

Country panel

Progress on targets and other initiatives: Costa Rica

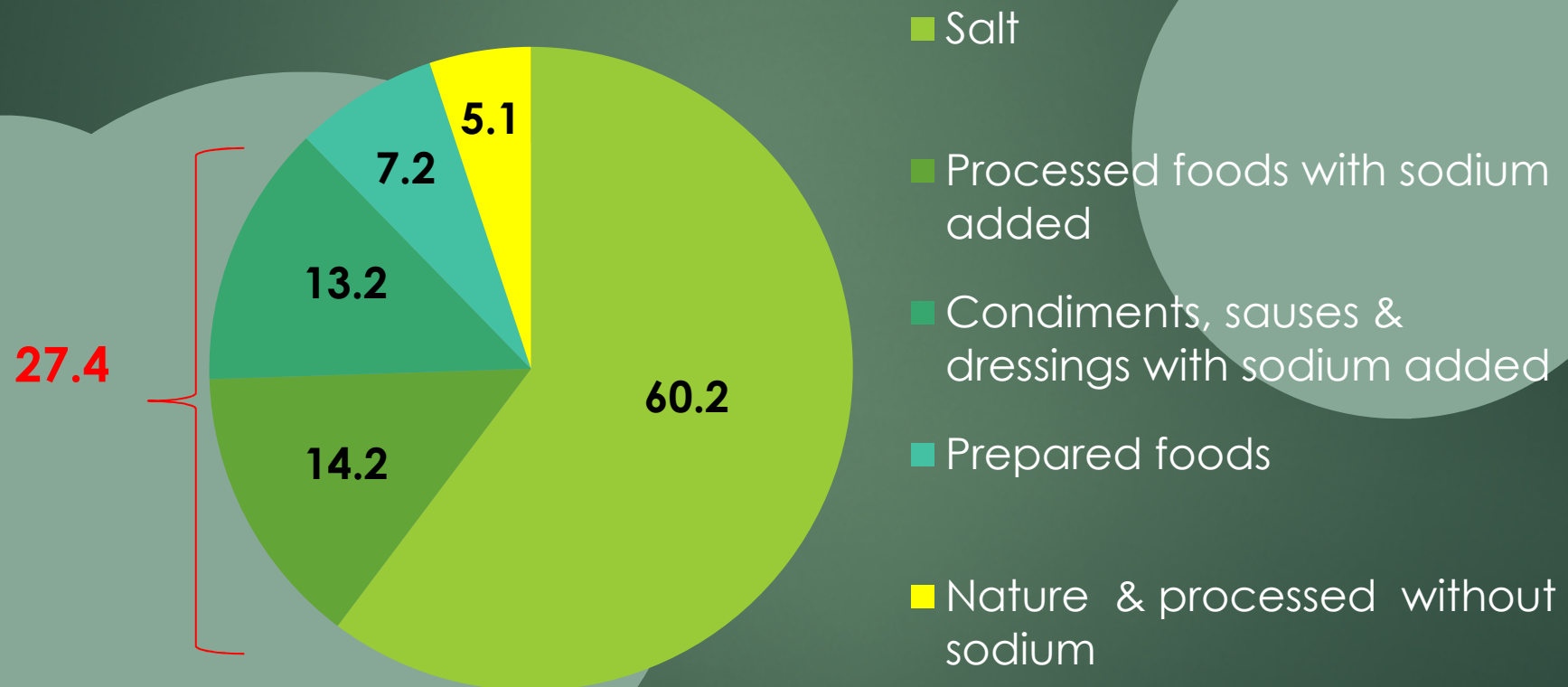
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Consumption in Costa Rica & TAG member

Salt Smart Consortium Meeting. Brasilia. October 28, 2014



Main dietary sources of sodium in Costa Rica by food groups (%)



Instituto Nacional de Estadística y Censos. National Household Budget Survey, 2012-13.
Costa Rica, 2014

Total sodium available at homes & sources by food groups, Costa Rica

Food group	HBS 2004-05			HBS 2012-13		
	g/p/d	g/p/ 2000kcal	%	g/p/d	g/p/ 2000kcal	%
Total	3.94	3.40	100	4.61	3.86	100
Salt	2.37	2.05	60.2	2.73	2.29	60.2
Processed food with sodium added	0.61	0.53	15.4	0.65	0.54	14.2
Condiments, sauces and dressings with sodium added	0.36	0.31	9.3	0.60	0.50	13.2
Prepared food	0.38	0.33	9.8	0.33	0.28	7.2
Natural or processed without sodium added	0.21	0.18	5.4	0.23	0.19	5.1

Instituto Nacional de Estadística y Censos. National Household Budget Survey, 2012-13.
Costa Rica, 2014

Main sources of sodium in Costa Rica by individual foods

1. Salt
2. Seasoning, bouillon
3. Bread (baguette)
4. Casados (typical meal in CR)
5. White cheese
6. Sausages
7. Prepared rice
8. Bologna
9. Milk 2%
10. Margarine
11. Tuna (oil)
12. **Fried chicken**
13. Baking powder
14. **Breakfast cereals**
15. Soups
16. **Worcestershire sauce**
17. **Ketchup**
18. **Empanadas**

2004-05



National Household Budgeted Survey of Costa Rica, 2004-05 and 2012-13. Instituto Nacional de Estadística y Censos. Costa Rica, 2014.

1. Salt
2. Seasoning, bouillon
3. **Worcestershire sauce**
4. Bread (baguette)
5. White cheese
6. Sausages
7. Prepared rice
8. **Ketchup**
9. Margarine
10. **Sea salt**
11. Bologna
12. Casado (typical meal in CR)
13. Milk 2%
14. Tuna (oil)
15. Baking powder
16. **Biscuits**
17. **Crackers**
18. Soups

2012-13

Key food categories to establish sodium targets and timelines



ALIANZA PUBLICO-PRIVADA

**MINISTERIO DE SALUD
Y ASOCIACION CAMARA COSTARRICENSE
DE LA INDUSTRIA ALIMENTARIA (CACIA)
PARA IMPLEMENTAR ACCIONES Y FOMENTAR ESTILOS DE VIDA SALUDABLE,
ASOCIADOS PARTICULARMENTE AL SODIO, QUE INCLUYEN UNA
ALIMENTACION SALUDABLE Y EQUILIBRADA, NUTRICIONAMENTE
ADECUADA**



Sausages



Seasonings



Pastries



Sauces



Biscuits and
crackers



Breads

Monitoring system

Current*



Data

Collector

Direct analysis of foods (IDRC)
+ Food Association (indirect)

* With IDRC funds

Future plans

- ▶ HBS 2019-20
- ▶ Quantification of sodium consumption in 24 hours urine



Acknowledgments



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