

# AHA: Many US adults taking action to reduce sodium intake

March 4 2015

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(HealthDay)—Many U.S. adults are taking action to reduce sodium intake, according to research presented at the American Heart Association's Epidemiology and Prevention/Lifestyle and Cardiometabolic Health 2015 Scientific Sessions, held from March 3 to 6 in Baltimore.

Sandra L. Jackson, Ph.D., from the U.S. Centers for Disease Control and Prevention in Atlanta, and colleagues describe the prevalence and determinants of taking action to reduce [sodium intake](#). Data were obtained from the 2013 Behavioral Risk Factor Surveillance System. Twenty-six 26 U.S. states, the District of Columbia, and Puerto Rico participated in the new optional sodium module.

The researchers found that 53 percent of adults reported taking action (watching or reducing sodium intake). Among adults having received doctor or other health professional advice to reduce sodium intake, the prevalence of taking action was highest (82 percent), compared with 29 percent among adults aged 18 to 24 years. Thirty-six percent of those taking action reported initiating the behavior within the last three years. Twenty-three percent of adults reported receiving advice to reduce sodium intake. The highest rate of receiving advice (51 to 56 percent) was seen for those taking antihypertensive medications and/or had diabetes, kidney disease, or history of cardiovascular disease; the lowest rate of receiving advice (7 percent) was among adults aged 18 to 24 years. Receiving advice correlated with action to reduce sodium intake (adjusted prevalence ratio, 1.59).

"Slightly over half of U.S. adults are taking action to reduce their sodium intake, and receiving advice is strongly associated with taking action," the authors write.

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Citation: AHA: Many US adults taking action to reduce sodium intake (2015, March 4) retrieved 27 April 2024 from <https://medicalxpress.com/news/2015-03-aha-adults-action-sodium-intake.html>

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