

Reducing salt intake in West Africa

Submission date 15/08/2005	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 02/09/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 25/10/2022	Condition category Circulatory System	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
060415/Z/00/Z and 069500/Z/02/Z

Study information

Scientific Title
Reducing salt intake in West Africa

Acronym
KUMASI Study

Study objectives

To reduce salt intake by health promotion and to relate the change in salt intake with the change in blood pressure (underlying hypothesis is that even a modest reduction in salt intake may cause a small reduction in population blood pressure).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Hypertension

Interventions

Randomisation in clusters to Control Health Promotion Package or Intervention Health Promotion Package. The intervention cluster of villages will be exposed to a vigorous campaign of nutritional education to reduce salt intake.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Urinary sodium excretion
2. Blood pressure

Key secondary outcome(s)

Iodine excretion

Completion date

01/10/2003

Eligibility**Key inclusion criteria**

Men and women aged 40 to 75 years in 12 villages in Ashanti.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Pregnant women
2. Very sick

Date of first enrolment

01/04/2001

Date of final enrolment

01/10/2003

Locations**Countries of recruitment**

United Kingdom

England

Ghana

Study participating centre

Clinical Sciences Research Institute

Coventry

United Kingdom

CV2 2DX

Sponsor information**Organisation**

Warwick Medical School (UK)

ROR

<https://ror.org/01a77tt86>

Funder(s)

Funder type

Charity

Funder Name

The Wellcome Trust (UK) (grant refs: 060415 and 069500)

Results and Publications

Individual participant data (IPD) sharing plan

Not provided at time of registration

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		24/01/2006		Yes	No
Other publications		01/07/2002		Yes	No
Other publications		01/05/2004		Yes	No
Other publications		01/09/2005		Yes	No
Other publications		01/09/2005		Yes	No
Other publications		01/11/2005		Yes	No
Other publications		01/12/2005		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes