A Self-monitoring Urinary Salt Excretion Level Measurement Device for Educating Young Women about Salt Reduction: A Parallel Randomized Trial Involving Two Groups

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1. Background:
To prevent and treat hypertension, it is important to restrict salt in one’s diet from adolescence. However, an effective salt-reduction education system has yet to be established. Besides accurate evaluation, we believe that the frequent usage of a measurement device may motivate individuals to avoid high salt intake. (Yasutake K, Plos Health Nutr 2018;21:1864-1873.)

2. Objective:
The present study evaluated the use of a urinary sodium (salt) excretion measurement device for salt-reduction education targeting young Japanese women participants.

3. Methods:
3.1 Intervention Schedule
4.1 Characteristics of study participants

4. Results:
4.1 Characteristics of study participants

5. Conclusions:
Frequent self-monitoring of salt excretion using the self-monitoring urinary salt excretion level measurement device tested in the present study contributed to improving participants’ 24-hour urinary sodium/potassium ratio and eating behaviour stage. Thus, it is a useful and practical tool to educate young individuals about reducing their salt intake.

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