Salt Knowledge Attitudes and Practices Among Jamaican Adults

AUTHORS	Watson, K[1], Younger-Coleman, N[1], McNeil ST[1], Bennett, NR[1], Webster-Kerr, K[2], Tulloch-Reid, MK[1], Davidson, T[2], Grant, A[2], Soares-Wynter, S[3], McKenzie, J[1], Walker, E[1], Blake, A[4], Anderson, SG[5], Spence, S[2], Ferguson, TS[1]
AFFILIATION	[1] Epidemiology Research Unit, Caribbean Institute for Health Research, The University of the West Indies, Mona, Kingston 7, Jamaica [2] Ministry of Health and Wellness, Kingston 5, Jamaica [3] Tropical Metabolism Research Unit, Caribbean Institute for Health Research, The University of the West Indies, Mona, Kingston 7, Jamaica [4] School of Clinical Medicine and Research, The Faculty of Medical Sciences, The University of the West Indies, Nassau, The Bahamas [5] George Alleyne Chronic Disease Research Centre, Caribbean Institute for Health Research, The University of the West Indies, Cave Hill, Bridgetown, St. Michael. BB11115, Barbados.

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OBJECTIVE

Examine salt-related knowledge, attitudes and practices and their associations with social and clinical characteristics.

METHODS

A nationally representative cross-sectional analysis used structured questionnaires and survey-weighted regression.

RESULTS

Among 961 adults, the mean knowledge score was 26.1 out of 36. Education beyond high school was associated with higher knowledge and salt-avoidance scores. Hypertension and diabetes were not significantly associated with the measures after adjustment.

CONCLUSION

The authors identified younger adults and people with less formal education as priorities for salt-reduction education.