

AN INVESTIGATION ON SODIUM KNOWLEDGE AND
SODIUM CONSUMPTION AMONG STROKE
SURVIVORS AT NATIONAL STROKE ASSOCIATION OF
MALAYSIA (NASAM)

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ABSTRACT

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There is very little information regarding the preexisting knowledge and sodium consumption among stroke survivors despite the relation of excessive salt and sodium with stroke. The aim of this study was to analyse, determine and compare the knowledge on sodium and sodium consumption levels among stroke survivors. This study was conducted among 68 stroke survivors; 32 males and 36 females aged 32 to 78 years who undergo therapy at Petaling Jaya and Ampang branches of National Stroke Association of Malaysia (NASAM). Data was collected using sodium knowledge questionnaire and Food Frequency Questionnaire. Majority (60.3%) had a satisfactory knowledge level on sodium with a mean score of 8.19 ± 1.72 points. Sodium knowledge scores did not differ significantly between genders but age differences (50 to 59 years, 60 to 69 years and above 70 years) were found significant ($p=.003$, $p<.05$, $F=6.302$). The scores correlated significantly and inversely with age ($r=-.261$, $p=.032$). Study subjects consumed an average of 641.12 ± 498.94 milligrams of sodium a day, which was a low intake level ($<1,500$ milligrams/day). There was no significant difference in sodium consumption among gender and age groups (50 to 59 years, 60 to 69 years and above 70 years) respectively ($p=.398$, $p>.05$, $t=0.850$; $p=.960$, $p>.05$, $F=0.155$). However, a significant inverse correlation between sodium knowledge score and sodium consumption was obtained with increasing score associated with decreasing sodium intake ($r=-.307$, $p=.011$, $p<.05$). This finding demonstrated a link between knowledge and practice, which further suggests the role of nutrition information in influencing dietary practices.

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