



ONLINE PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM

A Systematic Review of Sodium Reduction Initiatives Around the World: An Evaluation Against the 2025 Global Non-Communicable Diseases Sodium Reduction Target

Dr. Kathy Trieu, Dr. Katrina Kissock, Dr. Daisy Coyle, Dr. Polly Huang, Monica Hu

1. What is the research study about?

You are invited to take part in this research study. The research is entitled “A Systematic Review of Sodium Reduction Initiatives Around the World: An Evaluation Against the 2025 Global Non-Communicable Diseases Sodium Reduction Target,” which aims to quantify the progress towards the global sodium reduction target through systematically reviewing national sodium reduction initiatives around the world. This will be the fourth update of this important review which was last published in 2021 (<https://PubMed.ncbi.nlm.nih.gov/33693460/>). This review will provide important information about countries’ progress towards lowering population sodium intake for the prevention of raised blood pressure and heart disease, generate learnings about what policies and interventions are being implemented worldwide, and identify gaps in progress towards the targeted 30% reduction in sodium intake. You have been invited based on your involvement to the development of a national sodium reduction strategy, or to the implementation of national-level sodium reduction interventions in your country.

2. Who is conducting this research?

The study is being carried out by the following researchers: Monica Hu, Dr. Kathy Trieu, Dr. Katrina Kissock, Dr. Daisy Coyle, Dr. Polly Huang, The George Institute for Global Health, T: +61 2 8052 4520

Research Funder: This research has not received funding.

3. Inclusion/Exclusion Criteria

Before you decide to participate in this research project, we need to ensure that it is ok for you to take part. The research study is looking to recruit people who had been previously involved with the development or implementation of the national sodium reduction strategy or interventions.

You are eligible to participate if you:

- Are 18 years of age or older, and
- Have been involved in national or regional salt reduction initiatives - either through government, a non-governmental organization, as a salt reduction ‘champion’ within your country, researcher or health organization member.

4. Do I have to take part in this research study?

Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the study at any stage.

If you decide you want to take part in the research study, you will be asked to:

- Read the information in this form carefully (ask questions if necessary);
- Complete and return the questionnaire to the research team via email. By doing so, you imply your consent to participate in the study.

5. What does participation in this research require, and are there any risks involved?

If you decide you want to take part in the research study, you will be asked to review/update/complete a pre-filled questionnaire that we have prepared containing information about the national sodium reduction strategy or initiatives in your country. Specifically, you will be asked to:

- Check that the information we’ve entered is correct, if not, update the answers;
- Fill in the areas where information or details are missing;
- Attach any documents and website links relevant to the questions.

We don’t expect the questionnaire to cause any harm or discomfort.



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6. What are the possible benefits to participation?

We hope to use the information we get from this research study to generate evidence of a range of population sodium reduction strategies that governments have adopted around the world, their effectiveness in lowering sodium intake, and countries or regions where sodium reduction initiatives have not been implemented. The information will also help us to better support countries in achieving the WHO target of a 30% relative reduction in mean population sodium intake which has been extended from 2025 to 2030.

7. What will happen to information about me?

By completing and returning the questionnaire to research team via email, you are providing your consent for the research team to collect and use the information you have provided in the questionnaire for the research study.

The research team will store the data collected from you for this research project for a minimum of 5 years after the publication of the research results.

The information you provide will be stored in a re-identifiable format where any identifiers such as your name, organisation, position, and contact details will be replaced with a unique code. We will store your information in a password-protected folder within The George Institute secure network.

The information that you will provide will only be used to update our database of national sodium reduction initiatives around the world, and any published information from this research project will be de-identified.

8. How and when will I find out what the results of the research study are?

The research team intend to publish and report the results of the research study in a variety of ways. All information published will be done in a way that will not identify you.

If you would like to receive a copy of the results, you can let the research team know by ticking the box and adding your email or postal address in the questionnaire. We will only use these details to send you the results of the research.

9. What if I want to withdraw from the research study?

If you do consent and complete the questionnaire, you may withdraw at any time. You can do so by completing the 'Withdrawal of Consent Form' which is provided at the end of this document. Alternatively, you can ring the research team to tell them that you no longer want to participate. If you decide to withdraw, you can ask researchers to destroy any information that you have provided and no additional information will be collected from you. Your decision not to participate will not affect your relationship with UNSW Sydney or The George Institute for Global Health.

10. What should I do if I have further questions about my involvement in the research study?

If you want any further information concerning this project or if you have any problems which may be related to your involvement in the project, you can contact the following member/s of the research team:

Research Team Contact Details

Name	Dr Kathy Trieu
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Position	Director, World Health Organization Collaborating Centre on Population Salt Reduction at The George Institute for Global Health Program Lead - Nutrition Implementation Research, Food Policy, TGI Conjoint Senior Lecturer, Faculty of Medicine UNSW
Email	ktrieu@georgeinstitute.org.au

11. What if I have a complaint or any concerns about the research study?

If you have any complaints about any aspect of the project, the way it is being conducted, then you may contact:

Complaints Contact

Position	Human Research Ethics Coordinator
Telephone	+ 61 2 9385 6222
Email	humanethics@unsw.edu.au
Reference Number	iRECS 8148

Consent Form – Participant providing own consent

Declaration by the participant

By completing and returning the questionnaire:

- I understand I am being asked to provide consent to participate in this research study;
- I have read the Participant Information Sheet, or it has been provided to me in a language that I understand;
- I provide my consent for the information collected about me to be used for the purpose of this research study only.
- I understand that if necessary, I can ask questions and the research team will respond to my questions.
- I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the study and withdrawal will not affect my relationship with any of the named organisations and/or research team members;

If you would like to receive a copy of the study results via email, please let the research team know through email when returning the completed questionnaire.



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Form for Withdrawal of Participation

I wish to **WITHDRAW** my consent to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of New South Wales or The George Institute for Global Health.

In withdrawing my consent, I would like any information which I have provided for the purpose of this research study withdrawn. I understand that the information collected about me during my participation in the workshop cannot be withdrawn given the nature of the workshop.

Participant Signature

Name of Participant (please print)	
Signature of Research Participant	
Date	

The section for Withdrawal of Participation should be forwarded to:

CI Name:	Dr Kathy Trieu
Email:	ktrieu@georgeinstitute.org.au
Postal Address:	Three International Towers, Level 18/300 Barangaroo Ave, Barangaroo NSW 2000