| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Whelton, 199890; Appel, 200191; Espeland, 199992; Banson, 199793; Appel, 1995 94; Kostis, 199895; Whelton, 199796  Location: US  Setting: Community  Design: Randomized Factorial Design individual  Study Name: Trial of nonpharmacological interventions in the elderly (TONE)  Number of Sites: 4  Study Years: 1992-1995 | Study of: Adults N: 681  Intervention 1: % Male: NR Mean Age/Range/Age at Baseline: NR Race: NR Systolic BP: NR Diastolic BP: NR Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Comparator: % Male: NR Mean Age/Range/Age at Baseline: mean 66.5 (SD 4.6) Race: African American: 24% Systolic BP: NR Diastolic BP: NR Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: 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 intervention Exclusion: 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 intake Description: 24/h dietary sodium intake <= 80 mmol Form of Administration: Dietary Modification: Nutritionists conducted small group and individual meetings to advise patients on ways to change eating patterns Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 2: NR Description: 24/h dietary sodium intake <= 80 mmol Form of Administration: NR Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Other: NR Description: Participants asked not to change their usual diet Form of Administration: Usual diet Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: NR Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measure, 24-hour diet recall Best sodium measure recorded: 2 times during enrollment, then at 9, and 18 months, and at the final follow up Sodium, Method of Validation: 24-hour "diet recall" Sodium Status Intervention 1: Net reduction of -39.8 mmol/day Potassium measure: Single 24-hour urine analysis without validation Best potassium measure recorded: 2 times during enrollment, then at 9, and 18 months, and at the final follow up  How 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 American Diastolic BP-sitting Follow-Up Time: 3.5 months Comparison: Intervention 1 vs Comparator MD -1.60 (95% CI: -2.96 - -0.24) Systolic BP-sitting Follow-Up Time: 3.5 months Comparison: Intervention 1 vs Comparator MD -4.00 (95% CI: -5.99 - -2.01)  Subgroup: African American Diastolic BP-sitting Follow-Up Time: 3.5 months Comparison: Intervention 1 vs Comparator MD -3.00 (95% CI: -5.39 - -0.61) Systolic BP-sitting Follow-Up Time: 3.5 months Comparison: Intervention 1 vs Comparator MD 4.90 (95% CI: 1.46 - 8.34) |