| **Study** | **Participants** | **Exposure** | **Intake Status Ascertainment** | **Results** |
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| Tuomilehto, 2001145  Location: Finland  Setting: Community  Design: Prospective Cohort study  . | Study of: Adults N: 514  % Male: 48.2 Mean Age/Range/Age at Baseline: age reported by sodium quartile and gender: men q1 mean 45.4 (SD 11.6) years, men q2 mean 45.3 (SD 11.0) years, men q3 mean 46.2 (SD 10.4) years, men q4 mean 45.4 (SD 10.6) years; women q1 mean 45.7 (SD 11.6) years, women q2 mean 45.4 (SD 11.8) years, women q3 mean 44.8 (SD 11.1) years, women q4 mean 45.6 (SD 11.3) years. Race: NR Systolic BP: Systolic blood pressure reported by sodium quartile and gender: men q1 mean 144 (SD 22), men q2 mean 145 (SD 19), men q3 mean 148 (SD 20), men q4 mean 147 (SD 19); women q1 mean 141 (SD 22) years, women q2 mean 140 (SD 22), women q3 mean 141 (SD 22), women q4 mean 142 (SD 22). Diastolic BP: Diastolic blood pressure reported by sodium quartile and gender: men q1 mean 86 (SD 11), men q2 mean 86 (SD 12), men q3 mean 89 (SD 13), men q4 mean 90 (SD 13); women q1 mean 83 (SD 12) years, women q2 mean 83 (SD 12), women q3 mean 83 (SD 12), women q4 mean 85 (SD 12). Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: BMI reported by sodium quartile and gender: men q1 mean 25.5 (SD 2.4), men q2 mean 26.4 (SD 3.3), men q3 mean 26.9 (SD 3.3), men q4 mean 28.1 (SD 4.2); women q1 mean 24.6 (SD 4.2) years, women q2 mean 25.1 (SD 4.02), women q3 mean 26.3 (SD 4.6), women q4 mean 27.8 (SD 5.4). % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: Finnish men and women between 25-64 years old. Analysis of this study included both the 1982 and 1987 cohorts. Exclusion: Excluded those with incomplete collection of urine, and those with incomplete data of risk factors. Also excluded those who had a non-fatal acute coronary event or cerebrovascular event before baseline survey. | Exposure Type: 24 h urinary sodium excretion Exposure Unit: mmol  Duration: NR Exposure to Follow Up Time: up to 14 years  Dose format: NR per 100 mmol increase, Dose: NR for overweight | Sodium measure: Single 24-hour urinary analysis without reported quality control measure Best sodium measure recorded: single 24 hour urinary analysis without reported quality control measure  How was blood pressure measured? Blood pressure was measured once using a standard sphygmomanometer with a 13 cm wide and 42 cm long cuff bladder. CVD, CHD, stroke, kidney stones/disease Outcomes-Method of ascertainment: Hospital records, National database | All-cause mortality (Death) (mmol/Outcome): Up to 13 years FU per 100 mmol increase cases: 76, total: 514 Adjustment: Age and study year, and sex when analyses included both sexes combined, and for the following cardiovascular risk factors: serum total cholesterol, serum HDL cholesterol, blood pressure, body mass index, and smoking Among both normal weight and overweight female participants, no significant association was observed between urinary sodium excretion and risk of mortality, stroke, CVD mortality, and coronary heart disease and mortality.  Cardiovascular death (Death) (mmol/Outcome): Up to 13 years FU per 100 mmol increase cases: 43, total: 514 Adjustment: Age, study year Among both normal weight and overweight female participants, no significant association was observed between urinary sodium excretion and risk of mortality, stroke, CVD mortality, and coronary heart disease and mortality. |