



## Salt intake

<b>Abbreviated name</b>	Salt intake
<b>Indicator name</b>	Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years
<b>Domain</b>	Risk factors
<b>Subdomain</b>	NCDs and nutrition
<b>Associated terms</b>	Noncommunicable diseases
<b>Definition</b>	Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years.
<b>Numerator</b>	The sum of sodium excretion in urine samples from all respondents aged 18+ years. The gold standard for estimating salt intake is through 24-hour urine collection. However, other methods such as spot urine and food frequency surveys may be more feasible to administer at the population level.
<b>Denominator</b>	All respondents of the survey aged 18+ years.
<b>Disaggregation/ additional dimension</b>	Age, sex, other relevant sociodemographic stratifiers where available
<b>Method of measurement</b>	
<b>Method of estimation</b>	Sum of sodium excretion in urine samples from all respondents aged 18+ years/number of survey respondents aged 18+ years.
<b>Measurement frequency</b>	At least every 5 years
<b>Monitoring and evaluation framework</b>	Outcome
<b>Preferred data sources</b>	Population-based (preferably nationally representative) survey
<b>Other possible data sources</b>	
<b>Further information and related links</b>	<p>Brown IJ, Tzoulaki I, Candelas V, Elliott P. Salt intakes around the world: implications for public health. <i>Int J Epidemiol.</i> 2009;38:791–813.</p> <p>Cappuccio F, Capewell S, Lincoln P, McPherson K. Policy options to reduce population salt intake. <i>BMJ.</i> 2011;343:d4995.</p> <p>Creating an enabling environment for population-based salt reduction strategies: report of a joint technical meeting held by WHO and the Food Standards Agency, United Kingdom, July 2010. Geneva: World Health Organization; 2010.</p> <p>Draft comprehensive global monitoring framework and targets for the prevention and control of noncommunicable diseases, including a set of indicators. Agenda item A66/8, Sixty-sixth World Health Assembly, 20–28 May 2013. Geneva: World Health Organization; 2013 (<a href="http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_8-en.pdf?ua=1">http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_8-en.pdf?ua=1</a>, accessed 29 March 2015).</p> <p>Prevention of cardiovascular disease: pocket guidelines for assessment and management of cardiovascular risk. Geneva: World Health Organization; 2007.</p>