

Duplicate Salt Sample Collection Instructions (Sub Study Participants)

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Overview

Participants will be asked to collect and send the study duplicate samples of the salt they add to food in home cooking and salt added to food at the table both at and outside the home. The samples will be collected for on four days over an 11 day period, with their collection synchronized with the telephone 24-hour dietary recalls to be collected from participants (samples will be collected the day prior to each telephone recall). Collection kits will be provided for each collection day, with the kits and instructions provided to participants during the baseline clinic visit.

Distribution of Collection Kits

At the baseline clinic visit an interviewer will schedule the dates duplicate salt samples are to be collected using the 'Telephone 24-hour Dietary Recall and Duplicate Salt Collection Scheduling Form and Instructions for Non Sub Study Participants' and 'Telephone 24-hour Dietary Recall and Duplicate Salt Collection Scheduling Form' and Instructions for Sub Study Participants'. Verbal instructions will be provided following the script on the forms. Written instructions will be included in each sat collection kit.

Salt Collection Kits

Each salt collection kit will include the following:

- Large manila envelope with metal clasp
- Instruction sheet adhered to the front of the manila envelope
- 1 Hefty one zip sandwich bag with label affixed for recording sample information (for collection of duplicate table salt samples)
- 6 Hefty one zip sandwich bags with double zip seal with label affixed to each for recording sample information (for collection of duplicate samples of salt used in home cooking)
- Preaddressed postage page envelope (bubble wrap lined with adhesive closure) for mailing samples to study coordinating center
- Pen

Collection

Salt added to food at the table

Participants will be asked to provide duplicate samples of all salt added to their food at the table throughout the day. This includes salt added to food at home and away from home. A sandwich size Hefty one zip bag will be provided for this task. The participant will be asked to shake the same amount of salt shaken onto their food into the bag immediately following adding salt to their food at the table. If they forget to do this during the meal, they should do it as soon as possible afterward. During the collection day there is some information the participant needs to record on the label affixed to the bag. This information includes the date and a record of each meal/snack at which salt was added to food at the table. The labels will be somewhat different for those participating in the sub study and those not participating in it.

Salt added to food in home cooking

Participants will be asked to provide duplicate samples of all salt added to their food during home food preparation. Any salt added to food prepared outside the home does not need to be collected. Sandwich size Hefty one zip bags will be provided for collecting separate duplicate samples for each dish/food prepared at home with salt added. The participant will be instructed to put the same amount of salt added to the dish in a plastic bag immediately after adding salt to the dish. The participant will be asked to record certain information about the sample on a label adhered to each bag. Information to be recorded will include the date; a description of the dish/food salt was added to in preparation; and an indication of the type of salt used.

Receipt and Follow-Up

Duplicate salt samples received will be logged at the study coordinating center. If a duplicate salt sample shipment has not been received within one week of the scheduled collection date the participant will be sent a reminder telephone call and an email or poster card (depending on participant's communication preference).