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Title: Assessment of Knowledge, Attitudes and Practices (KAP) on salt consumption in Casablanca Morocco

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Assessment of Knowledge, Attitudes and Practices on salt consumption in Casablanca Morocco

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Introduction:

In Morocco blood pressure is estimated at 41.2% for people aged over 25 years (WHO 2008), with a daily consumption of salt would be the main cause. The purpose of this survey was the assessment of Knowledge, Attitudes and Practices (KAP) on salt consumption of a Casablanca cohort.

Materials and methods:

In this study, we targeted 691 participants (45% men and 55% women) from different location in Casablanca, were surveyed through questionnaires KAP. This questionnaire was adapted from WHO-EMRO protocol, which aims to estimate the sodium consumption in different populations worldwide.

Results:

Data showed among all participants that 76.9% use salt when cooking, 55% think they eat just the right amount of salt, and 86.2% believe that the salt could cause a big health problem, which 75% indicate that it causes high blood pressure. 65.5% said it is very important to reduce the consumption of salt, while 63.9% do not control their salt intake.

Conclusion:

These results show that the majority of this population adds salt to their diet without any control, however they are aware of the risks of excessive salt intake, and the importance of reduction of salt intake.

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