



Cardiovascular

Cardiology

Atrial Fibrillation

Heart Failure

Hypertension

Lipidology

Diabetes

Stroke

Thrombosis

Vascular medicine

Dermatology

General dermatology

Endocrinology

Andrology

Diabetes

Endocrinology and metabolism

Internal medicine

Gastroenterology

General internal medicine

Genetics

Hematology

Hepatology

Infectious Diseases

Nephrology

Pathology

Physiology

Podiatry

Proctology

Hypertension

[← Back](#) [Print Article](#) [Free Full Text](#) [Comments](#)

Salt intake linked to socioeconomic class

By **Helen Albert**, Senior medwireNews Reporter
10 January 2013

BMJ Open 2013; **3**: e002246

medwireNews: Research suggests that salt intake in the UK is highest in people of low socioeconomic class.

"These results are important as they explain in part why people of low socio-economic background are more likely to develop high blood pressure (hypertension) and to suffer disproportionately from strokes, heart attacks and renal failure," commented study author Francesco Cappuccio (University of Warwick, UK) in a press statement.

Cappuccio and team surveyed 2105 White men and women aged 19-64 years who participated in the British National Diet and Nutrition Survey during 2000-2001. Salt intake was measured via 7-day dietary records and 24-hour urinary sodium measurements.

As reported in *BMJ Open*, the investigators found that the median dietary sodium intake was 2611 mg/day, which corresponds to an approximate salt intake of 6.5 g/day. This may have been an underestimate, however, as the median 24-hour urinary sodium excretion was 140.6 mmol/day or an estimated 8.2 g/day of salt.

The researchers report that people living in Scotland had significantly higher sodium intakes than those living in England and Wales.

Based on 7-day dietary record data, people with the lowest educational achievement (no qualifications) consumed approximately 5% more dietary sodium than those with A-level education or above, following adjustment for geographic location.

Similarly, based on 24-hour urinary sodium measures and accounting for geographic location, participants with no educational attainment and from households with the lowest social class (household main wage earner in manual work) consumed 4% and 9% more salt than those with A-levels or equivalent qualifications or those from households with the highest social class (household main wage earner in non-manual work), respectively.

"We have seen a reduction in salt intake in Britain from 9.5 to 8.1 g per day in the period 2004-2011, thanks to an effective policy which included awareness campaigns, food reformulation and monitoring," said Cappuccio.

"Whilst this is an achievement to celebrate, our results suggest the presence

Friendly Links

medwireNews

CONGRESS REPORTS

News and reviews from international congresses



medwire-congress.md

Springer Healthcare

announces the launch of

ASCO Reprints Portal

Your gateway to premium content by the American Society of Clinical Oncology®

journal-reprints.com



FOLLOW ME ON TWITTER

AdChoices

Radiology

Urology

Medicine (General)

Clinical pharmacology and pharmaceutical medicine

Dietetics

Emergency and critical care medicine

Family medicine / General practice

Geriatrics

Hospice and palliative medicine

Hospitalist

Legal medicine

Medical management

Neuromusculoskeletal medicine

Obstetrics and gynecology

Occupational and environmental medicine

Pain medicine

Physical medicine and rehabilitation

Preventive medicine and public health

Sports medicine

Head and neck

Dentistry

Ophthalmology

Optometry

Otolaryngology

Stomatology

Immunology

Allergy and immunology

of social inequalities in levels of salt intake that would underestimate the health risks in people who are worse off - and these are the people who need prevention most," he concluded.

medwireNews (www.medwirenews.com) is an independent clinical news service provided by Springer Healthcare Limited. © Springer Healthcare Ltd; 2013

[Free full text](#)



Comments

This article currently has no comments

Post a Comment

Please note, email address is required but not shown. Comments are moderated and will not appear until they have been approved. Please see the [disclaimer](#) for more information

Name:

Email:

Position:

Institution or Organization:

Homepage:

Comment: (HTML not allowed)

[Pycnogenol® Supplements](#)

[Healthspan.co.uk/...](#)
High Levels Of Active Ingredient. Stock Up Now Before They're Gone!

[1 Flat Belly Trick](#)

[EasyDietPlan.co/UK](#)
Lose 1 Stone of Belly Fat With This 1 Weird Old Trick

[LLB Law Degree Course](#)

[www.lsbu.ac.uk/st...](#)
Study Law at Degree Level with London South Bank University

[Postgraduate Courses](#)

[qcu.ac.uk/postgra...](#)
Study a Postgraduate course in Glasgow. View our course list here!