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INTAKE OF HIGH SODIUM COOKED FOODS AMONG MALAYS- FINDINGS FROM THE MALAYSIAN COMMUNITY SALT SURVEY (MyCoSS) 2018

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INTRODUCTION

High consumption of sodium contributes to high blood pressure and increases the risk of heart disease and stroke.[1] Malaysian Adult Nutrition Survey (MANS) in 2014 reported that median sodium intake by Malaysian adults was 1935mg/day.[2]

In Malaysia, median sodium intake by Malay adults was **1839 mg/day.**[2]

World Health Organization

Reducing salt intake to **less than 5 grams per day** (about 1 teaspoon)

will save around **2.5 million lives every year**

OBJECTIVE

The objective of this study is to identify the preference of high sodium cooked foods among Malay adults in Malaysia.

MATERIALS AND METHODS

Study Design & Sample Size

Data was obtained from the Malaysian Community Salt Survey (MyCoSS), a cross-sectional study of adults aged 18 years and above. A total of 662 Malay respondents were interviewed.

Method

Face to face interviews were done using a pre-tested and validated Food Frequency Questionaire (FFQ) of food items with high salt content.

Analysis

Descriptive analysis was done using SPSS version 26.0

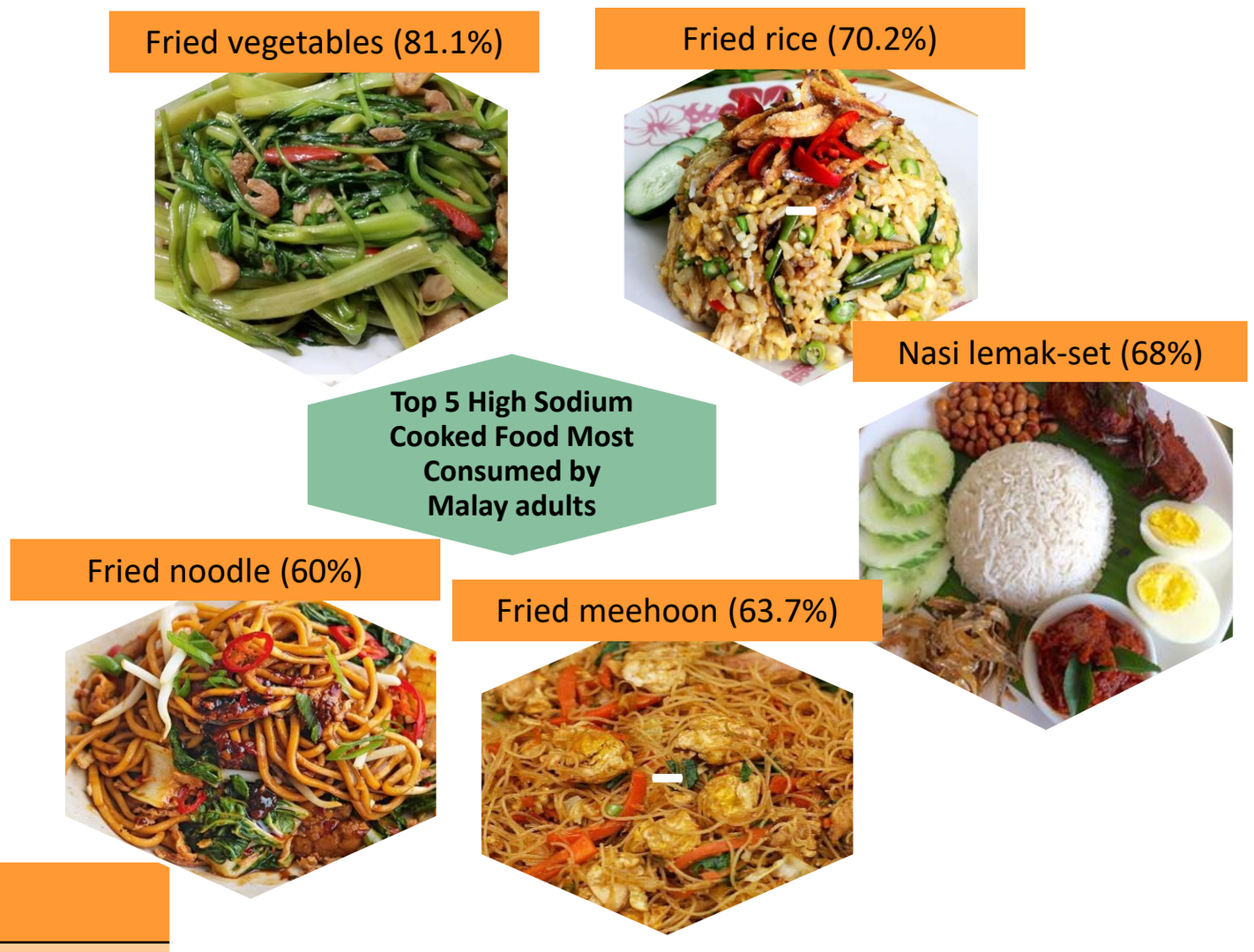
RESULTS

650 from 662 completed the FFQ (98% response rate)

Table 1: Demographic of study participants

Variable	Prevalence (%) 95% CI
Gender	
Male	50.6
Female	49.4
Household Income	
B40	70.3
M40	20.7
T20	9.0
BMI Class	
Underweight	4.4
Normal	31.2
Pre-Obese	37.2
Obese	27.3

Figure 1: Top 5 high sodium cooked food most preferred and consumed by Malay adults (N=650) 95%CI



DISCUSSION & CONCLUSION

- Based on Malaysian Community Salt Survey (MyCoSS) 2017-2018, the major sodium contributor in the Malaysian diet was from cooked food.
- By Body Mass Index (BMI) Classification, overweight respondents were highest among Malay with prevalence 37.2%.
- Compared to the MyCoSS overall study for Malaysian population, fried vegetables remain the most top 5 high sodium food most consumed by Malaysian. This could be due to the fact of added salt and seasoning into cooked vegetables.

DISCUSSION & CONCLUSION

- Understanding the preference and consumption of high sodium food among Malaysian may help to strengthen the national strategy to educate the public on decreasing high sodium foods intake.
- The effects on high sodium consumption to cardiovascular risks, and other clinical markers associated to the diseases shall be highlighted and explored further to understanding on sodium impact to health.

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