



Questionnaire on Knowledge, Attitudes, Behavior toward Dietary Salt and Health

Nº:	Date:	Interviewer:
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Age

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Sex

female	male
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Children under 16 and living at home

yes	no	no answer
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Highest education level

none	primary	secondary	higher	no answer
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Attitude statements

I try to eat a healthy diet	agree	disagree	don't know	no answer
Eating a diet high in salt can cause serious health problems	agree	disagree	don't know	no answer
I try to minimize the amount of fat I eat	agree	disagree	don't know	no answer
My health is generally good	agree	disagree	don't know	no answer
There is too much pressure to eat healthily these days	agree	disagree	don't know	no answer
I try to minimize the amount of salt I consume	agree	disagree	don't know	no answer
I know in general how much salt food contains	agree	disagree	don't know	no answer
There is sufficient nutritional information on labels of food and drinks	agree	disagree	don't know	no answer

1. How often do you add salt to food at the table?

never	rarely	sometimes	often	always	don't know
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2. In the food you eat at home salt is added in cooking

never	rarely	sometimes	often	always	don't know
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3. How much salt do you think you consume?

too much	right amount	too little	don't know	no answer
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4. What sort of health problem do you think can be caused by a high salt diet?

(do not read aloud + tick all that apply)

a) high blood pressure	b) osteoporosis
c) stomach cancer	d) kidney stones
e) heart attack/heart failure	f) stroke
g) asthma	h) other (specify):
i) none	
j) don't know	k) no answer

5. Do you suffer from or have you suffered from: ?

High blood pressure	yes	no	don't know	no answer
Heart attack	yes	no	don't know	no answer
Stroke	yes	no	don't know	no answer
Kidney stones	yes	no	don't know	no answer
Asthma	yes	no	don't know	no answer
Osteoporosis	yes	no	don't know	no answer
Stomach cancer	yes	no	don't know	no answer

6. Limiting the amount of salt/sodium I eat is important to me.

not at all	somewhat	very	don't know	no answer
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7. What, if anything, do you do to control your salt or sodium intake?

8. Do you know if there is a recommended amount for salt/sodium to be eaten per person per day?

yes	no	don't know	no answer
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9. If yes, please indicate the amount?

10. Do you know the difference between salt and sodium?

yes	no	don't know	no answer
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11. If yes, please indicate the difference?

12. Do you pay attention to indications on packages like "no added salt", "low in salt", "light", "free of trans fat"?

always	often	sometimes	rarely	never	don't know	no answer
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13. How often do you read nutrition labels on food packages?

always	often	sometimes	rarely	never	don't know	no answer
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14. What do you prefer on nutrition labels on food packages?

salt	sodium	salt and sodium	don't know	no answer
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15. Why?

16. Would you like labelling of food indicating high/medium/low levels of salt or sodium?

yes	no	don't know	no answer
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17. Would you like to see a clear warning label on the package if foods are high in salt?

yes	no	don't know	no answer
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18. Would you like labelling of food indicating the amount of salt or sodium in grams or milligrams?

yes	no	don't know	no answer
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19. Would you like labelling of food indicating salt or sodium as a percentage of the amount recommended to be eaten per person per day?

yes	no	don't know	no answer
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20. Do you prefer labelling of food indicating salt or sodium per portion or the total amount per package?

per portion	per 100 gr	total per package	don't know	no answer
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21. Comments:
