

# Victorian Survey – Knowledge, attitudes and behaviours related to dietary salt intake

## Overview of questions included in salt-related KAB survey<sup>1,2</sup>

Question Type	Questions to include	No. of questions
Demographic Questions	<ul style="list-style-type: none"> <li>- Sex</li> <li>- Age</li> <li>- Country of birth</li> <li>- Language</li> <li>- Residential postcode</li> <li>- Highest level of education attained</li> <li>- CVD related medical conditions</li> <li>- Medication for BP (if answered yes to high blood pressure)</li> <li>- Dietary advice on limiting salt from health professional</li> <li>- Weight</li> <li>- Height</li> <li>- Main shopper in household</li> </ul>	11 (Qs 1-11)
Knowledge	<ul style="list-style-type: none"> <li>- Q12 Relationship between salt and sodium</li> <li>*- Q13 Knowledge of how much salt Australians consume</li> <li>* -Q14 Main food source of salt in the diet</li> <li>*- Q15 Salt intake recommendations</li> <li>*- Q17 Is salt harmful to health</li> <li>*- Q18 Associated health risks</li> <li>-Q19 Matrix question. Identification of food items containing added salt (only added at T2 &amp; T3)<sup>3</sup></li> <li>-Q20 NIP question. Lowest sodium content on bread label (only added at T2 &amp; T3)<sup>3</sup></li> </ul>	8
Attitudes	<ul style="list-style-type: none"> <li>*- Q16 Personal attitude to own salt intake</li> <li>*- Q21 Concern about salt and other food related issues</li> <li>*- Q22 Block question. Series of agree/disagree statements to attitudes related to salt intake (Note Q on Himalayan salt included as knowledge and in knowledge score)</li> <li>- Q23 Responsibility for salt reduction</li> </ul>	4
Behaviours	<ul style="list-style-type: none"> <li>*- Q24 Salt use at the table</li> <li>*- Q25 Salt use during cooking</li> <li>*- Q26 Salt shaker placed on table</li> <li>*- Q27 Trying to reduce salt in diet</li> <li>*- Q28 Block question, assessing salt related behaviours in previous month (e.g. reading labels, take-out foods, using herbs/spices)</li> </ul>	5
Health star food label	- Q29 Question about use of health star label	1
Awareness of VicHealth salt initiative Process evaluation Q	<ul style="list-style-type: none"> <li>*- Q30 Awareness of VicHealth salt reduction campaign</li> <li>- Q30.1 How did you hear about the campaign and source used to view content of campaign<sup>3</sup></li> </ul>	2
Parent	*- Q31 One question to determine if participant is a parent or primary carer of child/children <18 years	1
<b>Total Questions</b>		<b>32</b>

Additional Questions for parents/caretakers	<ul style="list-style-type: none"> <li>*- Q32 Age of child/children</li> <li>*- Q33 Salt use in food prepared for child/children (behaviour)</li> <li>*- Q34 Salt shaker on table (behaviour)</li> <li>*- Q35 Child's salt use at table (behaviour)</li> <li>*- Q36 Knowledge of how much salt Australian children eat (knowledge)</li> <li>*- Q37 Importance of limiting salt in their child's diet (attitude)</li> <li>*- Q38 Knowledge of long term health effects in children (knowledge)</li> <li>*- Q39 Should more action be taken to reduce salt in foods targeted at children (attitude)</li> </ul>	8
<b>Total Questions for parents</b>		<b>40</b>

<sup>1</sup> Questions \* in red were included as part of the evaluation of the consumer awareness campaign in the current analysis

<sup>2</sup>Note all questions have been set as forced entry. Some sensitive demographic questions, such as education level, have a 'prefer not to answer' response. For height and weight, there was a don't know/prefer not to answer option

<sup>3</sup> three additional questions were added since completion of the 2015 baseline KABs survey. This includes 2 knowledge questions and 1 question related to awareness of campaign

## Victorian Survey – Knowledge, Attitudes and Behaviours related to Dietary Salt Intake

Thank you for taking the time to complete this survey. There are two sections to this survey. Please answer each question by selecting the most suitable option.

All responses on this survey will remain anonymous.

### SECTION ONE – DEMOGRAPHIC INFORMATION

*In this section we are interested in finding out a little bit of background information about you. This information will help us compare the answers of respondents from different backgrounds.*

Q1. What is your sex? [Source: \[1\]](#)

Male
Female

Q2. What is your age in complete years? [Source: \[1\]](#)

\_\_\_\_\_

Q3. In which country were you born? [Source: \[2\]](#) (*\*Note VicHealth Indicators Survey as per Jane Shill. Also consistent with Victorian Population Health Survey*)

Australia (includes External Territories)
United Kingdom (incl. England, Scotland, Wales, Northern Ireland)
New Zealand
Italy
Greece
China
Vietnam
Lebanon
Other, please specify _____
Don't know
Prefer not to answer

Q4. Do you speak a language other than English at home?

*(If more than one language, indicate the one that is spoken most often)* [Source: \[2\]](#). (*\*Note VicHealth Indicators Survey as per Jane Shill. Also consistent with Victorian Population Health Survey*)

No, English only
Yes, Italian
Yes, Greek

Yes, Cantonese
Yes, Mandarin
Yes, Arabic
Yes, Vietnamese
Yes, German
Yes, Spanish
Yes, Tagalog (Filipino)
Yes, Other (please specify) _____
Don't know
Prefer not to answer

Q5. What is the postcode of your residential address?

\_\_\_\_\_

Q6. What is the highest level of education and training you have completed? *Source: [2] (\*Note VicHealth Indicators Survey as per Jane Shill. Also consistent with Victorian Population Health Survey)*

Never attended school
Some primary school
Completed primary school
Some high school (i.e Year 7 to Year 11, Form 1 to Form 5)
Completed high school (i.e. Year 12, Form 6, HSC)
TAFE or Trade Certificate or Diploma but did not complete Year 12 at secondary school
TAFE or Trade Certificate or Diploma and also completed Year 12 at secondary school.
University, or some other Tertiary Institute degree, including post university (i.e. postgraduate diploma, Master's degree, PhD)
Other, please specify _____
Don't know
Prefer not to answer

Q7. Have you ever been diagnosed with or suffered from one or more of the following conditions?  
(You may select more than one)

Heart disease
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Stroke
High blood pressure
Heart attack
Other (please specify: _____)
Can't recall/ Don't know
No

Q7.1 (if Yes to High blood pressure response)

Do you currently take medication for the control of your blood pressure? [Source: \[3\]](#)

Yes
No

Q8. Have you ever received any advice from your doctor or a health professional to reduce your intake of salt/sodium and/or salty foods? [Source: \[3\]](#)

Yes
No
Cant' recall

Q9. How tall are you without shoes?

You can enter this in cm or feet and inches. **Only fill in one option.** [Source: \[1\]](#).

\_\_\_\_\_ Centimetres (e.g. 165)

OR

\_\_\_\_\_ Feet and inches (e.g. 5 feet 4 inches)

Don't know/prefer not to answer

Q10. How much do you weigh without clothes and shoes?

You can enter this in kilograms OR pounds and stones. **Only fill in one option.** [Source: \[1\]](#)

\_\_\_\_\_ Kilograms (e.g. 74)

OR

\_\_\_\_\_ Stones and pounds (e.g. 11st 10lbs)

Don't know/prefer not to answer

Q11. Are you the main person who does the grocery shopping in your household? [Source \[4\]](#)

Yes
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No
I share the responsibility

## SECTION TWO – YOUR VIEWS ON SALT INTAKE

*[Questions related to knowledge]*

In this section we are interested in finding out more about your views on dietary salt.

Q12. On Australian food products information about the amount of sodium within a food product is displayed on the food label. What is the relationship between salt and sodium? *Source: Modified [4-6]*

	Knowledge Q
1	They are exactly the same
2	<b>Salt contains sodium</b>
3	Sodium contains salt
4	I don't know/not sure

\*Q13. In general, how much salt do you think Australians eat? *Source: Modelled of [7, 8]*

	Knowledge Q
1	<b>Far too much</b>
2	<b>Too much</b>
3	Just the right amount
4	Too little
5	Far too little
5	Don't know

\*Q14. Which of the following do you think is the main source of salt in the Australian diet? *Source: Modelled of [5, 7]*

	Knowledge Q
1	Salt added during cooking or at the table
2	<b>Salt from processed foods such as breads, sausages and cheese</b>
3	Salt from natural food sources
4	Don't know

\*Q15. Health professionals recommend that we should eat no more than a certain amount of salt **each day**. How much salt do you think this is? *Source: Modelled of [4, 6, 9]*

	Knowledge Q
1	3 grams (about ½ a teaspoon)
2	<b>5 grams (about 1 teaspoon)</b>
3	8 grams (about 1 and a ½ teaspoons)
4	10 grams (about 2 teaspoons)
5	15 grams (about 3 teaspoons)
6	Don't know

\*Q16. How do you think your daily salt intake compares to the amount of salt recommended by health professionals? *Source: Modified [4, 5]*

I eat less salt than recommended
I eat about the right amount of salt
I eat more salt than recommended
I don't know

\*Q17. Do you think that eating too much salt could damage your health? *Source: [10, 11]*

	Knowledge Q
1	Yes
2	No
3	I don't know

\*Q18. Which, if any, of the following conditions do you think is linked to eating too much salt?

Please make sure you select an option for each line. *Source: Modelled of [4, 5, 8, 10]*

	Condition
1	High blood pressure
2	Kidney disease
3	Heart disease/heart attack
4	Stroke
5	Stomach cancer



19. Below is a list of everyday food products. For each, please indicate whether **you** think the food product has salt added to it. If you don't know or are not sure of the answer, please select the "don't know/not sure" option. Please select one option for each food. (*Source Sarmugam et al., 2014*) (\*Note This question added at time point 2 and 3 to fit the messages in the campaign, question modified to fit messages in the campaign, these are indicated in red)

Food item	Yes	No	Don't know / Not sure
Ham			
Tomato sauce			
White rice (boiled)			
Teriyaki stir fry sauce			
Beef steak (uncooked)			
Mixed fresh vegetables			
Gravy mix			
Bread			
Sausages			
Corn Flakes			
Cheddar cheese			
Sausage roll			
Yoghurt			

20. The following two nutrition information panels are taken from food labels found on two different types of bread. Please select the option (A or B) with the **LOWEST** salt content. *(Source modified Grimes et al., 2009)* **OPTION A IS CORRECT ANSWER** *(\*Note This question added at time point 2 and 3 to fit the messages in the campaign)*

☐

Option A

☐

Option B

I don't know/not sure

Nutrition Information Panel		
Servings Per Package: 9.0		
Serving Size: 85g (2 slices)		
	Quantity Per Serving	Quantity Per 100g
Energy	844kJ	993kJ
Protein	8.2g	9.6g
Fat		
Total	1.5g	1.8g
Saturated	0.2g	0.3g
Carbohydrate		
Total	37.2g	43.8g
Sugars	2.3g	2.7g
Fibre	2.5g	2.9g
Sodium	340mg	400mg

Nutrition Information Panel		
Servings Per Package: 10.0		
Serving Size: 66g (2 slices)		
	Quantity Per Serving	Quantity Per 100g
Energy	698kJ	1057kJ
Protein	5.9g	9.0g
Fat		
Total	1.6g	2.4g
Saturated	0.3g	0.5g
Carbohydrate		
Total	30.1g	45.6g
Sugars	1.5g	2.2g
Fibre	3.4g	5.2g
Sodium	317mg	480mg

*[Questions related to attitudes]*

\*Q21. Please indicate on the scale below how concerned you are about each of the following food related issues?

Please make sure you select an option for each line. *Source: Modelled of [12, 13]*

	Not at all concerned	Not very concerned	Somewhat concerned	Very concerned	Extremely concerned
Healthy eating					
The amount of sugar in food					
*The amount of salt in food					
The amount of fat in food					
The amount of saturated fat in food					
The amount of kilojoules/calories in food					

\*Q22. Please indicate on the scale below how much you agree or disagree with the following statements.

Please make sure you select an option for each line. *Source: Modified [4, 12]*

Statement	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Himalayan salt, pink salt, sea salt and gourmet salts are healthier than regular table salt ( <b>Incorrect</b> ) ( <i>*Note this is a knowledge question</i> )					
I believe salt needs to be added to food to make it tasty					
*My health would improve if I reduced the amount of salt in my diet					
*It is hard to understand sodium information displayed on food labels					
When eating out at restaurants/cafes/pubs, I find that lower salt options are not readily available or only in limited variety					
There should be laws which limit the amount of salt added to manufactured foods					

Q23. From the list below please rate how responsible you think each group is for reducing the amount of salt Australians eat. **Please make sure you select an option for each line.** *Source: Modified [14]*

Group	Not at all responsible	Somewhat responsible	Responsible	Very responsible	Don't know
Government					
Food manufacturers					
Business (e.g. supermarkets, local markets)					
Chefs preparing foods in restuarants/pubs/cafes					
Friends/family					
Yourself					
Fast food chains					

*[Questions related to behaviours]*

\*Q24. How often do you add salt to your food at the table? *Source: [8]*

Always
Often
Sometimes
Rarely
Never
Don't know

\*Q25. In the food you eat at home, how often is salt added during cooking? *Source: [8]*

Always
Often
Sometimes
Rarely
Never
Don't know

\*Q26. Do you place a salt shaker on your table at meal times? *Source: Modified [15]*

Always
Often
Sometimes
Rarely
Never
Don't know

\*Q27. Are you trying to cut down on the amount of salt you eat? *Source: Modified [6, 8, 11, 13]*

Yes
No
Don't know

\*Q28. Below are some common ways to lower the amount of salt in your diet. In the past month, to what extent have you personally done any of the following?

Please make sure you select an option for each line. *Source modelled from:[8, 12]*

	Never do this	Rarely do this	Sometimes do this	Often do this	Always do this	Does not apply to me
Looked at a food label to check the salt/sodium content of a food item						
Avoided eating packaged, ready-to-eat foods						
Used spices/herbs instead of salt when cooking						
Avoided eating food from fast food restaurants (e.g. McDonalds, KFC, Pizza Hut)						
Avoided eating food from an Asian style restaurant or takeaway store (e.g. Chinese, Thai, Indian)						
Purchased foods labelled “no added salt”, “salt reduced” or “reduced sodium”						
When eating out, asked to have your meal prepared without salt						

Q29. On some food products a health star rating is displayed on the food label.

*[insert image of health star rating label]*

Do you use the health star rating information to choose any of the following products?

	Usually	Sometimes	Never	Don't know
Breakfast cereals				
Cheese				
Bread				

**\*Q30. Are you aware of VicHealth's initiative to reduce salt intake within the Victorian population?**

Yes
No
Don't know

Q30.1. *If yes, where did you see or hear about the initiative to reduce salt in Victoria? Please tick one or more, as appropriate:*

<i>The Heart Foundation's Don't trust your taste buds Website</i>
<i>Heart Foundation's Unpack the Salt website</i>
<i>Women's magazine</i>
<i>Radio</i>
<i>Internet video advertisements</i>
<i>Social media advertisements</i>
<i>Smartphone/tablet app video advertisements</i>
<i>Poster</i>
<i>Health professionals</i>
<i>Other, please specify: _____</i>

**\*Q31. Are you a parent or caregiver for a child or children under the age of 18 years?**

No
Yes, I'm a parent
Yes, I care for a child/children

*(if no directed to end of survey)*



### ADDITIONAL QUESTIONS FOR PARENTS

You have indicated that you are a parent or carer of a child or children. Because we are interested in what parents think about salt in children's diets we would like to ask you 8 more questions. This will take about **5 minutes** to complete. We greatly appreciate your time.

**\*Q32. How old is your child/children or the child/children that you care for?**

**You can select more than one age category if needed.**

0-1 year
2-4 years
5-12 years
13-17 years

**\*Q33. Do you add salt to foods you prepare for your child or children?** *Source modified: [8]*

Always
Often
Sometimes
Rarely
Never
Not applicable, I do not prepare food for my child

**\*Q34. Do you place a salt shaker on your table at meal times?** *Source: Modified [15]*

Always
Often
Sometimes
Rarely
Never
Don't know

**\*Q35. Does your child or children add salt to their food at the table?** *Source: Modified: [8]*

Always
Often
Sometimes
Rarely
Never

Don't know
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\*Q36. In general how much salt do you think Australian children eat? (Source: Modified to be child specific [7, 8])

Far too much
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Too much
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Just the right amount
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Too little
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Far too little
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Don't know
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\*Q37. Please indicate on the scale below how much you agree or disagree with the following statement:

"Limiting the amount of salt my child/or children eat/s is important to me."

Strongly disagree
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Disagree
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Neither agree nor disagree
----------------------------

Agree
-------

Strongly agree
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\*Q38. Please indicate on the scale below how much you agree or disagree with the following statement:

“In the long term eating too much salt during childhood may have harmful effects on children’s health.” [Source: Modified \[5\]](#)

Strongly disagree
Disagree
Neither agree nor disagree
Agree
Strongly agree

\*Q39. Medical research suggests that most Australian children eat more salt than is good for them. Do you think more action needs to be taken to reduce the salt in foods targeted at children? [Source modified: \[5\]](#)

Strongly disagree
Disagree
Neither agree nor disagree
Agree
Strongly agree

You have completed the Survey! Please hit the submit button.

Thank you for your time.

## References

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