



# Perceptions and Knowledge of Using a Low-salt Diet for Preventing Hypertension among Chinese Populations in Australia: **A Mixed-methods Study**

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## BACKGROUND

High-salt diets are linked to hypertension.<sup>6</sup> However, many people in the world consume higher than the World Health Organization's recommended amount of 5 grams/day. 7-10 Chinese is one of the five main ancestries in Australia." Several studies have reported salt consumption among the general populations in Australia and China of two to three times the recommended amount.<sup>7-10</sup> However, no known empirical research has focused on exploring the habitual salt-related health behaviours of Chinese Australians.

### AINS

To explore the salt consumption habits of Chinese Australians and the factors that influence their perceptions about maintaining a low-salt diet to prevent hypertension.





#### METHODS

- An explanatory sequential mixedmethods design.
- The Health Belief Model (HBM) was used as a guiding framework.

• An Adaptation of the Determinants of Salt-Restriction Behaviour Questionnaire (DSRBQ)

- A cross-sectional study (n= 188)
- Semi-structured interviews (n= 8)
- Data integration involved the joint display and thematic synthesis methods.

## RESULTS

- Habitual salt practices significantly hindered behavior changes.
- Perceived health benefits and risks, concealed salt in food items, understanding of food, and influence from society and peers were the subsequent factors.
- The findings indicated that a lack of understanding about the health issues caused by high salt intake resulted in poor compliance with the interventions, leading to an underestimation of hypertension's severity.
- Chinese Australians found that simple cooking techniques, choosing low-salt foods, and positive support from family and friends were effective strategies.

#### CONCLUSION

Chinese Australians generally retain their traditional dietary habits while adapting to Australian food culture. However, this study found that both internal and external motivators for them to lower salt intake were insufficient. It also indicated potential weak links in the HBM, possibly affecting its predictive power for individual salt-related health behaviors.



Reference

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