Frequency of High Salt Food Consumption in Jamaica

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OBJECTIVE

Estimate how often adults consume high-salt foods and identify associated characteristics.

METHODS

A nationally representative cross-sectional survey used a food-frequency questionnaire and weighted regression models.

RESULTS

Among 952 participants, mean frequency was 6.4 items daily (6.7 for men and 6.2 for women, p = 0.022). Higher intake was associated with younger age and more education.

CONCLUSION

The authors identified younger adults as one audience for sodium-reduction efforts.