

SALTS – Salt ALternatives Study Results

STUDY AIM

To see if the SaltSwitch smartphone app and a dietary salt substitute could help adults with high blood pressure to eat less salt



STUDY PARTICIPANTS

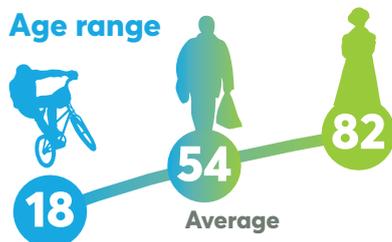
168
Adults



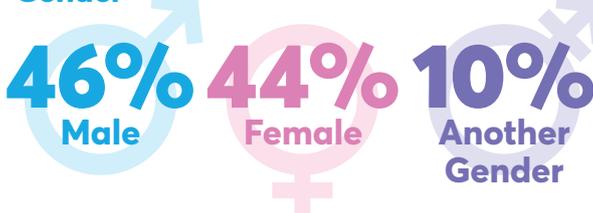
84 Received SaltSwitch & salt substitute

84 Were in the control group

Age range



Gender



Ethnicity



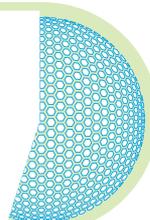
68%

of participants had been told by a health professional that they had high blood pressure



45%

were already trying to cut down on salt they consumed



Participants were eating about 8.5g or almost

1½ tsp

of regular salt per day at the start of the study



FINDINGS

Participants who received SaltSwitch and the salt substitute ate about the same amount of salt as participants in the control group



No difference between groups in blood pressure or any other measurements

76%

Returned the follow-up questionnaire



77%

Completed blood pressure measures at the end of the study

22%

Scanned packaged foods at the end of the study



Of the group that received SaltSwitch and the salt substitute:

75%

Reported using SaltSwitch when shopping



53%

Reported using SaltSwitch at least half of the time to every time they shopped



94%

Reported using the salt substitute



69%

Reported using used approximately ½ a teaspoon of salt substitute per week



diet. Dietary Interventions: Evidence & Translation
diet.auckland.ac.nz/projects/salts



NIHI
The National Institute for Health Innovation



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WHAT DID PARTICIPANTS LIKE ABOUT THE STUDY?

"My bp has dropped, not significantly but from 140 to about 110. So, reducing sodium intake must have helped. Using the saltswitch app, I quickly realised that some products have high salt"

"My blood pressure really reduced. It's a very good study, the equipment and the app - everything is pretty good."

"Good study. With this study I can control and monitor my blood pressure. Scanning barcodes is a good way to monitor my food consumption."

"I thoroughly enjoyed it. When I needed to ask questions, I could ask questions. You've got to make sure you are self-motivated and check your calendars, but then we have you guys to send reminders which is good."



HOW COULD THE STUDY DO BETTER?

"It takes a bit of time doing blood pressure three times."

"A bit more interaction and visibility - that might keep participants on track and engaged in the study."

"When checking SaltSwitch app for choice of alternatives, original product is not always listed so no point scanning the product."

"Stronger notification for next tasks/study stages - maybe an email reminder as you can miss the ones that come on your mobile."



Thanks for taking part in SALTS

For more information about the study see our website:
Diet website - SALTS (tinyurl.com/n6fhsj3x)

Our latest blog: Lessons learned from a remote blood pressure lowering trial in Aotearoa (tinyurl.com/3t8zezdw)

If you have any questions, please contact us at:
diet@auckland.ac.nz

Salt substitutes can be purchased from your local supermarket – a common brand is  salt

