

BRFSS Sodium or Salt-Related Behavior Module

Now I would like to ask you some questions about sodium or salt intake. Most of the sodium or salt we eat comes from processed foods and foods prepared in restaurants. Salt also can be added in cooking or at the table.

Are you currently watching or reducing your sodium or salt intake?

(Yes, No, “Don’t know / Not sure”, Refused)

How many days, weeks, months, or years have you been watching or reducing your sodium or salt intake? (Respondents were allowed to provide any number of days, weeks, months or years, or “All my life”, “Don’t know / Not sure”, Refused).

Has a doctor or other health professional ever advised you to reduce sodium or salt intake?

(Yes, No, “Don’t know / Not sure”, Refused)