15–14.65). The mean salt intake among rural residents was higher than that of urban residents (14.00 g vs 13.68 g; $p<0.01$). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; $p<0.01$). Approximately 96% of the survey participants had a dietary salt intake of ≥ 6 g /day.

Conclusion: The salt intake in Shandong is alarmingly higher than the current recommended amount (6 g/day). Thus, effective interventions to reduce salt intake levels to combat the increasing burden of non-communicable diseases need to be developed and implemented.

Strengths and limitations

The gold standard 24-h urinary sodium excretion was used to estimate salt intake with strict exclusion criteria to ensure data quality. A limitation of the study was that only a single 24-hour urine collection was obtained from each participant. A single collection will less accurately reflect 24-hour sodium intake than will several collections. However, the day-to-day variation in sodium excretion can vary in both directions, so it is unlikely that the findings overstated the inaccuracy of the claim of a low sodium intake.

BACKGROUND

In China, hypertension is a major contributor to cardiovascular disease (CVD), which accounts for about 40% of all deaths [1] and 23% of the health care costs [2]. Evidence suggests that a high level of salt intake is associated with high blood pressure (BP) and a greater risk of stroke and CVD [3–6]. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance indicated that approximately 80% of Chinese individuals consume salt more than the upper limit of the recommended salt (sodium chloride) intake (6 g/day) by the Chinese Nutritional Society (2007). In 2010, the mean salt intake among the Chinese was estimated to be 9.1 g/day in urban areas, and 11.5 g/day in rural areas [1].

Reducing salt intake is one of the easiest, most efficient and cost-effective ways to reduce the burden of CVD and health care costs, which would result in a substantial improvement in public health [1, 7]. Globally, dietary sodium reduction has been recommended as a major strategy for the prevention and control of non-communicable diseases [8]. Several countries including Japan, the United Kingdom (UK), Finland, Portugal, and the United States (US), have succeeded in reducing the population-wide sodium intake [9–11]. Unlike in Western countries, a major challenge to reduce sodium intake in China is that the majority of sodium comes from the salt added to home cooked food rather than from commercially processed foods. A recent study suggested that most of the dietary sodium intake (76%) was attributed to salt added during home cooking [12]. In contrast, processed foods contributed heavily to sodium intake in the UK (95%) and the US (71%) [12]. Therefore, efforts to reduce sodium intake in China should focus on

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3 reducing the sodium level in home cooked foods.
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8 Shandong Province is one of the most populous provinces in China. Sodium intake
9 among most Shandong residents considerably exceeds the recommended limit. In 2002,
10 the mean daily salt intake was 12.6 g and the prevalence of hypertension was 25.1%.
11
12 High salt intake has caused huge economic loss [2]. In 2011, the Chinese Ministry of
13 Health (MOH) selected Shandong province as a national pilot area and the
14 Shandong-MOH Action on Salt and Hypertension (SMASH) Project was set up to reduce
15 the sodium level in the Chinese diet. To help develop effective interventions for the
16 SMASH Project, a baseline survey was conducted in 2011 to assess salt consumption and
17 the prevalence of hypertension among the residents in Shandong. The measurement of
18 24-h urinary sodium excretion is considered the gold standard method for obtaining data
19 on the sodium intake in population surveys [1]. However, in China, few studies have been
20 conducted on the salt intake of the general population based on the 24-h urinary sodium
21 excretion method. This study analyses the baseline survey to estimate the daily intake of
22 dietary sodium among the general adult Shandong population (aged 18–69 years) based
23 on 24-h urinary sodium excretion.
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46 **METHODS**

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49 A cross-sectional survey was conducted in Shandong province from June 2011 to July
50 2011. Multi-stage (four-stage) cluster sampling was used to select a provincially
51 representative sample of the adult population (aged 18–69 years). Briefly, a total of 140
52 counties/districts in Shandong province were stratified by geographic region (Eastern,
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3 Central Southern, and North Western) and residence type (urban versus rural). Twenty
4 counties/districts were selected (12 rural counties and 8 urban districts) for this study.
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8 Using a proportional probability sampling (PPS) method, three townships (in rural areas)
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10 or two suburbs (in urban areas) were chosen from each selected county or district. The
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12 PPS method was also used to select one village/community from each sampled
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14 township/suburb. From each chosen village/community, 42 subjects were randomly
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16 chosen resulting in a total sample size of 2184 subjects.
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22 A face-to-face interview using a close-ended questionnaire was conducted by trained
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24 public health professionals with experience in conducting interviews for similar health
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26 surveys to collect information on demographics (gender, age, education, and income).
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32 All subjects were given written and verbal instructions to collect a 24-h urine sample. The
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34 first urine of the day was discarded and all urine over the following 24 h was collected in
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36 provided bottles. All bottles from the same participant were carefully mixed and the
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38 volume of urine was measured. Then a 20 mL aliquot of mixed urine was taken and was
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40 immediately frozen at -20°C and sent to the laboratory for analysis.
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46 The samples were first assayed for creatinine concentration using the picric acid method
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48 (ADICON Clinical Laboratory; CAP accredited). Samples with a total daily volume <500
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50 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol
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52 (mean-2SD: day/weight (kg)) for women were considered to be incomplete or inaccurate
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54 urine collection and were thus excluded from data analysis. The sodium concentration
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3 was determined using the direction selective electrode method. Daily salt intake was
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5 estimated by assessing 24-h urinary sodium excretion based on the assumption that all
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7 sodium was ingested in the form of sodium chloride.
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12 Height, weight, and waist circumference were measured in all subjects. Of 2184 subjects,
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14 2061 subjects with complete data were included in this analysis (response rate,
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16 94.4%). Educational level and annual household income were used as indicators for social
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18 economic status. We divided participants into five groups based on education level: no
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20 education, primary school, junior high school, senior high school, college, and higher
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22 education. Annual household income was classified into high, middle, and low, according
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24 to tertiles. Body mass index ($\text{BMI} = \text{weight (Kg)} / \text{height (m)}^2$) was calculated Individuals
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26 with a $\text{BMI} \geq 24$ but $< 28 \text{ kg/m}^2$ were defined as being overweight and those with a
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28 $\text{BMI} \geq 28 \text{ kg/m}^2$ were considered obese.
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37 Statistical analyses were performed using the Statistical Analysis System (SAS) version
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39 9.3 (SAS Institute Inc., Cary, North Carolina, USA). $P < 0.05$ was considered significant.
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41 All the results shown were weighted by the total demography in Shandong province.
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43 Survey weight (total weight = design weight \times post-stratification weight) was used to
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45 calculate weighted proportions. Design weight was calculated to account for different
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47 factors including cluster design, strata, and individual factors. The population data
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49 from Shandong province was used to generate the post-stratification weight. Means and
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51 95% CIs were calculated for all variables and normality of the data was assessed. Analysis
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53 of variance and the Chi-square test were used to test the significance of differences
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8 This study received ethics approval from the Ethics Committee of the Shandong Centre
9 for Disease Control and Prevention. All participants provided written informed consent to
10 participate in this study.
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14 15 16 17 **RESULTS**

18 19 **Study subjects**

20 A total of 2061 provided urine specimens out of which 123 samples were further
21 excluded from analysis because of incomplete or inaccurate urine collection. There was
22 no significant differences between included subjects and excluded subjects in terms of
23 age, sex, and residence type ($t = 1.52, p > 0.05; \chi^2 = 0.02, p > 0.05; \chi^2 = 0.32, p > 0.05$; Table 1).
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34 The characteristics of each subpopulation are summarised in table 2. Of 2061 eligible
35 samples, 1076 were male (52.21%) and 985 were women (47.79%). The mean age,
36 height, and BMI were 41.23 years, 163.00 cm, and 24.22 kg/m², respectively. There were
37 no significant differences in age and BMI between men and women ($t = 0.34, p > 0.05; t =$
38 $0.29, p > 0.05$). However, men were significantly taller than women ($t = 37.65, p < 0.05$).
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The prevalence of overweight and obese individuals was 33.72% and 18.00%,
respectively, with no significant differences between men and women ($\chi^2 = 0.90,$
 $p > 0.05; \chi^2 = 0.001, p > 0.05$). Of the tested subjects, 82.90% had an income <10,000
RMB and 42.60% had an education level of junior high school.

Salt intake

The 24-h urinary sodium level ranged from 22.05 to 750.79 mmol, with a mean of 231.10 mmol. Tables 3 and 4 show the 24-h urinary sodium excretion and estimated daily salt intake for each subpopulation. The mean sodium level excreted over 24 h was 237.61 mmol (95%CI: 224.77–250.44 mmol), which corresponds to 13.90 g NaCl (95%CI: 13.15–14.65 g). The mean salt intake by rural residents was more than that of urban residents (14.00 g vs 13.68 g; $p<0.01$). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; $p<0.01$). There were no significant differences in the salt intake between age groups.

DISCUSSION

It is challenging to accurately estimate sodium intake because it is very difficult to know the exact amount of salt added during cooking (even in restaurants) and at the table. It is also difficult to estimate the amount of salt that has been left on the plate, and to determine the salt content in food and drinking water [1]. Therefore, as suggested by a number of reports [1,3,13], the best method to determine salt intake is measuring the amount excreted in 24-h urine. In China, very few studies have measured the salt intake using 24-h urinary excretion and none have used a representative sample. Liu et al reported an intake of 188.4 mmol/day (corresponding to 11.02 gNaCl) in a population of 48–56-year-old individuals in China [14]; a value much smaller than that obtained in the present study (224.77 mmol/24 h, 13.9 g). The current study indicates that the sodium intake is very high in a representative population of Shandong adults, higher than that in a UK population aged 19–64 years (148 mmol) [15]. Salt intake by men and women was

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3 found to be 246.23 mmol/day and 228.52 mmol/day, respectively, which is higher than
4 that in the population in Toyama (men, 224 mmol/day; women, 201mmol/day) [11, 16],
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6 the US (men, 180–190 mmol/day; women, 130–150 mmol/day) [17],and the UK (men,
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8 161 mmol/day; women, 127 mmol/day) [17].
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15 The salt intake in China is double the upper limit of recommended intake of 80–110
16 mmol/day (5–6 g salt/day) by the World Health Organisation in 1982 [18] and in the
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18 China Nutrition Recommendations [19]. In China, the high salt intake is mainly due to
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20 the high consumption of soya sauce and the tradition of adding a large amount of salt to
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22 the food both during cooking and at the table [3,20,21]. Consistent with other studies [3,
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24 20, 22], salt intake in men (14.4 g) was higher than that in women (13.9 g) in Shandong
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26 possibly because of the higher overall food intake by men and the differences in food
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28 habits between men and women. In most populations, salt intake is high and well above
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30 the daily recommended values. Now resident health records are being established in
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32 Shandong province, it is necessary to evaluate and record the salt intake for individuals
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34 by FFQ or other method, especially among chronic disease patients and high risk
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36 individuals, it is very important to focus on the salt intake and persuade them to change
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38 the habit of high salt intake.
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48 Strong and consistent evidence from animal studies, clinical trials, and epidemiological
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50 data from within and across populations suggests high salt intake is an important risk
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52 factor for high BP among hypertensive and normotensive individuals[23]. Additionally,
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54 high salt intake is also associated with increased risk of coronary heart disease and
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3 stroke[24]. Therefore, public health initiatives are needed to reduce salt consumption [3,4]
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5 and in turn lower the burden of CVDs and increase life expectancy. The government
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7 needs to focus and resolve this severe situation. Salt reduction must be undertaken.
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9 Health education and promotion based on media campaigns, as well as timely
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11 community-based initiatives to limit the amount of salt added to food by individuals
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13 would increase public awareness. Meanwhile, it is necessary to collaborate with
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15 restaurants and food industries to reduce excessive salt. Such public health approaches
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17 can be simple, at low cost and effective. Indeed, campaigns such as the SMASH and the
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19 China Rural Health Initiative Sodium Reduction Study are already underway [25]. As
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21 reported by Li et al [26], in China, measures for salt reduction will include government
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23 initiatives, health education and promotion, promotion of low sodium salt in food
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25 processing companies and restaurants. In Shandong, education through radio, television,
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27 internet, and movies is underway to improve the knowledge of the residents about
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29 low-salt diets. To bring about behavioural changes, salt spoons have been provided for
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31 every family in the entire province. Key groups comprising of governors, medical
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33 personnel, and stakeholders from the food processing enterprise and restaurants are
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35 trained. Local standards for the amount of salt in soy sauce pickles and other dishes in the
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37 cuisine of Shandong have been formulated. The results from the present study could be
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39 useful in these endeavours.
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51 A limitation of the study was that only a single 24-hour urine collection was obtained
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53 from each participant. A single collection will less accurately reflect 24-hour sodium
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55 intake than will several collections. However, the day-to-day variation in sodium
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3 excretion can vary in both directions, so it is unlikely that the findings overstated the
4 inaccuracy of the claim of a low sodium intake.
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7 8 **Acknowledgments** 9

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11 CDCs, and all the participants of the survey.
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14 15 **Contributors** 16

17 Conceived and designed the experiments: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang
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19 Jiyu Zhang, Junli Tang, Zhenqiang Bi. Contributed reagents/materials/analysis tools: Jiyu
20 Zhang, Jixiang Ma, Xiaolei Guo, Wen-hua Zhao, Xiaofei Zhang, Jianhong Li, Jie Chu.
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22 Wrote the manuscript: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi.
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40 41 **Competing interests** 42

43 None declared.
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46 47 **Ethics approval** 48

49 The survey was approved by the Ethics Committee of the Shandong Centre for Disease
50 Control and Prevention, China.
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53 54 **Data sharing statement** 55

56 No additional data available.
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Table 1 Distribution of included and excluded subjects

Gender	Including sample						Excluding sample					
	Total		Urban		Rural		Total		Urban		Rural	
	n	%	n	%	n	%	n	%	n	%	n	%
Male	1076	52.21	342	16.59	734	35.61	65	52.85	18	14.63	47	38.21
Female	985	47.79	311	15.09	674	32.7	58	47.15	24	19.51	34	27.64
Total	2061	100	653	31.68	1408	68.32	123	100	42	34.15	81	65.85

Table 2 Personal characteristics of the study sample by sex and age

	Total(n=2061)			Male(n=1076)			Female(n=985)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Age(years)	41.23	13.99	39.00	41.12	14.32	39.00	41.34	13.62	39.00
Height(cm)	163.00	8.84	162.60	168.78	7.02	169.20	157.27	6.23	157.20
BMI (kg/m²)	24.53	3.90	24.22	24.55	3.90	24.25	24.51	3.90	24.15
Overweight (%)	33.72			34.67			32.69		
Obese (%)	18.00			18.03			17.97		
Income (Yuan,%)									
<5000	52.24			51.1			53.45		
5000-	30.66			31.4			29.87		
10000-	8.35			8.27			8.44		
15000-	5.45			5.64			5.25		
20000-	3.29			3.57			2.99		
Education (%)									
illiteracy	13.79			7.72			20.43		
junior	19.09			17.58			20.73		
junior high	42.06			47.72			35.87		
senior	15.15			16.84			13.31		
junior college or above	9.91			10.14			9.65		

Table3 Urinary sodium excretion of Shandong adults aged 18-69 in 2011
(Weighted mean,SD, 95% CI, mmol/24h)

Gender	Age-group	Urban				Rural				Total						
		N	Mean	SD	95%CI	N	Mean	SD	95%CI	N	Mean	SD	95%CI			
Male	18-29	85	241.64	18.23	194.77	288.51	196	244.81	9.85	222.52	267.10	281	243.88	8.72	225.17	262.58
	30-39	91	255.88	12.30	224.25	287.50	185	247.19	9.72	225.21	269.17	276	249.99	7.79	233.30	266.69
	40-49	65	233.33	17.89	187.35	279.31	139	247.90	7.48	230.99	264.82	204	243.59	7.40	227.72	259.47
	50-59	51	263.00	12.72	230.28	295.71	111	251.36	12.64	222.78	279.95	162	255.27	9.44	235.02	275.52
	60-69	50	239.00	14.74	201.12	276.88	103	232.24	12.62	203.69	260.79	153	234.42	9.82	213.36	255.49
	Subtotal	342	246.81	12.46	214.77	278.85	734	245.96	8.22	227.38	264.55	1076	246.23	6.87	231.49	260.96
Female	18-29	79	200.77	13.37	166.40	235.14	173	225.93	7.26	209.51	242.35	252	219.01	6.69	204.66	233.37
	30-39	79	236.43	8.99	213.31	259.54	165	234.70	9.62	212.94	256.46	244	235.27	7.11	220.01	250.53
	40-49	59	236.92	12.94	203.65	270.18	131	231.88	12.22	204.25	259.52	190	233.46	9.43	213.24	253.69
	50-59	53	213.23	10.24	186.91	239.54	111	245.28	11.41	219.48	271.09	164	234.73	8.73	216.01	253.45
	60-69	41	200.29	11.23	171.42	229.15	94	221.79	7.72	204.32	239.26	135	215.48	6.34	201.88	229.07
	Subtotal	311	219.97	9.07	196.66	243.29	674	232.32	7.72	214.85	249.79	985	228.52	5.99	215.67	241.37
Total	18-29	164	222.94	10.65	195.56	250.32	369	235.72	7.63	218.46	252.98	533	232.08	6.15	218.89	245.26
	30-39	170	246.19	9.86	220.85	271.54	350	241.06	9.11	220.44	261.68	520	242.73	6.98	227.75	257.71
	40-49	124	235.11	12.06	204.10	266.11	270	240.30	8.95	220.05	260.56	394	238.72	7.16	223.37	254.07
	50-59	104	238.44	7.54	219.05	257.83	222	248.32	9.26	227.36	269.27	326	245.03	6.68	230.70	259.37
	60-69	91	220.68	12.40	188.80	252.56	197	226.94	8.61	207.45	246.43	288	225.01	7.05	209.89	240.14
	Subtotal	653	233.82	9.90	208.36	259.28	1408	239.30	7.52	222.28	256.33	2061	237.61	5.98	224.77	250.44

Table4 Salt intake of Shandong adults aged 18-69 in 2011
(Weighted mean, SD,95%CI, grams/24h)

Gender	Age-group	Urban				Rural				Total			
		N	Mean	SD	95%CI	N	Mean	SD	95%CI	N	Mean	SD	95%CI
Male	18-29	85	14.14	1.07	11.39 16.88	196	14.32	0.58	13.02 15.63	281	14.27	0.51	13.17 15.36
	30-39	91	14.97	0.72	13.12 16.82	185	14.46	0.57	13.17 15.75	276	14.62	0.46	13.65 15.60
	40-49	65	13.65	1.05	10.96 16.34	139	14.50	0.44	13.51 15.49	204	14.25	0.43	13.32 15.18
	50-59	51	15.39	0.74	13.47 17.30	111	14.70	0.74	13.03 16.38	162	14.93	0.55	13.75 16.12
	60-69	50	13.98	0.86	11.77 16.20	103	13.59	0.74	11.92 15.26	153	13.71	0.57	12.48 14.95
	Subtotal	342	14.44	0.73	12.56 16.31	734	14.39	0.48	13.30 15.48	1076	14.40	0.40	13.54 15.27
Female	18-29	79	11.75	0.78	9.73 13.76	173	13.22	0.42	12.26 14.18	252	12.81	0.39	11.97 13.65
	30-39	79	13.83	0.53	12.48 15.18	165	13.73	0.56	12.46 15.00	244	13.76	0.42	12.87 14.66
	40-49	59	13.86	0.76	11.91 15.81	131	13.57	0.71	11.95 15.18	190	13.66	0.55	12.47 14.84
	50-59	53	12.47	0.60	10.93 14.01	111	14.35	0.67	12.84 15.86	164	13.73	0.51	12.64 14.83
	60-69	41	11.72	0.66	10.03 13.41	94	12.97	0.45	11.95 14.00	135	12.61	0.37	11.81 13.40
	Subtotal	311	12.87	0.53	11.50 14.23	674	13.59	0.45	12.57 14.61	985	13.37	0.35	12.62 14.12
Total	18-29	164	13.04	0.62	11.44 14.64	369	13.79	0.45	12.78 14.80	533	13.58	0.36	12.81 14.35
	30-39	170	14.40	0.58	12.92 15.89	350	14.10	0.53	12.90 15.31	520	14.20	0.41	13.32 15.08
	40-49	124	13.75	0.71	11.94 15.57	270	14.06	0.52	12.87 15.24	394	13.97	0.42	13.07 14.86
	50-59	104	13.95	0.44	12.81 15.08	222	14.53	0.54	13.30 15.75	326	14.33	0.39	13.50 15.17
	60-69	91	12.91	0.73	11.05 14.77	197	13.28	0.50	12.14 14.42	288	13.16	0.41	12.28 14.05
	Subtotal	653	13.68	0.58	12.19 15.17	1408	14.00	0.44	13.00 15.00	2061	13.90	0.35	13.15 14.65

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8 **Estimating daily salt intake based on 24-hour urinary sodium excretion in adults**
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10 **aged 18–69 years in Shandong, China**

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27 TABLES: 4

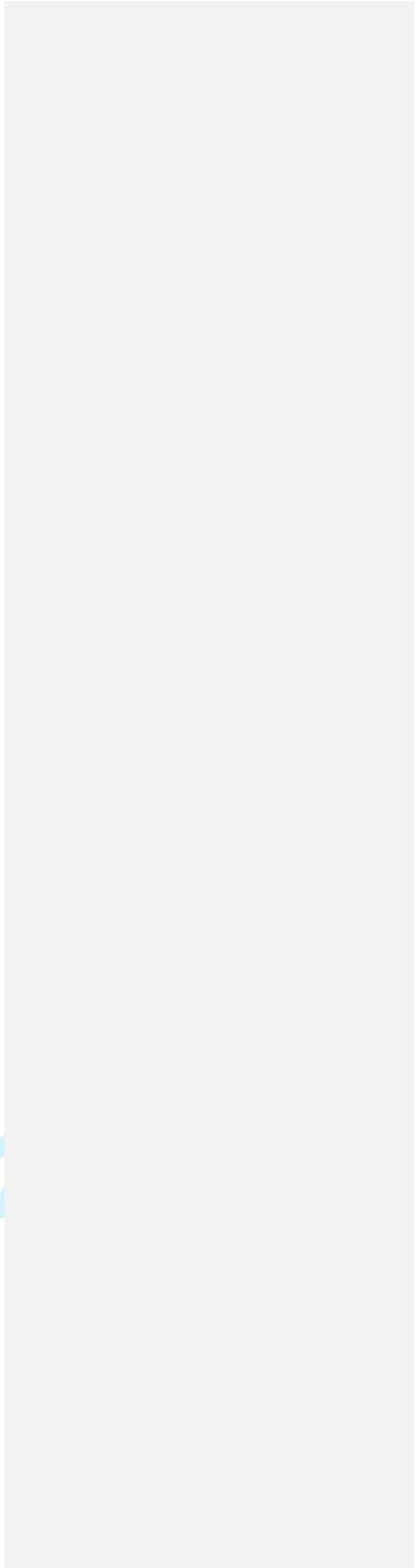
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KEY WORDS: Salt, sodium, 24-hour urine, cardiovascular disease, China

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ABSTRACT

Objective: ~~Based on 24-h urinary sodium excretion, to~~ estimate the daily salt intake among residents aged 18–69 years in Shandong, China. ~~in the adult Shandong population (aged 18–69 years) in 2011 based on 24-h urinary sodium excretion in China.~~

Setting: Twenty ~~selected~~ counties/districts in Shandong stratified by geographic ~~distribution~~ region (Eastern, Central Southern, and North Western) and residence ~~type~~ (urban versus rural), Shandong, China.

Participants: ~~We Among~~ randomly selected 2184 adults, ~~2061 provided and obtained~~ usable 24 h urine samples ~~from 2061~~. Urine volume <500 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg)) for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were ~~considered deficient to ensure the completeness of the urine sample excluded from analysis. Inaccurate urine collections and extreme outliers for urinary creatinine level were excluded from the analysis.~~

Results: The mean sodium level excreted over 24 h was 237.61 mmol (95% CI: 224.77–250.44) mmol. Overall, the estimated mean salt intake was 13.90 g/day (95% CI: 13.15–14.65). The mean salt intake ~~by among~~ rural residents was ~~more higher~~ than that of urban residents (14.00 g vs 13.68 g; $p < 0.01$). Salt intake in men was higher than that in women (14.40 g vs 13.37 g; $p < 0.01$). Approximately 96% of the survey participants had a dietary salt intake of ≥ 6 g/day.

Conclusion: The salt intake in Shandong is alarmingly higher than the current recommended amount (6 g/day). Thus, effective interventions to reduce ~~the~~ salt intake

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8 levels to combat the increasing burden of non-communicable diseases need to be
9 developed and implemented.
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11 12 13 14 **Strengths and limitations**

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16 The gold standard 24-h urinary sodium excretion was used to estimate salt intake with
17 ~~standard~~ strict exclusion criteria to ensure data quality ~~checks for completeness of the~~
18 ~~specimens based on urine volume and the level of urine creatinine excreted.~~ A limitation
19 of the study was that only a single 24-hour urine collection was obtained from each
20 participant. A single collection will less accurately reflect 24-hour sodium intake than
21 will several collections. However, the day-to-day variation in sodium excretion can vary
22 in both directions, so it is unlikely that the findings overstated the inaccuracy of the claim
23 of a low sodium intake. ~~A potential limitation of this study is that the sample only~~
24 ~~comprised Chinese adults aged 18–69 years in Shandong; hence, the results cannot be~~
25 ~~extrapolated to other groups.;~~ ~~The 24 h urinary sodium excretion method does not account~~
26 ~~for electrolyte loss via routes other than the kidneys, and therefore will may tend to~~
27 ~~slightly underestimate the true amount of salt intake.~~
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BACKGROUND

In China, hypertension is a major contributor to cardiovascular disease (CVD), which accounts for about 40% of ~~all~~the deaths [1] and 23% of the health care costs [2]. Evidence suggests that a high level of salt intake is associated with high blood pressure (BP) and a greater risk of stroke and CVD [3–6]. The National China Nutrition Surveys (1982, 1992, and 2002) and the Chinese Behavioral Risk Factor Surveillance indicated that approximately 80% of Chinese individuals consume salt ~~4~~-more than the upper limit of the recommended maximum-salt (sodium chloride) intake ~~of (6 g/day)-recommended~~ by the Chinese Nutritional Society (2007). In 2010, the ~~estimated~~-mean salt intake among the Chinese was estimated to be 9.1 g/day in urban areas, and 11.5 g/day in rural areas [1]. ~~The Chinese diet is high in sodium.~~

Reducing salt intake is one of the easiest, most ~~efficient~~efficient and cost-effective ways to reduce the burden of CVD and health care costs, which would result in a ~~major~~ substantial improvement in public health [1, 7]. Globally, dietary sodium reduction has been recommended as a major ~~intervention-strategy method~~-for the prevention and control of non-communicable diseases [8]. Several countries including Japan, the United Kingdom (UK), Finland, Portugal, and the United States (US), have succeeded in reducing the population-wide sodium intake [9–11]. ~~In contrast to~~Unlike in Western countries, a major challenge to ~~the efforts to~~-reduce sodium intake in China is that ~~a-the~~ majority of sodium comes from the salt added to home cooked food rather than ~~in-from~~ commercially processed foods. A recent study suggested that most of the dietary sodium intake (76%) in China could be traced to the~~was attributed to~~ salt added during home

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8 cooking [12]. In contrast, processed foods contributed heavily to sodium intake in the UK
9 (95%) and the US (71%) [12]. ~~Therefore, efforts to reduce sodium intake in China. To~~
10 ~~prevent and control hypertension and improve health, efforts to remove excess sodium~~
11 ~~from diet in China~~ should focus on reducing the sodium level in home cooked foods.
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18 Shandong Province is one of the most populous provinces in China. Sodium intake ~~by~~
19 ~~among~~ most Shandong residents considerably exceeds the recommended limit. In 2002,
20 the mean daily salt intake was 12.6 g and the prevalence of hypertension was 25.1%.
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22 High salt intake has caused huge economic loss [2]. In 2011, the Chinese Ministry of
23 Health (MOH) selected Shandong province as a national pilot area and the
24 Shandong MOH Action on Salt and Hypertension (SMASH) Project was set up to reduce
25 the sodium level in the Chinese diet. To help develop effective interventions for the
26 SMASH Project, a baseline survey was conducted in 2011 to assess salt consumption and
27 the prevalence of hypertension among the residents in Shandong. The measurement of
28 24-h urinary sodium excretion is considered the gold standard method for obtaining data
29 on the sodium intake in population surveys [1]. However, in China, few studies have been
30 conducted on the salt intake of the general population based on the 24-h urinary sodium
31 excretion method. This study analyses the baseline survey to estimate the daily intake of
32 dietary sodium among the general adult Shandong population (aged 18–69 years) based
33 on 24-h urinary sodium excretion. ~~establish public health measures, and enable later~~
34 ~~monitoring and evaluation of the strategy.~~
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50 51 **METHODS**

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8 A cross-sectional survey was conducted in Shandong province from June 2011 to July
9 2011. Multi-stage (four-stage) cluster sampling was used to select a provincially
10 representative sample of the adult population (aged 18–69 years). Briefly, a total of 140
11 counties/districts in Shandong province were stratified by geographic ~~distribution~~
12 ~~region~~ (Eastern, Central Southern, and North Western) and residence ~~type~~ (urban versus
13 rural). Twenty counties/districts were selected (12 ~~rural~~ counties and 8 ~~urban~~ districts) ~~for~~
14 ~~this study~~. Using a proportional probability sampling (PPS) method, three townships (in
15 rural areas) or two ~~streets-suburbs~~ (in urban areas) were chosen from each selected county
16 or district. The PPS method was also used to select one village/~~neighbourhoodcommunity~~
17 from each sampled township/~~suburbstreet~~. ~~From each chosen village/community,~~
18 ~~Random sampling was used to select~~ 42 subjects ~~were randomly chosen resulting in a~~
19 ~~total from each chosen village/neighbourhood. A total sample size~~ of 2184 subjects ~~were~~
20 ~~sampled~~.

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35 ~~A face-to-face interview using a close-ended questionnaire was conducted by t~~ Trained
36 public health professionals with experience in conducting interviews for similar health
37 surveys ~~administered a face to face, close-ended questionnaire. The questions were used~~
38 to collect information on demographics (gender, age, education, and income).

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45 ~~A single, timed 24 h urine collection was performed for the estimation of electrolyte~~
46 ~~excretion.~~ All subjects were ~~given written and verbal instructions asked to provide to~~
47 ~~collect a 24-h urine samples, for which they were given written and verbal instructions.~~
48 The first urine of the day was discarded and all urine ~~collected~~ over the following 24 h
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8 was collected in provided bottles~~that were provided~~. All bottles from the same participant
9 were carefully mixed and t~~The urine~~-volume of urine was measured. Then ,the sample
10 was carefully mixed, and a 20 mL aliquot of mixed urine was ~~withdrawn~~taken and -
11 Aliquots were~~was~~ immediately frozen at -20°C and sent to the laboratory for analysis.
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18 The samples were first assayed for c~~The sodium concentration was determined by the~~
19 direction selective electrode method. Creatinine concentration was determined using the
20 picric acid method (ADICON Clinical Laboratory; CAP accredited). Samples with a total
21 daily Urine-volume <500 mL or creatinine level <3.81 mmol (mean-2SD: day/weight (kg))
22 for men and 4.57 mmol (mean-2SD: day/weight (kg)) for women were considered
23 deficient to ensure the completeness of the urine sample to be incomplete or inaccurate
24 urine collection and were thus excluded from data analysis. ~~Inaccurate urine collections~~
25 and extreme outliers for urinary creatinine level were excluded from the analysis. ~~The~~
26 sodium concentration was determined by using the direction selective electrode method.
27 Daily salt intake was estimated by assessing 24-h urinary sodium excretion based on the
28 assumption that all sodium was ingested in the form of sodium chloride.
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41 Height, weight, and waist circumference were measured in all subjects. Of 2184 subjects,
42 2061 subjects with complete data were included in this analysis (response rate,
43 94.4%). Educational level and annual household income were used as indicators for social
44 economic status. We divided participants into five groups based on education level: no
45 education, primary school, junior high school, senior high school, college, and higher
46 education. Annual household income was classified into high, middle, and low, according
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8 to tertiles. Body mass index (BMI= weight (Kg) / height (m)²; relative weight) ,which is a
9 simple measure of obesity, was calculated as weight divided by the square of height
10 (kg/m²). Individuals with a BMI ≥24 kg/m² ≤BMI but <28 kg/m² were defined as being
11 overweight and those with a BMI ≥28 kg/m² were considered obese.
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20 The survey was granted ethical approval by the Ethics Committee of the Shandong
21 Centre for Disease Control and Prevention, and all participants provided written informed
22 consent to participate in this study.
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28 Educational level and annual household income were used as indicators for social
29 economic status. We divided participants into five groups based on education level: no
30 education, primary school, junior high school, senior high school, college, and higher
31 education. Annual household income was classified into high, middle, and low, according
32 to tertiles. Body mass index (BMI, relative weight), which is a simple measure of obesity,
33 was calculated as weight divided by the square of height (kg/m²). Individuals with 24
34 kg/m² ≤BMI <28 kg/m² were defined as being overweight and those with BMI ≥28 kg/m²
35 were considered obese.
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44 Statistical analyses were performed using the Statistical Analysis System (SAS) version
45 9.3 (SAS Institute Inc., Cary, North Carolina, USA). $P < 0.05$ was considered significant.
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48 All the results shown were weighted by the total demography in Shandong province.
49 Survey weight (total weight = design weight × post-stratification weight) was used to
50 calculate weighted proportions. Design weight was calculated to account for different
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8 factors including cluster design, strata, and individual factors. The population data
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10 from Shandong province was used to generate the post-stratification weight. Means and
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12 95% CIs were calculated for all variables and ~~the~~ normality of the data was assessed.
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14 Analysis of variance and ~~the~~ chi-square test were used to test the significance of
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16 differences between groups.
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20 ~~The survey~~ This study received ~~was granted~~ ethical approval ~~by~~ from the Ethics
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22 Committee of the Shandong Centre for Disease Control and Prevention. A, and all
23
24 participants provided written informed consent to participate in this study.
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26 27 28 29 **RESULTS**

30 31 **Study subjects**

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33 A total of 2061 provided urine specimens ~~were eligible for analysis~~ out of which ~~51-123~~
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35 samples were further excluded from analysis because of incomplete or inaccurate urine
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37 collection ~~that were inaccurate urine collections or extreme outliers for urinary~~
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39 creatinine level ~~were excluded~~. There was no significant ~~association~~ differences between
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41 included subjects ~~sample inclusion~~ and excluded subjects ~~in on~~ in terms of age, sex, and
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43 residence type ($t = 1.3152$, $p > 0.05$; $\chi^2 = \text{square}0.1402$, $p > 0.05$; $\chi^2 = \text{square}0.1232$, $p > 0.05$;
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45 Table 1).
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50 The characteristics of each subpopulation are summarised in table 2. Of 2061 eligible
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52 samples, 1076 belonged to men ~~were~~ male (52.21%) and 985 ~~to~~ were women (47.79%).
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8 The mean age, height, and BMI were 41.23 years, 163.00 cm, and 24.22 kg/m²,
9 respectively. There were no significant differences in age and BMI between men and
10 women ($t = 0.34$, $p > 0.05$; $t = 0.29$, $p > 0.05$). However, men were significantly taller
11 than women ($t = 37.65$, $p < 0.05$). The prevalence of overweight and obese individuals
12 was 33.72% and 18.00%, respectively, with no significant differences between men and
13 women ($\chi^2 = 0.90$, $p > 0.05$; $\chi^2 = 0.001$, $p > 0.05$). Of the tested subjects, 82.90% had an
14 income <10,000 RMB and 42.60% were had an education level of junior high school
15 graduates.
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24 25 26 **Salt intake**

27 The 24-h urinary sodium level ranged from 22.05 to 750.79 mmol, with a mean of 231.10
28 mmol, and 258.44 mmol at Q3, and 180.87 mmol at Q1. Tables 3 and 4 show the 24-h
29 urinary sodium excretion and estimated daily salt intake for each subpopulation. The
30 mean sodium level excreted over 24 h was 237.61 mmol (95%CI: 224.77–250.44 mmol),
31 which corresponds to 13.90 g NaCl (95%CI: 13.15–14.65 g). The mean salt intake by
32 rural residents was more than that of urban residents (14.00 g vs 13.68 g; $p < 0.01$). Salt
33 intake in men was higher than that in women (14.40 g vs 13.37 g; $p < 0.01$). There were no
34 obvious significant differences in the salt intake between age groups.
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45 46 **DISCUSSION**

47 It can be veryis challenging to accurately estimate sodium intake. Indeed because –it is
48 very difficult to know the exact amount of salt added during cooking (even in restaurants)
49 and at the table. Further, it is also difficult hard to estimate the amount of salt that has
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8 been left on the plate, and to determine the salt content in food and drinking water [1].

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10 ~~Thus~~Therefore, ~~in agreement with~~ as suggested by a number of reports [1,3,4,13], the
11 best method to determine salt intake is ~~by~~ measuring the amount excreted ~~using~~ in a 24-h
12 urinesample. In China, very few studies have measured the salt intake using 24-h urinary
13 excretion and none have ~~been performed using~~ used a representative sample
14 ~~representative of the entire Chinese population~~. Liu et al reported an intake of 188.4
15 mmol/day (corresponding to 11.02 gNaCl) in a population of 48–56-year-old individuals
16 in China [14]; ~~this a~~ value ~~is~~ much smaller than that obtained in the present study (224.77
17 mmol/24 h, 13.9 g). The current study indicates that the sodium intake is very high in a
18 representative population of Shandong adults, higher than that in a UK population aged
19 19–64 years (148 mmol) [15]. Salt intake by men and women was found to be 246.23
20 mmol/day and 228.52 mmol/day, respectively, ~~which~~ is higher than that in the population
21 in Toyama (men, 224 mmol/day; women, 201 mmol/day) [11, 16], the US (men, 180–190
22 mmol/day; women, 130–150 mmol/day) [17], and the UK (men, 161 mmol/day; women,
23 127 mmol/day) [17].
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39 The salt intake in China is double the upper limit of recommended intake of 80–110
40 mmol/day (5–6 g salt/day) ~~issued~~ by the World Health Organisation in 1982 [18], ~~which~~
41 ~~has led to the adoption of and in~~ the China Nutrition Recommendations [19]. In China, the
42 high salt intake is ~~higher~~ mainly due to the high consumption of soya sauce and the
43 tradition of adding a large amount of salt to the food both during cooking and at the table
44 [3,20,21]. ~~As reported~~ Consistent with other ~~in several~~ studies [3, 20, 22], salt intake in
45 men (14.4 g) was higher than that in women (13.9 g) in Shandong possibly because of the
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8 higher overall food intake by men and the differences in food habits between men and
9 women[3,20,22]. In ~~majority of most~~ populations, salt intake is high and well above the
10 daily recommended values. Now resident health records are being established in
11 Shandong province, it is necessary to evaluate and record the salt intake for individuals
12 by FFQ or other method. ~~Especially during following up among the chronic disease~~
13 patients and high risk ~~individuals population~~, it is very important to focus on the salt
14 intake and persuade them to change the habit of high salt intake.
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24 Strong and consistent evidence from animal studies, clinical trials, and epidemiological
25 data from within and across populations ~~implicatesuggests~~ high salt intake ~~is~~ an
26 important risk factor for high BP among hypertensive and normotensive individuals[23].
27 ~~A-~~ additionally, high salt intake is also associated with increased risk of coronary heart
28 disease and stroke[24]. ~~Given that health problems such as hypertension [23] and CVD~~
29 ~~[24] are associated with excessive salt intake~~Therefore, public health initiatives are
30 needed to ~~help~~ reduce salt consumption [3,4] and ~~consequently in turn~~ lower the burden
31 of CVDs and increase life expectancy. The government needs to focus and resolve this
32 ~~Thesevere situationg~~. ~~Saltsalt~~ reduction must be undertaken. Health ~~taken~~. ~~H~~education
33 and promotion ~~usingby~~ ~~based onthe~~ media campaigns, as well as timely
34 community-based initiatives to limit the amount of salt added to food by individuals
35 would increase public awareness. Meanwhile, ~~it~~ is necessary to collaborate with
36 restaurants ~~and food industries~~ to reduce excessive salt ~~commonly included in various~~
37 ~~dishes~~. ~~With increasing westernisation of cultures, it is essential to ensure low levels of~~
38 ~~salt in processed foods~~. ~~Such public health approaches can be simple, less at low costly,~~
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8 and effective. Indeed, campaigns ~~are~~ such as the SMASH and the China Rural Health
9 Initiative Sodium Reduction Study are already underway [25]. As reported by Li et al
10 [26], in China, measures for salt reduction will include government initiatives, health
11 education and promotion, promotion of low sodium salt in ~~food~~ processing companies
12 and restaurants. In Shandong, education ~~through~~ radio, television, internet, and movies is
13 underway to improve the knowledge of the residents about low-salt diets. To bring about
14 behavioural changes, salt spoons have been provided for every family in the entire
15 province. Key groups comprising of governors, medical personnel, and stakeholders from
16 the food processing enterprise and restaurants are trained. Local standards for the amount
17 of salt in soy sauce pickles and other dishes in the cuisine of Shandong have been
18 formulated. The results from the present study could be useful in these endeavours.
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31 ~~There are certain several limitations in this study. First, the sample only included Chinese~~
32 ~~adults aged 18–69 years in Shandong; hence, the results cannot may not be extrapolated to~~
33 ~~other groups. Because behaviour is formed during childhood, salt intake should be~~
34 ~~evaluated and health education should be administered during this period. Second,~~
35 ~~available the 24 h urinary salt excretion method does not account for electrolyte loss via~~
36 ~~routes other than the kidneys, such as the skin and respiratory tract, and will therefore tend~~
37 ~~to thus may slightly underestimate the true intake.~~
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45 A limitation of the study was that only a single 24-hour urine collection was obtained
46 from each participant. A single collection will less accurately reflect 24-hour sodium
47 intake than will several collections. However, the day-to-day variation in sodium
48 excretion can vary in both directions, so it is unlikely that the findings overstated the
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8 [inaccuracy of the claim of a low sodium intake.](#)
9

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11
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13
14 county level CDCs, and allthe participants of the survey.
15

16 17 18 **Contributors**

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20 Conceived and designed the experiments: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang
21 Bi. Performed the experiments: Jiyu Zhang, Junli Tang, Zhenqiang Bi. Analysed the data:
22 Jiyu Zhang, Junli Tang, Zhenqiang Bi. Contributed reagents/materials/analysis tools: Jiyu
23 Zhang, Jixiang Ma, XiaoleiGuo, Wen-hua Zhao, Xiaofei Zhang, Jianhong Li, Jie Chu.
24
25 Wrote the manuscript: Jiyu Zhang, Liuxia Yan, Junli Tang, Zhenqiang Bi.
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32
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42 43 **Competing interests**

44
45 None declared.
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48 49 **Ethics approval**

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51 The survey was approved by the Ethics Committee of the Shandong Centre for Disease
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12 **Data sharing statement**
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14 No additional data available.
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Table 1 ~~Test of goodness of fit between~~ Distribution of including-included and excluding-excluded study populations subjects

Gender	Including sample						Excluding sample					
	Total		Urban		Rural		Total		Urban		Rural	
	n	%	n	%	n	%	n	%	n	%	n	%
Male	1076	52.21	342	16.59	734	35.61	652 54.9	<u>52.85</u>	187 13.73	<u>14.63</u>	472 34.15	<u>38.21</u>
Female	985	47.79	311	15.09	674	32.7	582 45.1	<u>47.15</u>	248 15.69	<u>19.51</u>	341 29.41	<u>27.64</u>
Total	2061	100	653	31.68	1408	68.32	1235 100	<u>100</u>	421 29.41	<u>34.15</u>	813 70.59	<u>65.85</u>

Table 2 Personal characteristics of the study sample by sex and age

	Total(n=2061)			Male(n=1076)			Female(n=985)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Age(years)	41.23	13.99	39.00	41.12	14.32	39.00	41.34	13.62	39.00
Height(cm)	163.00	8.84	162.60	168.78	7.02	169.20	157.27	6.23	157.20
BMI (kg/m ²)	24.53	3.90	24.22	24.55	3.90	24.25	24.51	3.90	24.15
Overweight (%)	33.72			34.67			32.69		
Obese (%)	18.00			18.03			17.97		
Income (Yuan,%)									
<5000	52.24			51.1			53.45		
5000-	30.66			31.4			29.87		
10000-	8.35			8.27			8.44		
15000-	5.45			5.64			5.25		
20000-	3.29			3.57			2.99		
Education (%)									
illiteracy	13.79			7.72			20.43		
junior	19.09			17.58			20.73		
junior high	42.06			47.72			35.87		
senior	15.15			16.84			13.31		
junior college or above	9.91			10.14			9.65		

Table3 Urinary sodium excretion of Shandong adults aged 18-69 in 2011**(Weighted mean,SD, 95% CI, mmol/24h)**

Gender	Age-group	Urban					Rural					Total				
		N	Mean	SD	95%CI	95%CI	N	Mean	SD	95%CI	95%CI	N	Mean	SD	95%CI	
Male	18-29	85	241.64	18.23	194.77	288.51	196	244.81	9.85	222.52	267.10	281	243.88	8.72	225.17	262.58
	30-39	91	255.88	12.30	224.25	287.50	185	247.19	9.72	225.21	269.17	276	249.99	7.79	233.30	266.69
	40-49	65	233.33	17.89	187.35	279.31	139	247.90	7.48	230.99	264.82	204	243.59	7.40	227.72	259.47
	50-59	51	263.00	12.72	230.28	295.71	111	251.36	12.64	222.78	279.95	162	255.27	9.44	235.02	275.52
	60-69	50	239.00	14.74	201.12	276.88	103	232.24	12.62	203.69	260.79	153	234.42	9.82	213.36	255.49
	Subtotal	342	246.81	12.46	214.77	278.85	734	245.96	8.22	227.38	264.55	1076	246.23	6.87	231.49	260.96
Female	18-29	79	200.77	13.37	166.40	235.14	173	225.93	7.26	209.51	242.35	252	219.01	6.69	204.66	233.37
	30-39	79	236.43	8.99	213.31	259.54	165	234.70	9.62	212.94	256.46	244	235.27	7.11	220.01	250.53
	40-49	59	236.92	12.94	203.65	270.18	131	231.88	12.22	204.25	259.52	190	233.46	9.43	213.24	253.69
	50-59	53	213.23	10.24	186.91	239.54	111	245.28	11.41	219.48	271.09	164	234.73	8.73	216.01	253.45
	60-69	41	200.29	11.23	171.42	229.15	94	221.79	7.72	204.32	239.26	135	215.48	6.34	201.88	229.07
	Subtotal	311	219.97	9.07	196.66	243.29	674	232.32	7.72	214.85	249.79	985	228.52	5.99	215.67	241.37
Total	18-29	164	222.94	10.65	195.56	250.32	369	235.72	7.63	218.46	252.98	533	232.08	6.15	218.89	245.26
	30-39	170	246.19	9.86	220.85	271.54	350	241.06	9.11	220.44	261.68	520	242.73	6.98	227.75	257.71
	40-49	124	235.11	12.06	204.10	266.11	270	240.30	8.95	220.05	260.56	394	238.72	7.16	223.37	254.07
	50-59	104	238.44	7.54	219.05	257.83	222	248.32	9.26	227.36	269.27	326	245.03	6.68	230.70	259.37
	60-69	91	220.68	12.40	188.80	252.56	197	226.94	8.61	207.45	246.43	288	225.01	7.05	209.89	240.14
	Subtotal	653	233.82	9.90	208.36	259.28	1408	239.30	7.52	222.28	256.33	2061	237.61	5.98	224.77	250.44

Table 4 Salt intake of Shandong adults aged 18-69 in 2011

(Weighted mean, SD, 95% CI, grams/24h)

Gender	Age-group	Urban					Rural					Total				
		N	Mean	SD	95%CI		N	Mean	SD	95%CI		N	Mean	SD	95%CI	
Male	18-29	85	14.14	1.07	11.39	16.88	196	14.32	0.58	13.02	15.63	281	14.27	0.51	13.17	15.36
	30-39	91	14.97	0.72	13.12	16.82	185	14.46	0.57	13.17	15.75	276	14.62	0.46	13.65	15.60
	40-49	65	13.65	1.05	10.96	16.34	139	14.50	0.44	13.51	15.49	204	14.25	0.43	13.32	15.18
	50-59	51	15.39	0.74	13.47	17.30	111	14.70	0.74	13.03	16.38	162	14.93	0.55	13.75	16.12
	60-69	50	13.98	0.86	11.77	16.20	103	13.59	0.74	11.92	15.26	153	13.71	0.57	12.48	14.95
	Subtotal	342	14.44	0.73	12.56	16.31	734	14.39	0.48	13.30	15.48	1076	14.40	0.40	13.54	15.27
Female	18-29	79	11.75	0.78	9.73	13.76	173	13.22	0.42	12.26	14.18	252	12.81	0.39	11.97	13.65
	30-39	79	13.83	0.53	12.48	15.18	165	13.73	0.56	12.46	15.00	244	13.76	0.42	12.87	14.66
	40-49	59	13.86	0.76	11.91	15.81	131	13.57	0.71	11.95	15.18	190	13.66	0.55	12.47	14.84
	50-59	53	12.47	0.60	10.93	14.01	111	14.35	0.67	12.84	15.86	164	13.73	0.51	12.64	14.83
	60-69	41	11.72	0.66	10.03	13.41	94	12.97	0.45	11.95	14.00	135	12.61	0.37	11.81	13.40
	Subtotal	311	12.87	0.53	11.50	14.23	674	13.59	0.45	12.57	14.61	985	13.37	0.35	12.62	14.12
Total	18-29	164	13.04	0.62	11.44	14.64	369	13.79	0.45	12.78	14.80	533	13.58	0.36	12.81	14.35
	30-39	170	14.40	0.58	12.92	15.89	350	14.10	0.53	12.90	15.31	520	14.20	0.41	13.32	15.08
	40-49	124	13.75	0.71	11.94	15.57	270	14.06	0.52	12.87	15.24	394	13.97	0.42	13.07	14.86
	50-59	104	13.95	0.44	12.81	15.08	222	14.53	0.54	13.30	15.75	326	14.33	0.39	13.50	15.17
	60-69	91	12.91	0.73	11.05	14.77	197	13.28	0.50	12.14	14.42	288	13.16	0.41	12.28	14.05
	Subtotal	653	13.68	0.58	12.19	15.17	1408	14.00	0.44	13.00	15.00	2061	13.90	0.35	13.15	14.65