| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Sinaiko, 199333; Gomez-Marin, 199134  Location: US  Setting: Community  Design: Randomized, parallel  Number of Sites: multiple  Study Years: 1986-1987 | Study of: Children N: 210  Intervention 1: % Male: 50 Mean Age/Range/Age at Baseline: 13.2 Race: NR Systolic BP: 113.6 Diastolic BP: 63.4 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 22.5 % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Intervention 2: % Male: 52 Mean Age/Range/Age at Baseline: mean 13.3 (SD 0.1) Race: NR Systolic BP: 114.2 Diastolic BP: 66.6 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 22.3 % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Comparator: % Male: 51 Mean Age/Range/Age at Baseline: mean 13.4 (SD .01) Race: NR Systolic BP: 113.7 Diastolic BP: 65.3 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 22.2 % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: Blood pressure at rescreening was > 109 mm Hg for boys and 108 mm Hg for girls Exclusion: SBP>=140/DBP>=90 on average, DBP>100 on any visit, history of renal disease with significant hematuria or proterinuria, or serum creatinine>1.5 mg/dl. Hypokalemia, chronic system illness, compliance issues | Intervention Type(s):  Intervention 1: Dietary/lifestyle counseling (single or multiple sessions, including dietary advice) to reduce sodium intake Description: Reduce sodium intake to 70 mmol/day Form of Administration: Dietary Modification: Trained nutritionists instructed patients on how to reduce dietary sodium Dose: NR Na/K ratio: Boys: 2.9 ; Girls: 2.7 Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 2: Use of potassium supplement to increase potassium levels Description: NR Form of Administration: Oral potassium supplement Dose: 1 mmol/kg body weight potassium chloride per 24 hours (Max 80 mmol per 24 hours) administered in capsules Na/K ratio: Boys:2.1 mmol/24h; Girls: 2.2 mmol/24h Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Placebo Description: Participants asked not to change their usual diet Form of Administration: Placebo Dose: placebo capsules same shape and color as the potassium chloride Na/K ratio: Boys: 3; Girls 3.5 Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 36 months Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urine analysis with validation Best sodium measure recorded: 3 times, 1 year apart Sodium, Method of Validation: Pill counts, Single 24-hour urine analysis with validation Sodium Status Intervention 1: Boys: 162 mmol/24h; Girls: 119 mmol/24h Sodium Status Intervention 2: Boys: 176 mmol/24h; Girls: 173 mmol/24h Best potassium measure recorded: 3 times, 1 year apart Potassium, Method of Validation: Pill counts Potassium Status Intervention 1: Boys: 64 mmol/24h; Girls: 49 mmol/24h Potassium Status Intervention 2: Boys: 100 mmol/24h; Girls: 93 mmol/24h  How was blood pressure measured? Measured two times on the right arm and with the student in the seated position by trained personnel using a standard clinical sphygmomanometer (following a standardized protocol).Blood pressure was measured every 3 months for 3 years. | Subgroup: Girls Rate of increase in diastolic BP-sitting Follow-Up Time: 3 years Comparison: Intervention 1 vs Comparator MD -1.70 (95% CI: -3.09 - -0.31) Comparison: Intervention 2 vs Comparator MD -0.90 (95% CI: -2.29 - 0.49) Rate of increase in systolic BP-sitting Follow-Up Time: 3 years Comparison: Intervention 1 vs Comparator MD -1.90 (95% CI: -3.01 - -0.79) Comparison: Intervention 2 vs Comparator MD -0.90 (95% CI: -2.01 - 0.21)  Subgroup: Boys Rate of increase in diastolic BP-sitting Follow-Up Time: 3 years Comparison: Intervention 1 vs Comparator MD -1.40 (95% CI: -3.48 - 0.68) Comparison: Intervention 2 vs Comparator MD -1.60 (95% CI: -3.54 - 0.34) Rate of increase in systolic BP-sitting Follow-Up Time: 3 years Comparison: Intervention 1 vs Comparator MD 0.60 (95% CI: -0.65 - 1.85) Comparison: Intervention 2 vs Comparator MD 0.30 (95% CI: -0.81 - 1.41) |