

## **Annex 1**

### **Sodium calculation from different sources**

Drinking water: Individual status of drinking water was calculated first. The amount of water a person drink per day was collected through questionnaire survey. The salinity concentration value was collected from testing the specific drinking water source. Then, we estimated the amount of salt a person took per day in that area. Finally we converted this estimated amount of salt into sodium using standard procedures. For instances, 1000 mg Salt = 400 mg Sodium or 1 mg Salt = 0.4 mg Sodium.

[WHO recommended value was considered for calculation, 5 gram Salt equivalent to 2 grams Sodium. It means that 1 gram Salt = 0.4 gram Sodium.]

Direct salt (table salt): Through questionnaire survey, respondents were asked, how much salt they consumed during meals. The focus was on raw salt (table salt- NaCl). From the salt measurement, sodium was calculated.

Food Intake: A standard food table was created with 45 food items that the respondents usually took on a weekly basis. The amount of food was recorded in grams and numbers where applicable (e.g, number of egg or banana). From this amount, Sodium was calculated for each food item by multiplying the concentration amount of sodium of that amount of food. For example, Sodium from Rice = (Amount of Rice in gram) X Concentration of Sodium in Rice (0.1097 mg/g) (Islam et al., 2010). For this calculation, household size was also taken into account to estimate per capita intake per SES.

Sodium was calculated at the individual level from table salt and drinking water sources. Sodium from food was calculated at hte household level and then attributed to individual consumption in SES level.