Supplemental Table 1. Sex- and age-specific means (standard errors) of salt intake scores according to detection and recognition thresholds in Akita and Osaka after the exclusion of medication users for hypertension

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 30–59y | | | | | | 60–74y | | | | | |
|  | n | Akita | P for trend | n | Osaka | P for trend | n | Akita | P for trend | n | Osaka | P for trend |
| Men |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 80 | 2.6 (0.2) | 0.25 | 75 | 2.5 (0.2) | 0.48 | 78 | 1.8 (0.2) | 0.34 | 96 | 2.1 (0.2) | 0.99 |
| 0.2% | 17 | 2.5 (0.4) |  | 23 | 2.7 (0.3) |  | 28 | 2.0 (0.3) |  | 32 | 2.3 (0.3) |  |
| ≥0.4% | 21 | 3.1 (0.3) |  | 20 | 2.7 (0.3) |  | 37 | 2.0 (0.2) |  | 30 | 2.0 (0.3) |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 37 | 2.3 (0.3) | 0.06 | 24 | 2.6 (0.3) | 0.88 | 16 | 2.3 (0.4) | 0.27 | 18 | 2.2 (0.3) | 0.28 |
| 0.2–0.4% | 25 | 2.6 (0.3) |  | 18 | 2.3 (0.4) |  | 23 | 1.9 (0.3) |  | 31 | 2.0 (0.3) |  |
| 0.6–0/8% | 18 | 2.9 (0.4) |  | 26 | 2.7 (0.3) |  | 20 | 1.9 (0.3) |  | 27 | 2.5 (0.3) |  |
| 1.0–1.6% | 10 | 2.1 (0.5) |  | 26 | 2.6 (0.3) |  | 26 | 1.8 (0.3) |  | 36 | 2.1 (0.2) |  |
| >1.6%\* | 28 | 3.2 (0.3) |  | 24 | 2.5 (0.3) |  | 58 | 1.8 (0.2) |  | 46 | 1.8 (0.2) |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Women |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 199 | 1.6 (0.1) | 0.83 | 303 | 1.3 (0.1) | 0.58 | 162 | 1.6 (0.1) | 0.32 | 218 | 1.1 (0.1) | 0.56 |
| 0.2% | 20 | 2.3 (0.2) |  | 45 | 1.2 (0.2) |  | 25 | 1.5 (0.2) |  | 40 | 1.2 (0.2) |  |
| ≥0.4% | 14 | 1.2 (0.3) |  | 24 | 1.3 (0.2) |  | 25 | 1.9 (0.2) |  | 20 | 1.3 (0.3) |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 89 | 1.7 (0.1) | 0.65 | 103 | 1.2 (0.1) | 0.10 | 57 | 1.6 (0.2) | 0.03 | 51 | 1.2 (0.2) | 0.37 |
| 0.2–0.4% | 63 | 1.6 (0.1) |  | 88 | 1.3 (0.1) |  | 53 | 2.1 (0.2) |  | 55 | 1.2 (0.2) |  |
| 0.6–0/8% | 31 | 1.3 (0.2) |  | 50 | 1.2 (0.2) |  | 32 | 1.6 (0.2) |  | 41 | 1.3 (0.2) |  |
| 1.0–1.6% | 27 | 1.5 (0.2) |  | 62 | 1.4 (0.2) |  | 30 | 1.3 (0.2) |  | 60 | 1.2 (0.1) |  |
| >1.6%\* | 23 | 1.8 (0.2) |  | 69 | 1.5 (0.1) |  | 40 | 1.2 (0.2) |  | 71 | 1.0 (0.1) |  |

\*>1.6% : not recognizing of 1.6% salt taste

Supplemental Table 2.Age-specific means (standard errors) of systolic and diastolic blood pressures according to detection and recognition thresholds for men in Akita and Osaka after the exclusion of medication users for hypertension

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 30–59y | | | | | | |  | 60–74y | | | | | | |
|  | n | Akita | P for trend |  | n | Osaka | P for trend |  | n | Akita | P for trend |  | n | Osaka | P for trend |
| Men |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Systolic blood pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 80 | 122.5 (1.9) | 0.03 |  | 75 | 124.7 (1.6) | 0.83 |  | 78 | 131.1 (2.1) | 0.09 |  | 96 | 134.3 (1.8) | 0.36 |
| 0.2% | 17 | 124.8 (4.0) |  |  | 23 | 129.0 (2.9) |  |  | 28 | 136.2 (3.5) |  |  | 32 | 129.6 (3.1) |  |
| ≥0.4% | 21 | 132.2 (3.7) |  |  | 20 | 122.3 (3.1) |  |  | 37 | 136.9 (3.0) |  |  | 30 | 139.4 (3.2) |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 37 | 119.3 (2.7) | 0.01 |  | 24 | 126.6 (2.9) | 0.27 |  | 16 | 135.8 (4.6) | 0.84 |  | 18 | 137.7 (4.1) | 0.85 |
| 0.2%–0.4% | 25 | 124.8 (3.3) |  |  | 18 | 127.7 (3.3) |  |  | 23 | 137.1 (3.8) |  |  | 31 | 133.3 (3.2) |  |
| 0.6%–0/8% | 18 | 124.4 (3.9) |  |  | 26 | 126.6 (2.8) |  |  | 20 | 125.4 (4.1) |  |  | 27 | 129.1 (3.4) |  |
| 1.0%–1.6% | 10 | 121.2 (5.2) |  |  | 26 | 120.7 (2.7) |  |  | 26 | 134.2 (3.7) |  |  | 36 | 139.6 (2.9) |  |
| >1.6%\* | 28 | 132.7 (3.3) |  |  | 24 | 125.0 (2.9) |  |  | 58 | 134.2 (2.4) |  |  | 46 | 132.5 (2.6) |  |
| Diastolic blood pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 80 | 82.3 (1.3) | 0.05 |  | 75 | 83.9 (1.4) | 0.58 |  | 78 | 82.0 (1.1) | 0.08 |  | 96 | 82.9 (1.0) | 0.80 |
| 0.2% | 17 | 81.9 (2.8) |  |  | 23 | 87.8 (2.4) |  |  | 28 | 84.8 (1.9) |  |  | 32 | 82.6 (1.8) |  |
| ≥0.4％ | 21 | 89.1 (2.6) |  |  | 20 | 80.6 (2.7) |  |  | 37 | 85.3 (1.6) |  |  | 30 | 83.6 (1.9) |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 37 | 80.7 (2.0) | 0.08 |  | 24 | 86.4 (2.4) | 0.18 |  | 16 | 86.8 (2.5) | 0.02 |  | 18 | 83.8 (2.4) | 0.69 |
| 0.2%–0.4% | 25 | 84.4 (2.4) |  |  | 18 | 84.9 (2.8) |  |  | 23 | 87.8 (2.0) |  |  | 31 | 83.2 (1.8) |  |
| 0.6%–0.8% | 18 | 82.0 (2.8) |  |  | 26 | 86.0 (2.4) |  |  | 20 | 80.3 (2.2) |  |  | 27 | 80.8 (2.0) |  |
| 1.0%–1.6% | 10 | 85.5 (3.7) |  |  | 26 | 79.6 (2.3) |  |  | 26 | 83.9 (2.0) |  |  | 36 | 86.1 (1.7) |  |
| >1.6%\* | 28 | 86.4 (2.3) |  |  | 24 | 84.0 (2.4) |  |  | 58 | 81.5 (1.3) |  |  | 46 | 81.4 (1.5) |  |

>1.6% : not recognizing of 1.6% salt taste

Adjusted for BMI, smoking status, and ethanol intake

This analysis excluded subjects under medication for hypertension.

Supplemental Table 3. Age-specific means (standard errors) of systolic and diastolic blood pressures according to detection and recognition thresholds for women in Akita and Osaka after the exclusion of medication users for hypertension

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 30–59y | | | | | | |  | 60–74y | | | | | | |
|  | n | Akita | P for trend |  | n | Osaka | P for trend |  | n | Akita | P for trend |  | n | Osaka | P for trend |
| Women |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Systolic blood pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 199 | 117.6 (1.1) | 0.30 |  | 303 | 115.1 (0.9) | 0.92 |  | 162 | 131.8 (1.4) | 0.01 |  | 218 | 127.9 (1.1) | 0.25 |
| 0.2% | 20 | 116.7 (3.6) |  |  | 45 | 115.1 (2.3) |  |  | 25 | 132.8 (3.5) |  |  | 40 | 129.4 (2.6) |  |
| ≥0.4% | 14 | 123.4 (4.2) |  |  | 24 | 114.7 (3.2) |  |  | 25 | 120.3 (3.5) |  |  | 20 | 132.3 (3.8) |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 89 | 115.4 (1.7) | 0.02 |  | 103 | 112.6 (1.5) | 0.37 |  | 57 | 133.0 (2.4) | 0.37 |  | 51 | 130.5 (2.3) | 0.18 |
| 0.2%–0.4% | 63 | 117.6 (2.0) |  |  | 88 | 116.6 (1.6) |  |  | 53 | 129.8 (2.5) |  |  | 55 | 131.2 (2.3) |  |
| 0.6%–0/8% | 31 | 120.3 (2.8) |  |  | 50 | 113.4 (2.1) |  |  | 32 | 131.0 (3.1) |  |  | 41 | 123.9 (2.6) |  |
| 1.0%–1.6% | 27 | 119.0 (3.0) |  |  | 62 | 121.0 (1.9) |  |  | 30 | 126.9 (3.2) |  |  | 60 | 128.5 (2.2) |  |
| >1.6%\* | 23 | 124.0 (3.3) |  |  | 69 | 112.5 (1.8) |  |  | 40 | 130.6 (2.8) |  |  | 71 | 127.2 (2.0) |  |
| Diastolic blood pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Detection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 199 | 75.3 (0.7) | 0.94 |  | 303 | 74.9 (0.6) | 0.55 |  | 162 | 79.5 (0.7) | 0.001 |  | 218 | 78.7 (0.7) | 0.11 |
| 0.2% | 20 | 73.4 (2.3) |  |  | 45 | 75.5 (1.6) |  |  | 25 | 78.5 (1.8) |  |  | 40 | 78.0 (1.6) |  |
| ≥0.4％ | 14 | 76.2 (2.7) |  |  | 24 | 75.9 (2.1) |  |  | 25 | 72.8 (1.8) |  |  | 20 | 84.1 (2.3) |  |
| Recognition |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.1% | 89 | 75.2 (1.1) | 0.86 |  | 103 | 74.1 (1.0) | 0.88 |  | 57 | 80.9 (1.2) | 0.17 |  | 51 | 79.5 (1.4) | 0.94 |
| 0.2%–0.4% | 63 | 74.4 (1.3) |  |  | 88 | 75.9 (1.1) |  |  | 53 | 77.9 (1.3) |  |  | 55 | 78.3 (1.3) |  |
| 0.6%–0.8% | 31 | 77.6 (1.8) |  |  | 50 | 75.8 (1.5) |  |  | 32 | 77.2 (1.6) |  |  | 41 | 77.4 (1.5) |  |
| 1.0%–1.6% | 27 | 72.8 (1.9) |  |  | 62 | 77.1 (1.3) |  |  | 30 | 77.3 (1.7) |  |  | 60 | 81.9 (1.3) |  |
| >1.6%\* | 23 | 76.6 (2.1) |  |  | 69 | 72.8 (1.3) |  |  | 40 | 78.4 (1.4) |  |  | 71 | 77.7 (1.2) |  |

\*>1.6% : not recognizing of 1.6% salt taste

adjusted for BMI, smoking status, and ethanol intake

This analysis excluded subjects under medication for hypertension.