

# The end of spot urine analysis as a research tool for salt intake

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In this edition of the Journal, we have published a piece of work published by Ghimire and colleagues from Torrens University, Australia. This group has estimated 24-h urinary sodium excretion and compared the results with 24-h spot urine analyses using a variety of previously applied equations. The data are garnered from a community-based survey carried out in rural Nepal in 2018. The results demonstrate clearly that there is a wide variation between salt intake based on 24-h urine collection and that indicated by spot urine irrespective of which equation is used. The authors conclude that none of the spot urine-based equations accurately corresponded to 24-h salt intake in their study [1].

Many regular readers who are experts in the field of salt intake and excretion would find these data relatively unexpected, but the motive for publishing this work apart from the fact that it is in a rural population from Nepal is that Dr Campbell and colleagues, representing the World Hypertension League, The International Society of Hypertension and Resolve to Save Lives as well as 21 other health organizations have come together to produce a position statement, which strongly recommends not to conduct, fund or publish research studies that use spot urine samples with estimating equations to

assess an individual's salt intake in association with health outcomes [2].

Campbell and colleagues' review is comprehensive, and the message is clear: there is no merit in assessing salt intake based around spot urine measurements and using the results as evidence in any debate on salt intake and blood pressure development or lowering. The *Journal of Hypertension* endorses this position and congratulates Campbell and colleagues for their timely and important policy statement.

## ACKNOWLEDGEMENTS

### Conflicts of interest

There are no conflicts of interest.

## REFERENCES

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2. Campbell NRC, Whelton PP, Orias M, Cobb LL, Jones ESW, Garg R, *et al.* It is strongly recommended to not conduct, fund, or publish research studies that use spot urine samples with estimating equations to assess individuals' sodium (salt) intake in association with health outcomes. A policy statement of the World Hypertension League, International Society of Hypertension and Resolve to Save Lives. *J Hypertens* 2023; 41:683–686.

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