Validation of Spot Urine Estimates of Sodium Intake in Jamaica

AUTHORS	Bennett R[1], Younger-Coleman N[1], McNeil T[1], Soares-Wynter S[2], Webster-Kerr K[3], Tulloch-Reid M[1], Davidson T[3], Grant A[3], Gordon-Johnson K[4], McKenzie J[1], Walker E[1], Blake A[5], Anderson S[6], Spence S[3], Ferguson T[1]
AFFILIATION	[1] Epidemiology Research Unit, Caribbean Institute for Health Research, University of the West Indies, Mona, Jamaica [2] Tropical Metabolism Research Unit, Caribbean Institute for Health Research, University of the West Indies, Mona, Jamaica [3] Ministry of Health and Wellness, Kingston, Jamaica [4] United States Centers for Disease Control and Prevention, Caribbean Office, Kingston, Jamaica [5] School of Clinical Medicine and Research, Faculty of Medical Sciences, University of the West Indies, Nassau, Bahamas [6] George Alleyne Chronic Disease Research Centre, Caribbean Institute for Health Research, University of the West Indies, Cave Hill, Barbados

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OBJECTIVE

Compare sodium estimates from spot urine formulas with measured 24-hour excretion.

METHODS

Paired samples from the Jamaica Salt Consumption Study were analysed using INTERSALT and WHO/PAHO equations. The study evaluated differences in means and agreement on high intake.

RESULTS

High sodium intake was classified in 65.6% using 24-hour urine, 81.7% using INTERSALT and 55.2% using WHO/PAHO. Agreement on high intake was limited (kappa 0.48 and 0.29 respectively).

CONCLUSION

Average estimates were broadly comparable, while individual classification of high intake varied by method.