

## Online Supporting Material

### Use of Salt-Restriction Spoons and Its Associations with Urinary Sodium and Potassium in the Zhejiang Province of China: Results of a Population-Based Survey

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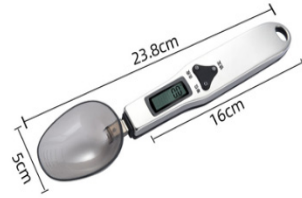
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**Figure S1.** Common salt-restriction spoon, salt-restriction saltshaker and quantitative saltshakers in

China.

**A**



**B**



**C1**



**C2**

**D**



A: Distributed salt-restriction spoon and salt-restriction saltshaker by "China Healthy Lifestyles for All" action.

B: Electronic salt spoon, accuracy of 0.1g.

C1-2: Quantitative saltshaker (1g salt) with outlet at the bottom.

D: Quantitative saltshaker (1g salt) with outlet on top.

**File S1. Questionnaire about knowledge, attitudes and behaviors related to salt.**

1. Do you know how much blood pressure in adults can be diagnosed as hypertension?
  - (1) 140/90mmHg
  - (2) 130/80 mmHg
  - (3) 120/80 mmHg
  - (9) I don't know
2. Do you know what diseases hypertension can cause (multiple choices)?
  - (1) Stroke
  - (2) Coronary heart disease
  - (3) Kidney disease
  - (4) Hypertensive heart disease
  - (5) Eye diseases
  - (9) I don't know
3. Do you know which factors are related to the prevalence of hypertension (multiple choices)?
  - (1) Overweight or obese
  - (2) Long-term excessive drinking
  - (3) Long-term high-salt diet
  - (4) Have a family genetic history
  - (5) Hyperglycemia and hyperlipidemia
  - (6) Age
  - (7) Stress
  - (9) I don't know
4. Do you know that adults should not eat more than a few grams of salt per person per day?
  - (1) 2g
  - (2) 6g
  - (3) 9g
  - (4) 12g
  - (9) I don't know
5. Do you know that eating less salt helps lower blood pressure?
  - (1) Know
  - (2) I don't know

6. Do you know what diseases may result from eating too much salt (multiple choices)?

- (1) Hypertension
- (2) Stroke
- (3) Myocardial infarction
- (4) Kidney disease
- (5) Gastric cancer
- (6) Osteoporosis
- (9) I don't know

7. Do you think you eat too much salt?

- (1) Not much
- (2) Moderate
- (3) Too much

8. Do you plan to eat less salt after knowing the dangers of eating too much salt?

- (1) Intend to
- (2) Not intend to

9. Has your family ever used a salt-restriction spoon?

- (1) Used
- (2) Not used

10. Do you know how to use salt-restriction spoon correctly?

- (1) Know
- (2) I don't know

11. Do you usually use the SRS correctly in daily cooking?

- (1) Yes
- (2) No

12. Do you think low-salt diet should be promoted among the crowd?

- (1) Should
- (2) Should not

13. Have you ever been promoted or educated on a low-salt diet?

- (1) Accepted
- (2) Not accepted

14. Have you ever promoted the knowledge of low-salt diet to the people around you?

- (1) Promoted

(2) Not promoted

15. Do you think a low-salt diet affects the taste of food?

(1) Great influence

(2) Has a certain influence, but can accept

(3) No effect

16. What kind of people do you think should pay special attention to low-salt diet (multiple choices)?

(1) Hypertensive patients

(2) Patients with stroke

(3) Patients with coronary heart disease

(9) I don't know

17. Have you paid attention to the salt / sodium content of the food when purchasing processed food?

(1) Followed

(2) Not followed

18. Do you think processed foods should be labeled with the salt / sodium content of the product?

(1) Should

(2) Should not

19. Do you think that labeling the salt / sodium content of processed foods will help you choose low-salt foods?

(1) Yes

(2) No

20. What is your attitude towards a low-salt diet?

(1) For

(2) Against

21. Have you taken active salt reduction measures yourself?

(1) Yes

(2) No

22. Have you heard of low-sodium salt (alternative salt)?

(1) Yes

(2) No

23. Do you know that low-sodium salt helps control blood pressure compared to regular table salt?

(1) Know

(2) I don't know

24. Have you used low-sodium salt?

(1) Used

(2) Not used