

# **SUPPLEMENTAL MATERIAL**

**Table S1. Effect of salt reduction in different populations within three years.**

	Na <sup>+</sup> /K <sup>+</sup> ratio (mmol/mmol)			
	At baseline	After 3 years	Changes	
			Difference*	%
<b>Sex</b>				
Men (n=171)	6.86 (3.26)	4.60 (2.10)	-2.25 (-2.79 to -1.71)	21.0
Women (n=168)	6.73 (4.19)	4.19 (2.13)	-2.55 (-3.21 to -1.89)	19.2
<b>Baseline age (years)</b>				
18–29 (n=72)	7.52 (4.43)	4.72 (1.92)	-2.81 (-3.85 to -1.77)	21.8
30–39 (n=81)	7.35 (3.43)	4.56 (2.47)	-2.80 (-3.69 to -1.91)	26.3
40–49 (n=64)	6.14 (3.06)	4.31 (1.85)	-1.83 (-2.59 to -1.07)	12.8
50–59 (n=60)	6.21 (3.87)	4.40 (2.35)	-1.82 (-2.96 to -0.68)	6.8
60–69 (n=62)	6.52 (3.65)	3.99 (1.98)	-2.53 (-3.38 to -1.68)	30.4
<b>Residence</b>				
Urban (n=124)	6.25 (4.25)	4.13 (1.99)	-2.12 (-2.93 to -1.31)	10.0
Rural (n=215)	7.13 (3.39)	4.58 (2.21)	-2.55 (-3.03 to -2.07)	25.9
<b>Education</b>				
Primary school or lower (n=140)	6.99 (4.21)	4.16 (2.09)	-2.83 (-3.55 to -2.11)	26.5
Middle school (n=132)	6.67 (3.29)	4.68 (2.25)	-1.99 (-2.58 to -1.40)	14.8
High school (n=44)	6.73 (3.18)	4.12 (1.45)	-2.08 (-3.32 to -0.84)	15.7
College or higher (n=23)	6.62 (3.74)	4.54 (2.21)	-2.62 (-4.18 to -1.06)	20.8
<b>Baseline BMI (kg/m<sup>2</sup>)</b>				
16.6–24.9 (n=190)	6.66 (3.49)	4.38 (2.14)	-2.28 (-2.81 to -1.75)	19.3
25.0–29.9 (n=124)	6.30 (3.47)	4.39 (2.18)	-1.91 (-2.58 to -1.24)	16.8
30.0–37.3 (n=33)	9.42 (4.95)	4.68 (2.07)	-4.74 (-6.51 to -2.97)	36.0

Baseline BP category				
Normal (n=131)	6.26 (2.89)	4.49 (2.27)	-1.77 (-2.37 to -1.17)	14.8
High normal (n=136)	6.75 (4.09)	4.38 (2.11)	-2.37 (-3.08 to -1.66)	18.7
Hypertension (n=72)	7.91 (4.21)	4.33 (1.97)	-3.58 (-4.54 to -2.62)	32.3
Total (N=339)	6.81 (3.74)	4.41 (2.14)	-2.39 (-2.61 to -2.17)	20.1

BMI indicates body mass index; BP, blood pressure. Data are means (standard deviations) unless difference indicated by means with 95% confidence intervals. \*All  $P$ s < 0.01 for self-comparisons in each subgroup within three years. %: difference divided by baseline value in each person.