



Intervention Study to Reduce Salt Intake Among Ministry of Health Staff (My STARS)

ID Responden:

Module A : Health Problem

- A1. Are you currently undergoing treatment for the following condition Notes
- | | | |
|--|---|---|
| <input type="checkbox"/> Liver disease | <input type="checkbox"/> Diuretic therapy | <input type="checkbox"/> Kidney failure |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Diabetes | | |
- A2. Are you on any special diet, such as diabetic diet, low salt diet, low calorie diet etc?
- Yes No
- A3. Are you pregnant?
- Yes No

Module B : Personal Information

- B1. Date
Date Month Year
- B2. Identity card
- B3. Gender Male Female
- B4. Age Years
- B5. Ethnicity Malay Chinese Indian Bumiputra Sabah Bumiputra Sarawak Orang Asli
 Others _____
- B6. Marital status Not married Married Separated Widow/Widower Balu
 Others _____
- B7. Highest academic qualification Year 6 Form 3 Form 5 Form 6/ Certificate/ Diploma
 Degree Master PhD Others _____
- B8. Individual income RM _____ Do not know Do not want to answer
- B9. Household income RM _____ Do not know Do not want to answer

Module C : Anthropometry and Blood Pressure Measurement

- C1. Body weight . kg Notes
- C2. Height . m
- C3. Waist circumference cm
- C4. Blood pressure
Systolic mmHg
Diastolic mmHg

Module D : Medical History

D1. In the last **6 months**, from....till today, have you taken any painkillers such as Ponstan, Voltaren, Brufen, Arcoxia and Celebrex/ Mobic? Panadol/ paracetamol is not included.

Yes No

**If your answer is NO, please go to question D3*

D2. How frequent do you take those painkillers?

At least once a day At least once a week At least once a month More than a month

D3. In the last **6 months**, from....till today, have you taken any herbs/ traditional medicine such as 'Ubat Makjun', ginseng, 'Tongkat Ali', 'Kacip Fatimah' etc?.

Yes No

**If your answer is NO, please go to Module E*

D4. How frequent do you take those herbs/ traditional medicine?

At least once a day At least once a week At least once a month More than a month

Module E : Knowledge, Attitude and Practice Towards Salt Intake

E1. Do you add salt to food at the table?

Never Rarely (1-2 times) Sometimes (2-3 times) Often (4-5 times) Always (>6 times)

E2. Do you add soy sauce to food at the table?

Never Rarely (1-2 times) Sometimes (2-3 times) Often (4-5 times) Always (>6 times)

E3. In the food you eat at home salt is added in cooking

Never Rarely (1-2 times) Sometimes (2-3 times) Often (4-5 times) Always (>6 times)

E4. How much salt do you think you consume?

Far too much Too much Too little Far too little Dont know

E5. Do you think that a high salt diet could cause a serious health problem?

Yes No

E6. If **Yes** in E5 above, what sort of problem?

High blood pressure Stroke Heart disease Osteoporosis
 Stomach cancer Kidney stones Leptospirosis Dengue

E7. Do you know the national recommendation of salt intake for an adult in a day?

1 table spoon (15 gram) 1 level teaspoon (5 gram) 2 level teaspoon (10gram)
 ½ level teaspoon(2.5 gram) Don't know

E8. The chemical name of salt in cooking is potassium chloride

Right Wrong Don't Know

E9. Sodium / Natrium refers to salt in the Nutrition Information Panel

Right Wrong Don't Know

E10. Choose the foods with higher salt content (select one answer only)

1 whole Banana 2 slices of Bread 1 scoop of Ice-cream
 1 whole steamed sweet potato 1 plate of fried mee

E11. How important to you is lowering the salt/sodium in your diet?

- Not important Somewhat important Very important

E12. Do you do anything on a regular basis to control your salt or sodium intake?

- Yes No

**If your answer YES, please go to question E12*

E13. If answer is Yes in E12 above, what do you do

- Avoid/minimize consumption of processed foods Do not add salt at the table
 Look at the salt or sodium labels on food Buy low salt alternatives
 Do not add salt when cooking Avoid eating out
 Use spices other than salt when cooking Other (specify) _____

E14. In a typical week, how many days do you take breakfast (6.00 am to 8.00 am)?

1 2 3 4 5 6 7 day

E15. Where do you normally get the food from? (select one answer only)

- Home prepared Buy from restaurant / stall / kiosk Buy from fast food outlet
 Buy from cafeteria / canteen at workplace Dining at functions / ceremony
 Others _____

E16. In a typical week, how many days do you take lunch? (12.00 pm to 2.00 pm)?

1 2 3 4 5 6 7 day

E17. Where do you normally get the food from? (select one answer only)

- Home prepared Buy from restaurant / stall / kiosk Buy from fast food outlet
 Buy from cafeteria / canteen at workplace Dining at functions / ceremony
 Others _____

E18. In a typical week, how many days do you take dinner? (12.00 pm to 2.00 pm)?

1 2 3 4 5 6 7 day

E19. Where do you normally get the food from? (select one answer only)

- Home prepared Buy from restaurant / stall / kiosk Buy from fast food outlet
 Buy from cafeteria / canteen at workplace Dining at functions / ceremony
 Others _____

E20. Based on nutrition fact on bread brand Y shown below, please read and state whether the statement is correct or wrong

Nutritional facts for 1 packet of bread Y		
Serving size : 2 slices (60.3 gram)		Serving per packet : 6.5
	Every serving (2 slices)	Every 100 gram
Energy	249 kcal	151 kcal
Fat	2.1 g	1.3 g
Cholestrol	0 mg	0mg
Sodium	430 mg	265 mg
Carbohydrate	43.2g	26.6 g
Fibre	7.1 g	4.4 g
Protein	12.2g	7.5g
Vitamin A	331ug	204ug
Calcium	295mg	182 mg
Iron	7.6 mg	4.7mg
Vitamin E	5.5 mg	3 mg
Zink	2.1 mg	1.3 mg

If I eat 2 serving of bread y, it provides me with 530 mg of sodium

True False Don't Know

E21. What information about salt and health do you want to know? Please state

- a. _____
 b. _____
 c. _____
 d. _____

E22. Normally you get health information from (can be more than 1)

1. Magazine / newspaper / reference book 2. Health booklet
 3. Poster / banner / bunting 4. Internet (website, portal)
 5. Apps (example: MyNutriDiary, MyHealth Portal) 6. Social media (Twitter, Facebook, Instagram, WhatsApp, YouTube)
 7. Electronic media (Television, radio) 8. Seminars / forums
 9. Campaign / health camp

E23. Based on the list above (E22), please state the method you have chosen for the delivery of health information.

No _____

Module F : Food Frequency Questionnaire

No.	A. Type of food	B. Frequency of Intake (Fill in one column only)			C. Quantity consume	D. Serving Size
		Daily	Week	Month		
1	Meat & Product					
E101	Roasted chicken					1 medium piece
E102	Fried chicken with spices					1 medium piece
E103	Ayam gulai					1 medium piece
E104	Chicken curry					1 medium piece
E105	Chicken cooked with soy sauce					1 medium piece
E106	Chicken cooked with chili sauce					1 medium piece
E107	Grilled chicken					1 medium piece
E108	Ayam rendang					1 medium piece
E109	Chicken soup					1 medium piece
E110	Mutton curry					1 medium piece
E111	Beef soup with soy sauce					1 medium bowl
E112	Beef soup					1 medium piece
E113	Beef cooked with gulai sauce					1 medium piece
E114	Beef cooked with rendang sauce					1 medium piece
E115	Fried internal organ					1 medium piece
E116	Chicken satay					3 sticks
E117	Beef satay					3 sticks
E118	Ham, Luncheon					1 medium piece
E119	Mixed Tom yam					1 medium bowl
2	Fish/ seafood and products					
E201	Fish / prawn / squid / crab ball / cake					1 piece / ball
E202	Fish cooked with sambal					1 medium
E203	Fish anchovies					1 dessert spoon
E204	Sambal tumis ikan bilis					1 dessert spoon
E205	Fish cooked with soy sauce					1 medium piece
E206	Sweet and sour fish					1 medium piece
E207	Salted fish					1 small piece
E208	Roasted or grilled fish					1 medium
E209	Fish soup					1 medium bowl
E210	Fried squid /prawn					1 medium piece
E211	Squid / prawn cooked with sambal					1 medium piece
E212	Dried squid					1 medium piece
E213	Dried shrimp (dalam masakan)					2 dessert spoon
E214	Tofu cooked with bean paste					1 piece
3	Egg					
E3001	Omelette					1 medium
E3002	Egg cooked with coconut milk					1 medium
E3003	Salted egg					1 medium

No.	A. Type of food	B. Frequency of Intake (Fill in one column only)			C. Quantity consume	D. Serving Size
		Daily	Week	Month		
4	Spread					
E4001	Cheese					1 Slice
E4002	Margarine					1 teaspoon
E4003	Peanut butter					1 teaspoon
5	<i>Kuih muih</i> / bread					
E501	White bread					2 slices
E502	Murtabak					1 piece
E5003	<i>Roti canai / roti telur</i>					1 <i>keping</i>
E5004	<i>Prawn fritter</i>					3 numbers
E5005	Sardine sandwich					2 sets
E5006	<i>Pulut panggang</i>					2 numbers
6	Snack					
E601	Pickles					4 pieces
E602	Salted nuts					1 small packet
E603	Fish / Prawn crisps					1 small packet
E604	<i>Keropok Kentang / Bawang</i>					1 small packet
E605	Potato chips					1 small packet
E606	<i>Kerepek rangup (maruku)</i>					1 small packet
E607	<i>Papadam/ appalam</i>					2 pieces (32.8g)
7	Seasoning / Flavouring/ Sauces					
E701	Budu sauce					1 teaspoon
E702	<i>Cencaluk</i>					1 teaspoon
E703	Soy sauce (light)					1 dessert spoon
E704	Soy sauce (thick)					1 dessert spoon
E705	<i>Sambal belacan</i>					2 dessert spoon
E706	Tomato / chilli sauce					1 dessert spoon
E707	Soy sauce sambal					1 dessert spoon
E708	Asam boi					1 teaspoon (5g) = 4mg sodium

No.	A. Type of food	B. Frequency of Intake (Fill in one column only)			C. Quantity consume	D. Serving Size
		Daily	Week	Month		
8	Fast Food					
E801	Original Fried Chicken (Drumstick / thigh / breast/wing)					1 piece / ball
E802	Spicy Fried Chicken (Drumstick / thigh / breast/wing)					1 medium
E803	Burger (Chicken / beef / fish / banjo)					1 dessert spoon
E804	Chicken meatball soup					1 medium piece
E805	Chicken wing – Deli / Sweet and spicy					1 medium piece
E806	Coleslaw					1 medium
E807	Colonel Chicken Rice					1 medium bowl
E808	Colonel / Fillet / Zinger / McChicken/ Double cheese burger					1 medium piece
E809	French Fries					1 medium piece
E810	Sausage					2 dessert spoon
E811	Mashed potato					1 small piece
E812	Chicken nugget					6 piece
E813	Pasta					1 medium
E814	Pizza					1 medium
E815	Cheezy wedges					1 medium
9	Cooked food					
E901	Fried kueh teow					1 plate
E902	Sizzling noodle					1 bowl
E903	Mee kolok					1 plate
E904	Penang laksa					1 bowl
E905	Laksam					1 bowl
E906	Fried noodle					1 plate
E907	Jawa noodle					1 bowl
E908	Curry noodle					1 bowl
E909	Instant noodle					1 bowl
E910	Fried instant noodle					1 plate
E911	Noodle soup					1 bowl
E912	Fried rice vermicelli					1 plate
E913	Rice vermicelli soup					1 bowl
E914	Chicken rice					1 plate
E915	Briyani rice					1 plate
E916	Nasi Dagang					1 plate
E917	Fried Rice					1 plate
E918	Nasi Kerabu					1 plate
E919	Steamed Rice					1 plate
E920	Nasi Lemak					1 plate
E921	Flavoured rice					1 plate

No.	A. Type of food	B. Frequency of Intake (Fill in one column only)			C. Quantity consume	D. Serving Size
		Daily	Week	Month		
10	Other cooked food					
E1001	Indian yogurt chilli (Moor molagai)					1 cup
E1002	<i>Acar sayur / jeruk bambangan / acar buah Indian (Urukkai)</i>					2 dessert spoon
E1003	Manggo salad					1 bowl
E1004	Peanut gravy					1 dessert spoon
E1005	Fried vegetable					1 cup
E1006	Vegetable cooked with salted fish					2 dessert spoon
E1007	Vegetable with soy sauce/ oyster sauce					2 dessert spoon
E1008	Vegetable cooked with coconut milk					1 cup
E1009	Salted vegetable / lobak masin					1 dessert spoon
11	Canned food					
E1001	Roasted nuts					2 dessert spoon
E1102	Canned sardine					1 piece
E1103	Creamy soup / mushroom/ chicken					1 bowl
E1104	Canned Tuna					1 piece