

Table S1. Knowledge, attitudes and practices related to salt intake according to sex, age, education and hypertension treatment (in %).

	Male	Female	24–44 years	45–65 years	With primary education	Without primary education	Hypertension treatment	No treatment
Knowledge								
<i>High salt intake can cause serious health problems</i>								
Yes	83 (78–87)	88 (84–91)	85 (81–89)	87 (82–90)	85 (82–88)	88 (81–93)	93 (85–97)	88 (84–90)
No	6 (3–9)	4 (2–7)	6 (4–9)	4 (2–7)	5 (3–7)	3 (1–9)	1 (0–8)	4 (3–7)
Don't know	11 (8–2)	8 (6–12)	9 (7–13)	10 (7–14)	10 (7–13)	8 (5–15)	6 (2–13)	8 (6–11)
<i>Health problems are associated with high salt intake</i>								
≥1 problem known	65 (58–72)	63 (57–69)	61 (55–67)	68 (61–74)	62 (57–67)	76 (64–84)	65 (64–75)	63 (58–68)
None known	35 (28–42)	37 (31–43)	39 (33–45)	32 (26–39)	38 (33–43)	24 (16–36)	35 (25–46)	37 (32–429)
<i>It is important to limit salt intake</i>								
Very important	10 (7–14)	8 (5–11)	10 (8–14)	7 (4–11)	9 (7–12)	8 (4–14)	6 (2–13)	9 (7–12)
Somehow important	15 (11–20)	10 (8–14)	14 (11–18)	10 (7–15)	13 (11–17)	9 (5–15)	10 (6–19)	12 (9–15)
Not really important	75 (70–80)	82 (77–86)	75 (70–80)	83 (78–87)	8 (1–8)	8 (8–9)	84 (74–90)	79 (75–83)
Attitudes								
<i>Try to limit salt</i>								
Often	20 (16–25)	26 (22–32)	21 (17–25)	27 (22–33)	23 (19–27)	25 (18–34)	39 (29–50)	17 (14–21)
Sometimes	62 (56–68)	60 (54–65)	64 (59–69)	57 (51–63)	60 (55–64)	66 (57–74)	44 (34–54)	68 (63–72)
Not really	11 (76–15)	4 (3–7)	7 (5–11)	7 (5–11)	8 (6–11)	4 (2–10)	7 (3–15)	8 (6–11)
<i>Perceived amount of salt consumed</i>								
Too little	46 (40–52)	61 (55–66)	50 (44–55)	59 (53–65)	50 (45–54)	70 (61–78)	65 (54–75)	56 (52–61)
About right	20 (15–25)	14 (11–19)	17 (13–21)	17 (13–22)	19 (16–23)	8 (4–14)	16 (93–25)	18 (15–22)
Too much	34 (29–40)	25 (20–30)	33 (28–39)	24 (19–30)	31 (27–36)	22 (15–30)	19 (12–29)	26 (22–30)
Don't know	46 (40–52)	61 (55–66)	50 (44–55)	59 (53–65)	50 (45–54)	70 (61–78)	65 (54–75)	56 (52–61)
Practices								
<i>Salt is added during cooking</i>								
Never	1 (0–3)	2 (1–5)	2 (0–4)	2 (0–5)	2 (0–3)	2 (0–7)	2 (0–9)	2 (0–3)
Sometimes (1–2 times/week)	9 (6–13)	4 (2–7)	8 (5–11)	5 (3–9)	7 (5–10)	3 (1–9)	3 (1–10)	4 (3–7)
Often (most meals)	19 (14–24)	16 (12–21)	17 (14–22)	17 (13–22)	18 (15–22)	13 (8–21)	21 (13–31)	15 (12–19)
Always (all meals)	71 (65–76)	78 (73–82)	74 (69–78)	75 (70–80)	73 (69–77)	81 (73–87)	72 (62–81)	79 (75–82)
<i>Salty condiments are used during cooking¹</i>								
Never	11 (8–15)	6 (4–9)	7 (4–10)	10 (7–14)	9 (7–12)	6 (3–12)	13 (7–21)	8 (6–11)
Sometimes (1–2 times/week)	25 (20–30)	27 (22–32)	24 (20–29)	28 (23–34)	28 (25–33)	16 (10–24)	34 (25–45)	21 (17–25)
Often (most meals)	21 (16–26)	23 (18–28)	23 (19–28)	20 (15–25)	26 (22–30)	7 (3–13)	20 (12–29)	21 (18–25)
Always (all meals)	41 (35–47)	44 (39–50)	44 (39–50)	41 (35–47)	35 (31–40)	71 (63–79)	32 (23–43)	49 (44–53)
<i>Salt is added to food at the table</i>								
Never	62 (56–68)	72 (66–76)	67 (61–72)	68 (62–73)	67 (62–71)	69 (60–77)	80 (71–88)	67 (62–71)

Sometimes (1–2 times/week)	28 (23–33)	18 (14–23)	23 (19–28)	22 (17–27)	23 (20–27)	19 (13–27)	13 (7–21)	23 (19–27)
Often (most meals)	5 (3–9)	6 (4–9)	5 (3–9)	6 (4–10)	5 (4–8)	7 (3–13)	2 (0–9)	5 (4–8)
Always (all meals)	5 (3–9)	4 (2–7)	5 (3–8)	4 (2–8)	5 (3–7)	5 (2–11)	5 (2–12)	5 (3–8)
<i>Consumption of foods high in salt²</i>								
Never	25 (20–30)	33 (28–39)	30 (25–35)	29 (24–35)	29 (25–33)	30 (22–39)	37 (27–47)	29 (25–33)
1–2 times/week	17 (13–22)	15 (11–19)	17 (13–22)	14 (10–19)	18 (15–22)	7 (3–13)	10 (5–19)	13 (10–16)
3–4 times/week	30 (25–36)	29 (24–34)	29 (24–34)	30 (25–36)	34 (30–39)	10 (6–17)	37 (27–47)	28 (24–33)
Every day or almost every day	26 (21–32)	23 (18–28)	23 (19–28)	26 (21–32)	17 (14–21)	51 (42.60)	16 (10–25)	29 (25–34)

¹ These condiments included bouillon cubes, Aromat powder, soy sauce, food spreads (e.g., Vegemite, Marmite), and similar items; ² These foods included salted fish, salted meat, salami, salted peanuts, food spreads, pizza, and other typical local meals rich in salt.