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**Title:** Determinants of salt consumption based on theory of planned behavior among women referred to settings of health care, Yazd, Iran, 2010.

**Authors:** Motlagh Z, Mazloomy S*, Morowaty MA

**Abstract:** Determinants of salt consumption based on theory of planned behavior among women referred to medical health centers, Yazd, Iran, 2010.

**Introduction:** Excessive salt consumption, in turn, has been associated with severity of arterial hypertension and ventricular hypertrophy, resulting in international recommendations for the use of reduced-salt diets. This study conducted with purpose the identification of determinants of salt consumption based on theory of planned behavior among women referred to medical health centers.

**Material and method:** This cross-sectional study was conducted on 250 women referred to medical health centers. Sampling method was multi stage, instrument of data collection was questionnaire designed based on structures of theory of planned behavior on three salt consumption behaviors: 1: the use of less than 6g of salt when cooking one of usual recipes for any meal. 2: To avoid adding table salt to the food eat at meals. 3: to avoid the consumption of food with high salt content. Validity was confirmed by panel of experts and reliability by alpha cronbach. The data were analyzed through using SPSS ver. 11.5 and statistical tests of T-test, Chi-square, One Way Anova and spearman correlation coefficients, linear regression.

**Results:** Mean age of sample was 29.91±6.75 years. A significant correlation were seen been between use of less than 6g of salt when cooking and intention and perceived behavioral control \( r = 0.132, p = 0.04 \) \( r = 0.141, p = 0.02 \) respectively, between to avoid adding table salt to the food and intention and attitude and perceived behavioral control \( r = 0.422, p = 0.000 \), \( r = 0.436, p = 0.000 \) respectively, and between to avoid the consumption of food with high salt content and attitude and perceived behavioral control \( r = 0.169, p = 0.009 \), \( r = 0.291, p = 0.000 \) respectively. Regression analysis indicated that 0.05 of variance in use of less than 6g of salt when cooking was predicted by attitude and perceived behavioral control, 0.89 of variance in to avoid adding table salt to the food was predicted by intention and perceived behavioral control, 0.10 of variance in to avoid the consumption of food with high salt content was predicted by perceived behavioral control.

**Conclusion:** As regards attitude is the most important predictors of avoid adding table salt to the food so change of attitude in this field is valuable.

**Determinants - salt consumption - Theory of planned behavior - women**

**Presentation:** Poster