

Salt Sources Study



Purpose

This research study is being conducted by Dr. Lyn Steffen at the University of Minnesota's School of Public Health with funding from the Centers for Disease Control and Prevention. The purpose of this study is to determine the amount of sodium in the diet that comes from salt added to food in processing versus sodium naturally occurring in food or salt added to food in home cooking and at the table.

Participation

If you participate in this study you will be asked to do the following activities:

- Attend a clinic visit that will take about 1 hour. During the clinic visit you will be asked questions about your salt use; and demographic questions such as your age, sex, race, and education level. Also, your height and weight will be measured.
- Complete 4, 30 minute phone interviews over an 11 day period. During the telephone calls you will be asked to report everything you ate the previous day and all the dietary supplement and non-prescription antacids you may have taken.
- Collect samples of salt used in home food preparation and salt added to your food at the table. The samples will be collected on the day prior to each of the four telephone interviews. One of these days must be a weekend day; the other three will be weekdays.
- Collect a small sample of your home water (only some people will be asked to do this)

You will receive \$10 for each of the telephone and duplicate salt collections you complete for a total of \$40 if all four days are completed.

A limited number of people are needed to complete the following two additional study activities:

- Collect your urine samples for 4 days with instructions and supplies provided by the study.
- Use study provided salt in home cooking and when adding salt to food at the table for 9 days.

Those who complete these activities may receive compensation of an additional \$80 (\$20 for each day of urine collection).

Voluntary

Participation is voluntary. To participate, people must provide written consent. Participants are free to withdraw from the study at any time.

For Further Information

Please call 612-462-7751 or send an email to salt@umn.edu