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## **Title**

Exploring the Dietary Salt Knowledge, Attitude, and Practices (KAP) among People of African Descent in the United Kingdom: A Qualitative Review

## **Authors and affiliations**

Jesse Enebi Usman<sup>1</sup>, Charmaine Childs<sup>2</sup>, David Rogerson<sup>1, 3</sup>, Markos Klonizakis<sup>1</sup>

1. Lifestyle Exercise and Nutrition Improvement (LENI) Research Group, Department of Nursing and Midwifery, Sheffield Hallam University, Sheffield S10 2BP, UK.
2. College of Health, Wellbeing, and Lifesciences, Sheffield Hallam University, Sheffield S10 2BP, UK.
3. Sports and Physical Activity Research Centre, Sheffield Hallam University, Sheffield S10 2BP, UK.

## **Background**

High salt intake contributes to the development of hypertension, particularly among individuals of African descent, who are disproportionately affected by this condition. The World Health Organisation (WHO) recommends reductions in intake across all nations, promoting a daily limit of < 5 g (~ 2 g of sodium) per individual. Despite the relationships between hypertension, salt intake, and the prevalence of hypertension among individuals of African descent, research exploring KAP towards salt consumption is lacking in this population.

## **Objective**

The purpose of this study was to investigate the KAP of individuals of African descent in the United Kingdom (UK) regarding salt consumption. We aimed to understand factors that contribute to excessive intake and identify potential interventions to reduce salt consumption in this population.

## **Method**

The study employed a qualitative methodology, utilising exploratory, voice-recorded, semi-structured interviews to gather insights from individuals of African descent. Interviews were transcribed verbatim and analysed using thematic analyses in NVIVO®.

## **Results**

The age of the respondents ranged from 20 to 70 years (mean =  $42.8 \pm 11.4$ ). Participants expressed limited knowledge of the recommended daily salt intake, high discretionary salt usage, and a failure to read food labels. Although awareness of the harmful effects of high sodium diets was high, this did not appear to translate into salt-reduction behaviours. Cultural and socioeconomic factors were also found to be significant contributors to salt intake in this population.

## **Conclusion**

Our findings highlight the need to develop culturally sensitive interventions to raise awareness of the harmful effects of excessive salt consumption and encourage healthier dietary practices among people of African descent.