



Practice of Dietary Salt Control Among Adults in Malaysia Finding from Malaysia Community Salt Survey (MyCoSS) 2017 - 2018



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Introduction

High dietary sodium chloride (salt) intake is a risk factor of hypertension and other non-communicable diseases.⁽¹⁾

Study done among Malaysia adults about 79% consumed high sodium diet. ⁽²⁾

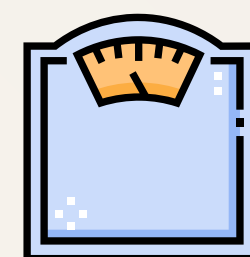
Poor knowledge and practice towards reducing salt intake contribute to high sodium consumption.⁽³⁾

 The aim of this study is to determine practice of salt control among adult in Malaysia

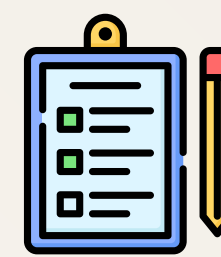
Methodology



Cross sectional study
Among 1300 adults aged 18 years and above

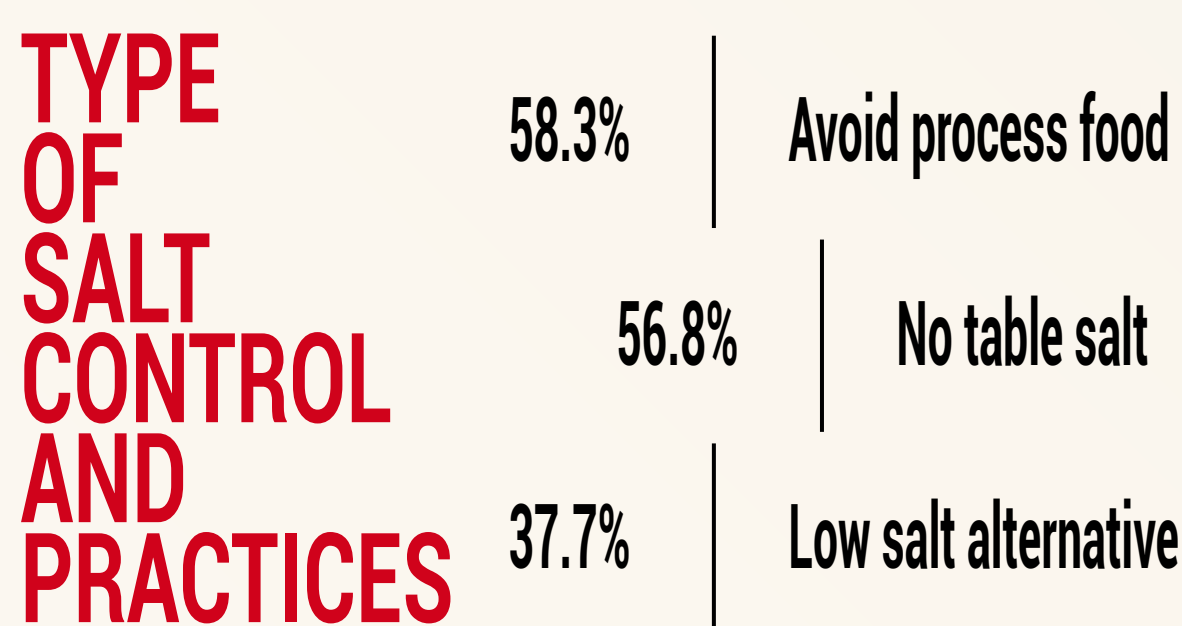
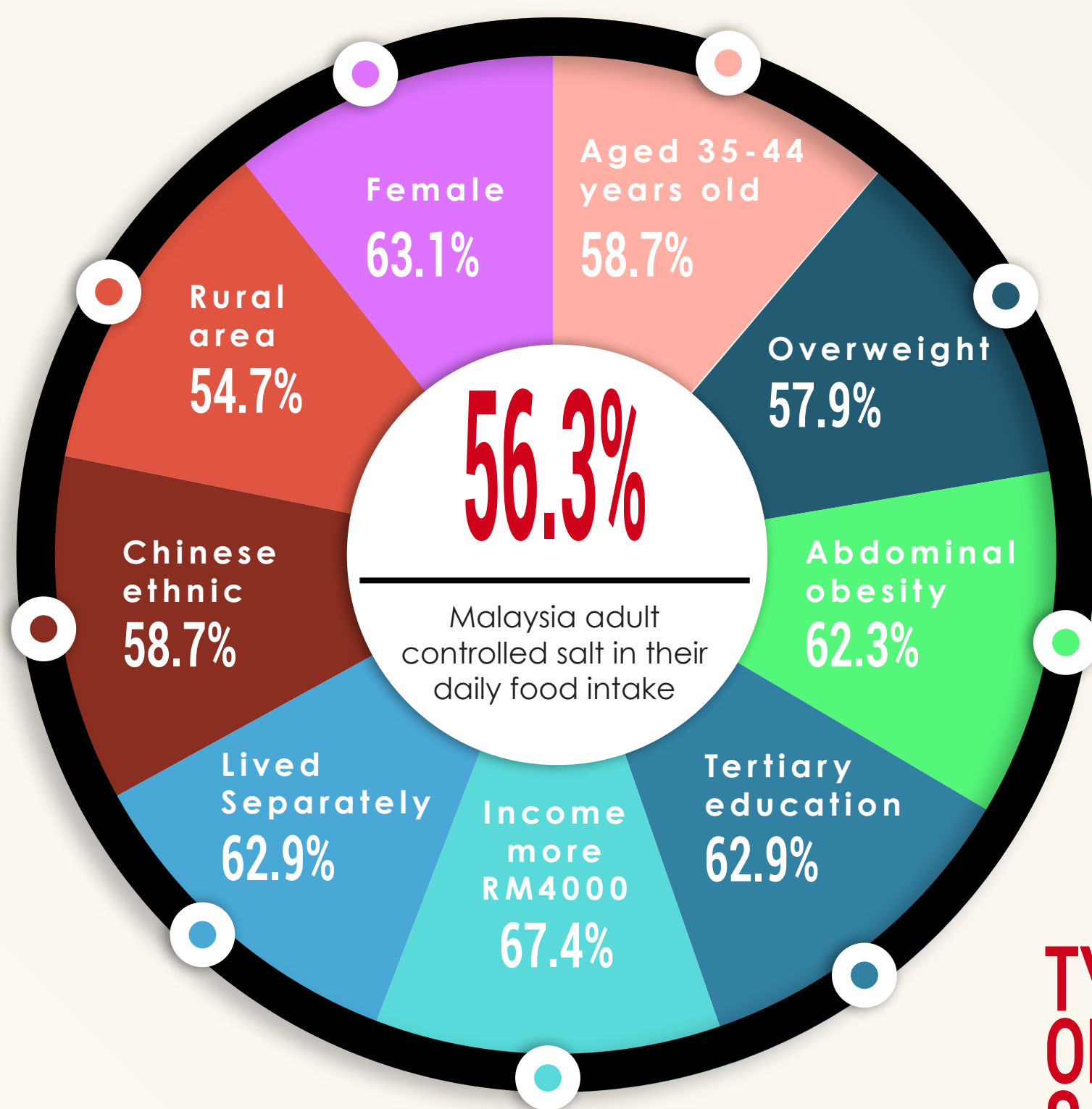


Anthropometry data
Height Weight
Waist Circumference

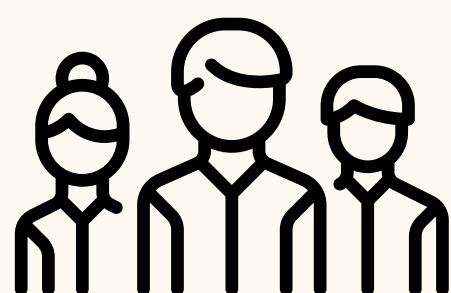


Questionnaire
Knowledge attitude and practice (KAP) adapted from the WHO/Pan American Health Organization protocol. Consist of seven options of salt controlling practices

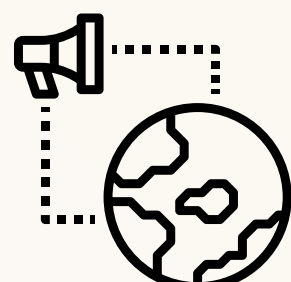
Results



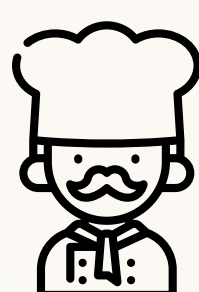
Conclusion



About half of Malaysian population have good salt control in their daily dietary intake



More programme needs to be conducted to improve good salt practices



Encourage food industry in reformulation sodium content

Reference

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