

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.

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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

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%.

Check Food Labels Before You Buy

To reduce your salt intake, check food labels for sodium content. Choose foods that are low sodium, sodium-restricted or have less than 5% of the daily value of sodium per serving. Try to avoid food with 20% or more sodium per serving.

*1 gram of salt is equal to 400 milligrams of sodium.
2,300 milligrams of Sodium
per day is about one teaspoon of Salt.*

Nutrition Facts		
Serving Size 1 cup (225g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 120	
% Daily Value*		
Total Fat 13g		26%
Saturated Fat 5g		10%
Trans Fat 0g		
Cholesterol 30mg		60%
Sodium 600mg		120%
Total Carbohydrate 31g		62%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 4%	+	Vitamin C 2%
Calcium 10%	+	Iron 4%
*Percent Daily Values are based on a 		
Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4



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.





LESS SALT LESS RISK

OF HEART DISEASE AND STROKE



REDUCING SALT INTAKE
IN POPULATIONS

Report of a WHO Forum and Technical Meeting



World Health
Organization