

## COVER LETTER- THOSE WHO COULDN'T BE REACHED BY PHONE

[INSERT DATE]

Dear \_\_\_\_\_:

I am writing to invite you to participate in a study being conducted to examine the amount of sodium in the diet that comes from processed foods versus other sources such as salt added in home food preparation and at the table. Because you participated in the Minnesota Heart Survey, we are asking you to participate in this study.

### ***What does participation involve?***

Those who participate in the study will be asked to attend a 1 hour clinic visit at which they will be asked some questions about their salt use; and demographic characteristics like age and race. Also, their height and weight will be measured. After the clinic visit participants will complete 4 telephone interviews over the next two weeks. During each of these telephone interviews participants will be asked to report everything they ate and drank the previous day. They will also be asked to report their use of dietary supplements and non-prescription antacids. The day prior to each telephone interview participants will be asked to collect samples of all the salt they add to food in home cooking and at the table. One of these days must be a weekend day; the other three must be weekdays. We will provide collection kits and instructions for doing this. Some people will have to collect a small sample of their home tap water. To show appreciation to participants for their contributions to the study, \$10 will be provided for each telephone interview completed, to total \$40 if all four interviews are completed.”

A limited number of people are needed to complete two additional study activities. Those who are willing to complete these additional activities will be asked to collect their urine for four days and drop the urine samples off at the study clinic. Also, they will be asked to use special salt provided by the study for about 9 days. The study provided salt is to be used in place of salt that would normally be used in cooking at home or added to food at the table. Those who agree to complete these additional study activities will receive \$20 for each day of urine collection, to total \$80 if all four days of urine are collected.

The \$20 per urine sample acknowledges the time and effort associated with both urine collection and transportation to the clinic. Parking is free at the clinic.

Please see the attached study fact sheet for additional information about this study.

If you are interested in participating or want to know more about the study please call [clinic coordinator] at 612-462-7551 or email us at [salt@umn.edu](mailto:salt@umn.edu).

We look forward to hearing from you.

Sincerely,

Lyn Steffen, PhD, RD  
Principal Investigator  
Associate Professor of Epidemiology  
Division of Epidemiology and Community Health