| **Study** | **Participants** | **Intervention(s)** | **IntakeStatus Ascertainment** | **Findings - Outcomes and Comparison** |
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| Whelton, 199890; Appel, 200191; Espeland, 199992; Banson, 199793; Appel, 1995 94; Kostis, 199895; Whelton, 199796Location: USSetting: CommunityDesign: Randomized Factorial Design individualStudy Name:Trial of nonpharmacological interventions in the elderly (TONE)Number of Sites: 4Study Years: 1992-1995 | Study of: AdultsN: 681Intervention 1:% Male: NRMean Age/Range/Age at Baseline: NRRace: NRSystolic BP: NRDiastolic BP: NRMagnesium: NRCalcium: NROther Minerals: NRMean BMI: NR% with Hypertension: 100% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRComparator:% Male: NRMean Age/Range/Age at Baseline: mean 66.5 (SD 4.6)Race: African American: 24%Systolic BP: NRDiastolic BP: NRMagnesium: NRCalcium: NROther Minerals: NRMean BMI: NR% with Hypertension: 100% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRInclusion: Ages 60-80, SBP<145, DBP <85 while on anti-hypertensive medication, stable health, independence in daily living, capacity to alter diet and physical activity in accordance with the interventionExclusion: History of a stroke or heart attack within the last 6 months, current angina pectoris, CHF, insulin dependent diabetes, serious physical or mental illness, unexplained weight loss of more than 4.5 kg during the past year, BMI <21 (both sexes), BMI>33 (men), BMI>37(women), hyperglycemia, anemia. | Intervention Type(s):Intervention 1: Dietary/lifestyle counseling (single or multiple sessions, including dietary advice) to reduce sodium intakeDescription: 24/h dietary sodium intake <= 80 mmolForm of Administration: Dietary Modification: Nutritionists conducted small group and individual meetings to advise patients on ways to change eating patternsDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRIntervention 2: NRDescription: 24/h dietary sodium intake <= 80 mmolForm of Administration: NRDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRComparator: Other: NRDescription: Participants asked not to change their usual dietForm of Administration: Usual dietDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRDuration: NRExposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measure, 24-hour diet recallBest sodium measure recorded: 2 times during enrollment, then at 9, and 18 months, and at the final follow upSodium, Method of Validation: 24-hour "diet recall"Sodium Status Intervention 1: Net reduction of -39.8 mmol/dayPotassium measure: Single 24-hour urine analysis without validationBest potassium measure recorded: 2 times during enrollment, then at 9, and 18 months, and at the final follow upHow was blood pressure measured? BP measured while patients were in the seated position using Hawksley random-zero sphygmomanometers. SBP defined as the pressure at which the first Kortkoff sound was heard, DBP when the 5th sound could no longer be heard.CVD, CHD, stroke, kidney stones/disease Outcomes-Method of ascertainment: Interview with participant or proxy, medical records | Subgroup: Non-African AmericanDiastolic BP-sittingFollow-Up Time: 3.5 monthsComparison: Intervention 1 vs ComparatorMD -1.60 (95% CI: -2.96 - -0.24)Systolic BP-sittingFollow-Up Time: 3.5 monthsComparison: Intervention 1 vs ComparatorMD -4.00 (95% CI: -5.99 - -2.01)Subgroup: African AmericanDiastolic BP-sittingFollow-Up Time: 3.5 monthsComparison: Intervention 1 vs ComparatorMD -3.00 (95% CI: -5.39 - -0.61)Systolic BP-sittingFollow-Up Time: 3.5 monthsComparison: Intervention 1 vs ComparatorMD 4.90 (95% CI: 1.46 - 8.34) |