

Role of Civil Society: World Hypertension League in Global Salt Reduction Efforts

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Salt and High Blood Pressure: *Two Silent Killers*



WORLD  **HYPERTENSION**
DAY

Initiated by the World Hypertension League

MAY 17, 2009

Salt Is A Major Factor In Raising Blood Pressure

Scientific evidence links salt with raising blood pressure. High blood pressure is the major risk factor in cardiovascular diseases, accounting for 64% of strokes and 49% of coronary heart disease. Conversely, reducing salt reduces blood pressure. Globally, 7 million die unnecessarily because of high blood pressure. These deaths can be prevented.



Partnerships

World Hypertension Day (WHD) is an official partner with World Kidney Day (WKD), March 12th and World Salt Awareness Week, February 2nd - 8th.

All three organizations (WHD, WKD, WASH) work together to raise global awareness for salt and hypertension, and the role of high blood pressure as a common cause and complication of all vascular diseases including kidney diseases.



WHAT ACTION CAN COUNTRIES TAKE TO REDUCE SALT INTAKE?

It Is Vital That All Countries Reduce Their Salt Intake.

- The average current daily salt intake worldwide is approximately 9 – 12 grams per person.
- The World Health Organization recommends a maximum daily intake of 5 – 6 grams a day.
- National salt reduction is a cost-effective way to limit cardiovascular disease.




If salt intake is reduced by half it would save approximately 2.5 million people a year dying of strokes and heart attacks worldwide.

Salt Reduction Strategies Around the World Developed Countries

Most salt in the diet comes from processed, restaurant, or fast foods.

- Engage with the food industry to reduce salt in the manufacturing process
- Encourage governments to set salt reduction targets
- Develop food labeling with salt
- Educate the public about the dangers of salt

Public Health Benefits of Lowering Salt Intake

- 1265 mg/d lower lifetime salt intake
 5 mm smaller rise in SBP (25-55 yrs).
- 20% lower prevalence of hypertension
- Reduction in mortality rates of 9% CHD, 14% stroke, and 7% death from all causes
- 150,000 lives saved annually

Other Countries

Most of the salt is added during cooking or comes from sauces.

- Assess major sources of salt in the diet
- Educate health authorities and Government
- Educate the public about the dangers of salt

WHAT ACTION CAN THE AVERAGE PERSON TAKE TO REDUCE SALT INTAKE?

Cut The Salt And Lower Your Risk!

People who eat too much salt are more likely to have high blood pressure, heart attacks, stroke and kidney diseases. But, your saltshaker is not your biggest culprit! Most salt sneaks into the average diet in processed, packaged, restaurant and fast foods – approximately 80%.



Restaurant Meals and Processed Foods Have Lots of Salt

Most of the salt we eat – about 75% – comes from packaged, processed, store-bought food, and restaurant meals (especially fast food).

- About 15% comes from salt added during cooking, or at the table.
- About 10% is found naturally in food.



1 g of salt: 400 mg Na⁺
1 tsp of salt: 2300 mg Na⁺

Nutrition Facts

Serving Size 1 cup (228g)
 Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g	20%
Saturated Fat 5g	25%
<i>Trans Fat</i> 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Protein 5g

Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9	•	Carbohydrate 4	•	Protein 4
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Your food can still contain a lot of hidden salt.

Did you know that 80% of the salt we eat is added to food before we buy it? We recommend that you check the label and avoid foods with more than 1.25g of salt per 100g.



CONSENSUS ACTION ON SALT AND HEALTH

EMAIL: cash@sgul.ac.uk WEBSITE: www.actiononsalt.org.uk

National Salt Awareness Week

January 29th - February 4th 2007



Sodium
More Than 400
Milligrams Per
Serving

Stop – Cut Down On Foods High In Salt

Anchovies, bacon, cheese, chips (if salt added), coated chicken, gravy granules, noodle snacks, olives, pickles, prawns, salami, salted nuts, salted fish, sausages, smoked meat and fish, soy sauce, stock cubes, table sauces, tinned meats.



Sodium
200 to 400
Milligrams
Per Serving

Yield – Check Nutrition Labels For Foods Sometimes High In Salt

Baked beans, biscuits, breakfast cereals, bread products, burgers, cakes, pastries, cooking/table sauces, crisps, filled/tinned pasta, meat pies, pasta sauces, pizza, ready meals, soup, sandwiches



Sodium
Less Than 200
Milligrams Per
Serving

Go – Eat More Foods Lower In Salt

Some breakfast cereals, couscous, eggs, fresh fish, meat and poultry, fresh cheese, fruits and vegetables (dried, fresh, frozen) homemade bread/ sauces/soup, mozzarella / emmental / ricotta, pasta, rice, unsalted nuts, plain cottage cheese, plain popcorn, yogurt, pulses, humus (peas, Beans, Lentils), Seeds.



In Conclusion.....

- Roles of Civil Societies such as WHL are:
 - To educate the public
 - To engage the politicians/policy makers
 - Advocacy role to initiate a national legislation
 - work with industry to reduce salt content in processed food
 - Reinforce the message that high sodium is not only desirable but also harmful to health



Salt and High Blood Pressure

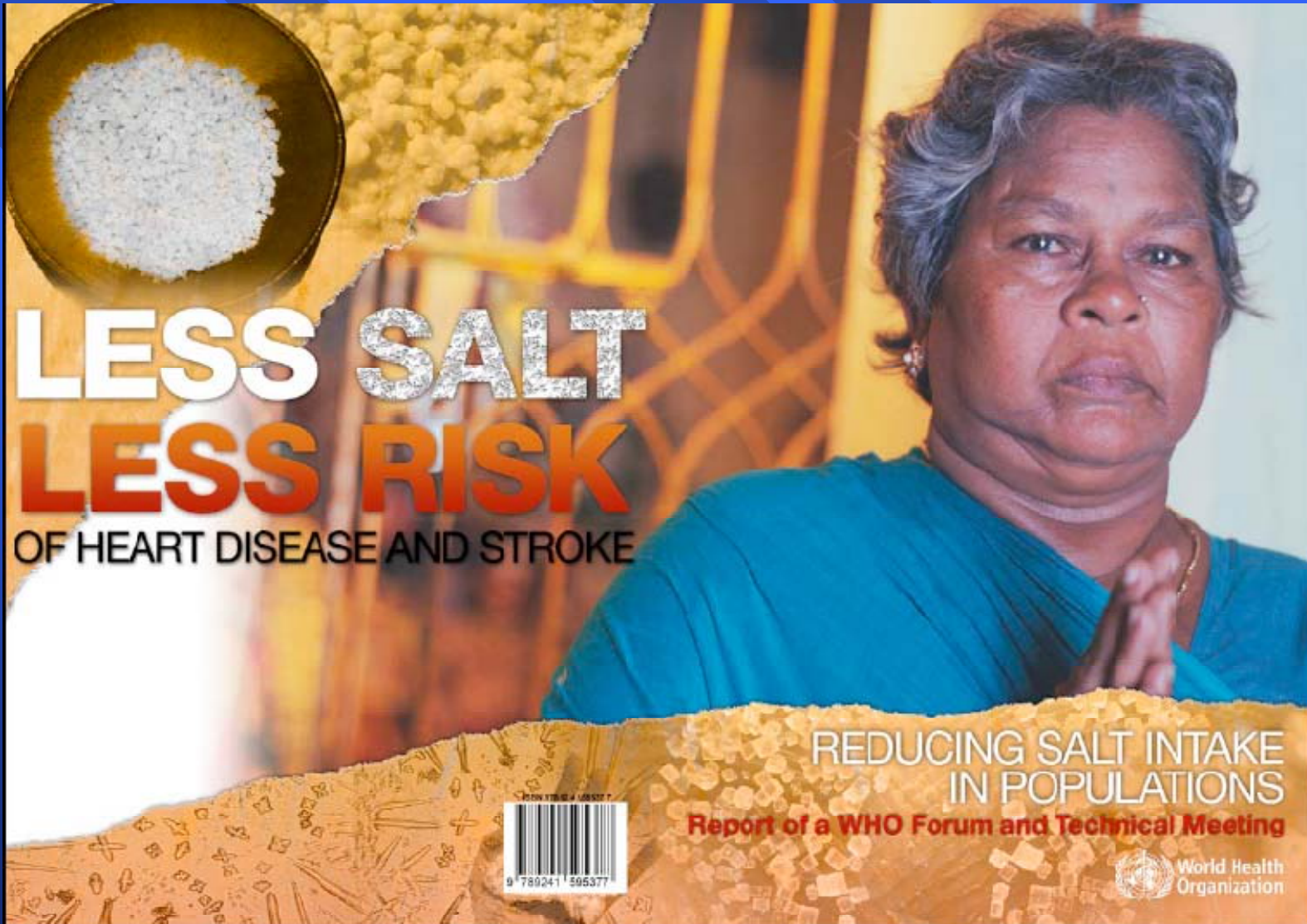
TWO **SILENT** KILLERS
GET **INFORMED**. LIVE **LONG**.



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LESS SALT
LESS RISK
OF HEART DISEASE AND STROKE

REDUCING SALT INTAKE
IN POPULATIONS
Report of a WHO Forum and Technical Meeting

