

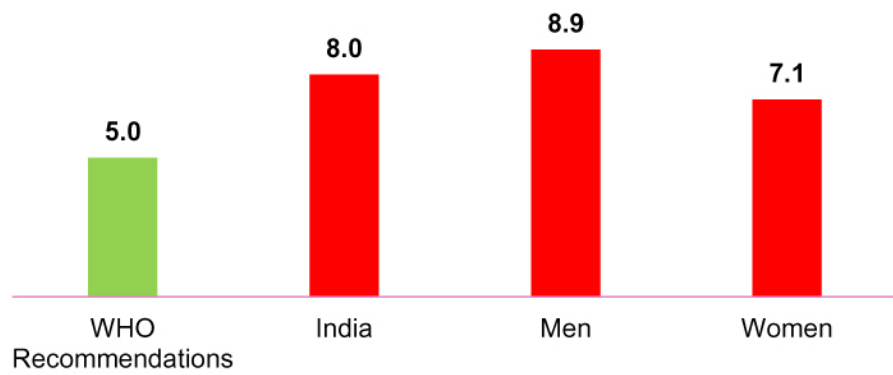
# NATIONAL NCD MONITORING SURVEY (NNMS)

## World Salt Awareness Week

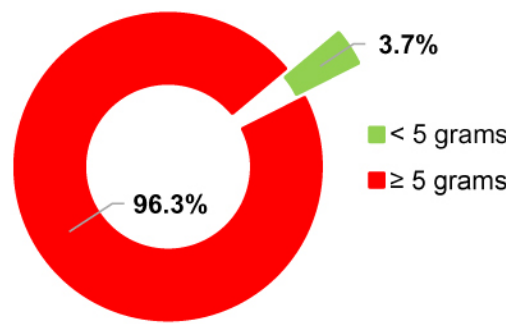
**National Noncommunicable Disease Monitoring Survey (NNMS)** was a national-level survey undertaken in 2017–18 by ICMR-NCDIR. The survey covered a total of 12,000 households across the country and generated evidence on key behavioural and metabolic risk factors for NCDs. Males and females aged 15-17 and 18-69 years residing in urban and rural areas of the country were interviewed. Dietary salt intake was measured by estimating urinary sodium excretion from spot urine samples collected from a sub-sample of 3000 adults.

### Key findings - Adults (18-69 years)

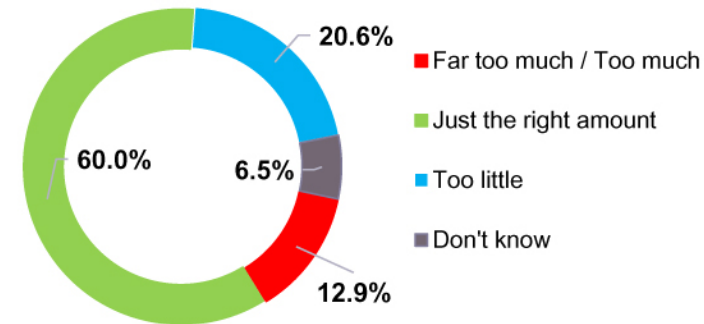
#### Daily mean dietary salt intake (in grams)



#### Dietary salt intake (%)

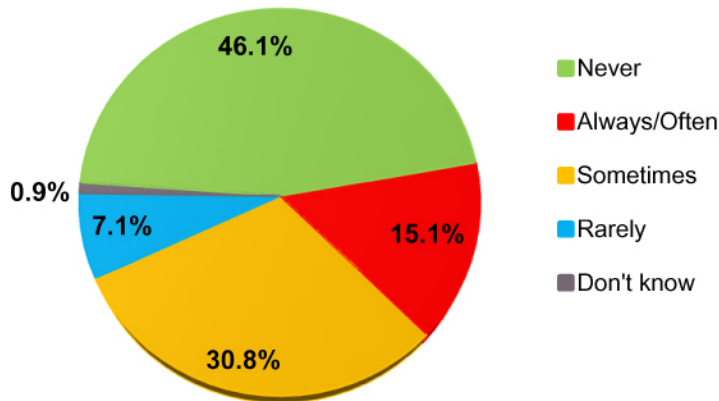


#### Salt consumption perceptions (%)



### Salt consumption practices

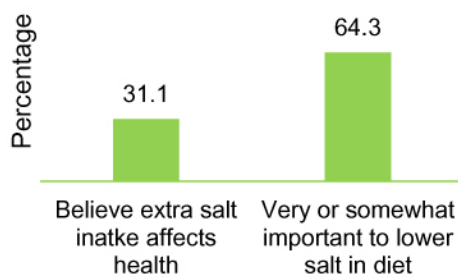
#### Added extra salt to food (%)



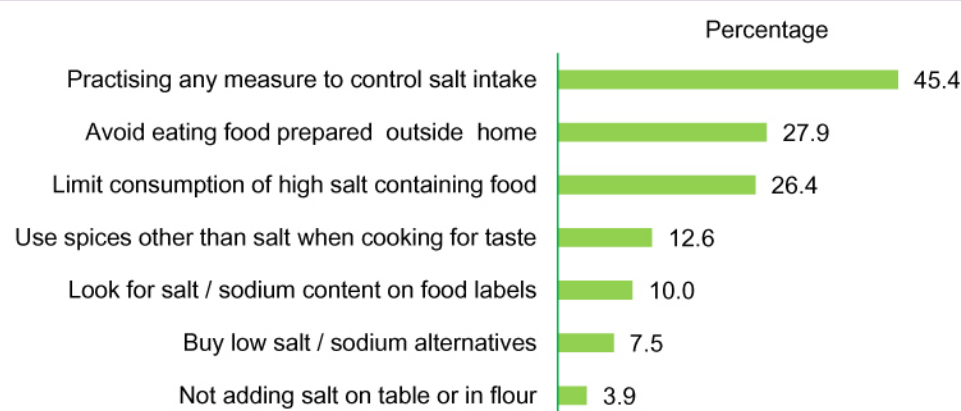
#### Consumption of high salt containing food



#### Knowledge and attitudes regarding extra salt intake (%)



#### Salt control measures (%)



#### Lifestyle advices from doctor or health worker (%)

- 14.7% received advices to reduce dietary salt intake.
- 14.5% were advised to increase fruits and vegetables intake.
- 7.3% were advised to consume special prescribed diet.

### Key findings – Adolescents (15-17 years)

#### Consumption of high salt containing food at least once in a week

42.3% ate achar or papad

52.1% ate chips or namkeen

66.6% were taught benefits of healthy diet in their schools/colleges.

### Key implications to achieve global and national target: 30% reduction in mean salt intake and 25% reduction in raised blood pressure by 2025

- Excess intake of dietary salt of > 5 grams per day increases risk of developing hypertension, heart and kidney diseases etc.
- To emphasize on healthy diet and advocacy of programmes like "Eat Right India".
- Increase awareness on food labelling and alternatives to salt.

