



Salt intake

Abbreviated name	Salt intake
Indicator name	Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years
Domain	Risk factors
Subdomain	NCDs and nutrition
Associated terms	Noncommunicable diseases
Definition	Age-standardized mean population intake of salt (sodium chloride) per day in grams in persons aged 18+ years.
Numerator	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.
Denominator	All respondents of the survey aged 18+ years.
Disaggregation/ additional dimension	Age, sex, other relevant sociodemographic stratifiers where available
Method of measurement	
Method of estimation	Sum of sodium excretion in urine samples from all respondents aged 18+ years/number of survey respondents aged 18+ years.
Measurement frequency	At least every 5 years
Monitoring and evaluation framework	Outcome
Preferred data sources	Population-based (preferably nationally representative) survey
Other possible data sources	
Further information and related links	<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 (http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_8-en.pdf?ua=1, 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>