**Supplementary tables**

**Supplementary table 1: Response rates across three recruitment strategies**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 2014 participants | Electoral participants | O week participants | Total |
| Invited | 271 | 5694 | 204 | 6169 |
| Consented | 185 | 175 | 102 | 462 |
| Withdrew | 6 | 11 | 24 | 41 |
| Consented but no urine | 0 | 0 | 1 | 1 |
| Consented but no survey | 0 | 0 | 1 | 1 |
| Consented but no urine + survey | 6 | 0 | 2 | 8 |
| Consented by didn’t provide data/no longer contactable | 2 | 13 | 26 | 41 |
| Return to sender | 9 | 5 | 5 | 19 |
| Did not meet study inclusion criteria | 6 | 11\* | 0 | 6 |
| Deceased | 1 | 0 | 0 | 1 |
| Not required as full age limit | 0 | 4 | 0 | 4 |
| Urine sample lost | 3 | 2 | 0 | 5 |
| Response rate | 68.3 | 3.1 | 50.0 | 7.5 |

\*withdrew and counted in above for this (i.e. consented but did not meet inclusion criteria so formally withdrew)

Note: Orientation-week (O-week) recruitment methodology was slightly different. Rather than being invited via mail package as per 2014 study and electoral roll participants, stall holders verbally “invited” potential participants and recorded the number they “invited” in this manner.

**Supplementary figure 1: Flow diagram of participants**

Invited

Consented

Analysed

Final sample

2014 participants

(n=271)

Electoral roll participants

(n=5694)

O week participants

(n=204)

Consented (n=185)

Consented (n=175)

Consented (n=102)

n=365

Excluded from analysis

Incomplete data collected (n=10)

Urine sample lost (n=10)

Urine exclusion criteria applied (n=7)

n=338 valid urine collections

Did not meet study criteria (n=6)

Deceased (n=1)

RTS (n=9)

Withdrew (n=24)

Didn’t provide data/no longer contactable (n=26)

Withdrew (n=6)

Didn’t provide data/no longer contactable (n=13)

RTS (n=5)

Withdrew (n=11)

Not required as age category met (n=4)

Didn’t provide data/no longer contactable (n=13)

**Supplementary table 2: Demographic characteristics of a sample of Victorian adults aged 18-65 years (unweighted)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Urine collection completers** | | | **Diet recall completers** | | |  |
|  | **Total**  n=338 | **Males**  n= 148 (44%) | **Females**  n=190 (56%) | **Total**  n=142 | **Males**  n=64  (45%) | **Females**  n=78  (55%) | **Victorian population (%)**  **49% males, 51% femalesa** |
|  | **Proportion (%) or mean (SD)** | **Proportion (%)or mean (SD)** | **Proportion (%)or mean (SD)** | **Proportion (%)or mean (SD)** | **Proportion (%)or mean (SD)** | **Proportion (%)or mean (SD)** |  |
| **Age \*** | 47.6 (13.4) | 49.6 (12.8) | 46.1 (13.7) | 45.6 (12.0) | 48.9 (10.4) | 43.0 (12.6) | 37 (median)a |
| **Age group (years)** |  |  |  |  |  |  |  |
| 18-24 | 15.3 | 11.6 | 18.0 | 6.3 | 1.6 | 10.3 | 13.3b |
| 25-34 | 7.9 | 5.6 | 9.6 | 13.4 | 6.3 | 19.2 | 15.7 |
| 35-44 | 17.3 | 19.7 | 15.4 | 26.8 | 29.7 | 24.4 | 13.4 |
| 45-54 | 25.0 | 23.6 | 26.1 | 28.9 | 34.4 | 24.4 | 12.8 |
| 55-65 | 34.6 | 39.5 | 30.9 | 24.7 | 28.1 | 21.8 | 11.2 |
| **BMI \*** | 25.3 (4.2) | 26.3 (3.7) | 24.5 (4.5) | 24.8 (4.1) | 25.9 (3.8) | 23.9 (4.1) |  |
| **BMI category** |  |  |  |  | ns |  |  |
| Underweight | 2.5 | 0.7 | 4.0 | 4.4 | 0 | 7.9 | 2.3c |
| Healthy weight | 46.7 | 34.8 | 56.3 | 46.4 | 38.7 | 52.6 | 37.7 |
| Overweight | 37.9 | 48.9 | 29.0 | 39.9 | 51.6 | 30.3 | 30.6 |
| Obese | 12.9 | 15.6 | 10.8 | 9.4 | 9.7 | 9.2 | 19.1 |
| **Socioeconomic disadvantage** (quintiles) |  |  |  |  | ns |  |  |
| 1st quintile (greatest disadvantage) | 6.8 | 4.1 | 8.9 | 7.8 | 3.1 | 11.5 |  |
| 2nd quintile | 6.2 | 7.4 | 5.3 | 4.9 | 4.7 | 5.1 |  |
| 3rd quintile | 11.8 | 12.8 | 11.1 | 14.8 | 17.2 | 12.8 |  |
| 4th quintile | 30.8 | 33.8 | 28.4 | 21.8 | 25.0 | 19.2 |  |
| 5th quintile (least disadvantage) | 44.4 | 41.9 | 46.3 | 50.7 | 50.0 | 51.3 |  |

\*Mean (SD)

a: data taken from Australian census(25); b: data taken from ABS 2017 (73). Note this statistic includes 15-24 year olds living in Victoria; b: data from Victorian Population Health Survey 2016 (74)

**Supplementary table 3:** **Urinary electrolyte excretion and dietary intake in a sample of Victorian adults aged 18-65 years (unweighted)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Total**  **Mean** | **Males**  **Mean** | **Females**  **Mean** | **p values**  **Male vs Female** |
| **Urinary excretion data** | n=338 | n=148 | n=190 |  |
| **Sodium (mmol/24-hr)**  (95% CI) | 130.5  (124.0-136.9) | 157.7  (146.9-168.6) | 109.3  (103.0-115.5) | <0.001 |
| **Salt (g/day)**  (95% CI) | 7.6  (7.2-8.0) | 9.2  (8.6-9.9) | 6.4  (6.0-6.7) | <0.001 |
| **Diet recall data** | n=142 | n=64 | n=78 |  |
| **Sodium (mmol/24-hr)**  (95% CI) | 115.4  (106.8-124.0) | 131.0  (116.7-145.3) | 102.6  (92.9-112.4) | <0.002 |
| **Salt (g/day)**  (95% CI) | 6.7  (6.2-7.3) | 7.7  (6.8-8.5) | 6.0  (5.4-6.6) | <0.002 |
| **Sodium (mmol/24hr)**  Median (IQR) | 117.7  (89.5-160.5) | 144.5  (110.6-199.7) | 103.7  (77.9-132.9) |  |
| **Energy (kJ/day)**  (95% CI) | 10,006.3  (9560.6-10,452.0) | 10,899.7  (10,232.4-11567.0) | 9273.3  (8713.2-9833.4) | <0.002 |

Note: diet recall by 24-hr dietary recall