**Supplementary table 2.** Parents/caregivers’ and other adults’ frequency of engaging in salt-related behaviours

|  |  |  |
| --- | --- | --- |
| Behaviour | Parents/caregivers of a child/children <18 years of age (n=840) | Other participants (n=1558) |
| How often do you add salt to your food at the table? |  |  |
| Always/often (%) | 28 | 22 |
| Sometimes (%) | 25 | 23 |
| Rarely/never (%) | 46 | 54 |
| Don’t know\* (%) | 1 | 1 |
| In the food you eat at home, how often is salt added during cooking? |  |  |
| Always/often (%) | 39 | 35 |
| Sometimes (%) | 28 | 24 |
| Rarely/never (%) | 32 | 39 |
| Don’t know\* (%) | 1 | 1 |
| Do you place a salt shaker on your table at meal times? |  |  |
| Always/often (%) | 29 | 26 |
| Sometimes (%) | 20 | 20 |
| Rarely/never (%) | 50 | 53 |
| Don’t know\* (%) | 1 | 1 |
| Looked at a food label to check the salt/sodium content of a food item |  |  |
| Always/often (%) | 31 | 30 |
| Sometimes (%) | 27 | 25 |
| Rarely/never (%) | 41 | 42 |
| Does not apply to me\* (%) | 1 | 3 |
| Avoided eating packaged, ready-to-eat foods |  |  |
| Always/often (%) | 45 | 49 |
| Sometimes (%) | 30 | 26 |
| Rarely/never (%) | 23 | 22 |
| Does not apply to me\* (%) | 2 | 3 |
| Used spices/herbs instead of salt when cooking |  |  |
| Always/often (%) | 54 | 53 |
| Sometimes (%) | 25 | 26 |
| Rarely/never (%) | 18 | 18 |
| Does not apply to me\* (%) | 3 | 3 |
| Avoided eating food from fast food restaurants (e.g. McDonalds, KFC, Pizza Hut) |  |  |
| Always/often (%) | 50 | 51 |
| Sometimes (%) | 27 | 25 |
| Rarely/never (%) | 21 | 21 |
| Does not apply to me\* (%) | 2 | 3 |
| Avoided eating from an Asian style restaurant or takeaway store (i.e. Chinese, Thai, Indian) |  |  |
| Always/often (%) | 33 | 34 |
| Sometimes (%) | 32 | 30 |
| Rarely/never (%) | 32 | 33 |
| Does not apply to me\* (%) | 3 | 3 |
| Purchased foods labelled ‘no added salt’, ‘salt reduced’ or ‘reduced sodium’ |  |  |
| Always/often (%) | 39 | 36 |
| Sometimes (%) | 30 | 32 |
| Rarely/never (%) | 29 | 30 |
| Does not apply to me\* (%) | 2 | 2 |
| When eating out, asked to have your meal prepared without salt |  |  |
| Always/often | 16 | 10 |
| Sometimes | 13 | 10 |
| Rarely/never | 69 | 76 |
| Does not apply to me\* (%) | 2 | 4 |
| Are you trying to cut down on the amount of salt you eat? |  |  |
| Yes (%) | 48 | 39 |
| No (%) | 47 | 56 |
| Don’t know\* (%) | 5 | 6 |

\*Response option excluded from analysis due to a low number of participants selecting this option