



Shaping Tomorrow's Nephrology: Insight-Driven Kidney Care

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Development of Method for Estimating One-Week Salt Intake Using Self-Administered questionnaires via Web Application in Japan

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Objectives : Methods for evaluating salt intake include estimating from 24-hour urine sodium excretion, the ratio of sodium to creatinine in spot urine, and food frequency questionnaires. However, due to issues such as usability and insufficient evaluation of estimation accuracy, these methods are not considered fully practical. Moreover, 'salt reduction' is the most important nutritional issue for Japanese people. Various initiatives related to salt reduction are being carried out, but knowing 'your own salt intake and its sources' is considered the first step. The self-administered salt questionnaires consisting of nine questions allows estimation in numerical values (grams) rather than common point scores, making it a useful and understandable tool for individual guidance in outpatient clinics, community health screenings, and medical checkups.

Methods : To validate the study, the survey results from patients visiting nephrology outpatient clinics were compared with the 'gold standard' estimation of salt intake from 24-hour urine sodium excretion, as well as the estimation from Tanaka's formula using spot urine commonly used in outpatient clinics. The limitations of urine collection and storage were also examined.

Results : Comparing the developed salt survey results with the global gold standard of 'estimated salt intake from 24-hour urine sodium excretion' showed a good correlation. Similarly, a comparable correlation coefficient was obtained with the estimation from Tanaka's formula using spot urine used in outpatient clinics. In addition to the paper-based version, a web application method was developed, making it accessible via smartphones not only for CKD patients but also for the general public.

Conclusions : A Self-Administered questionnaire that estimates salt intake without collecting spot or 24-hour urine, similar to measuring blood pressure, weight, or performing a blood test, is expected to contribute to motivating salt reduction and achieving salt reduction by enabling individuals to know their own salt intake and its sources.

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