
Salt Reduction as part of NCD Prevention

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Global NCD Action Plan 2008-2013

Six Objectives

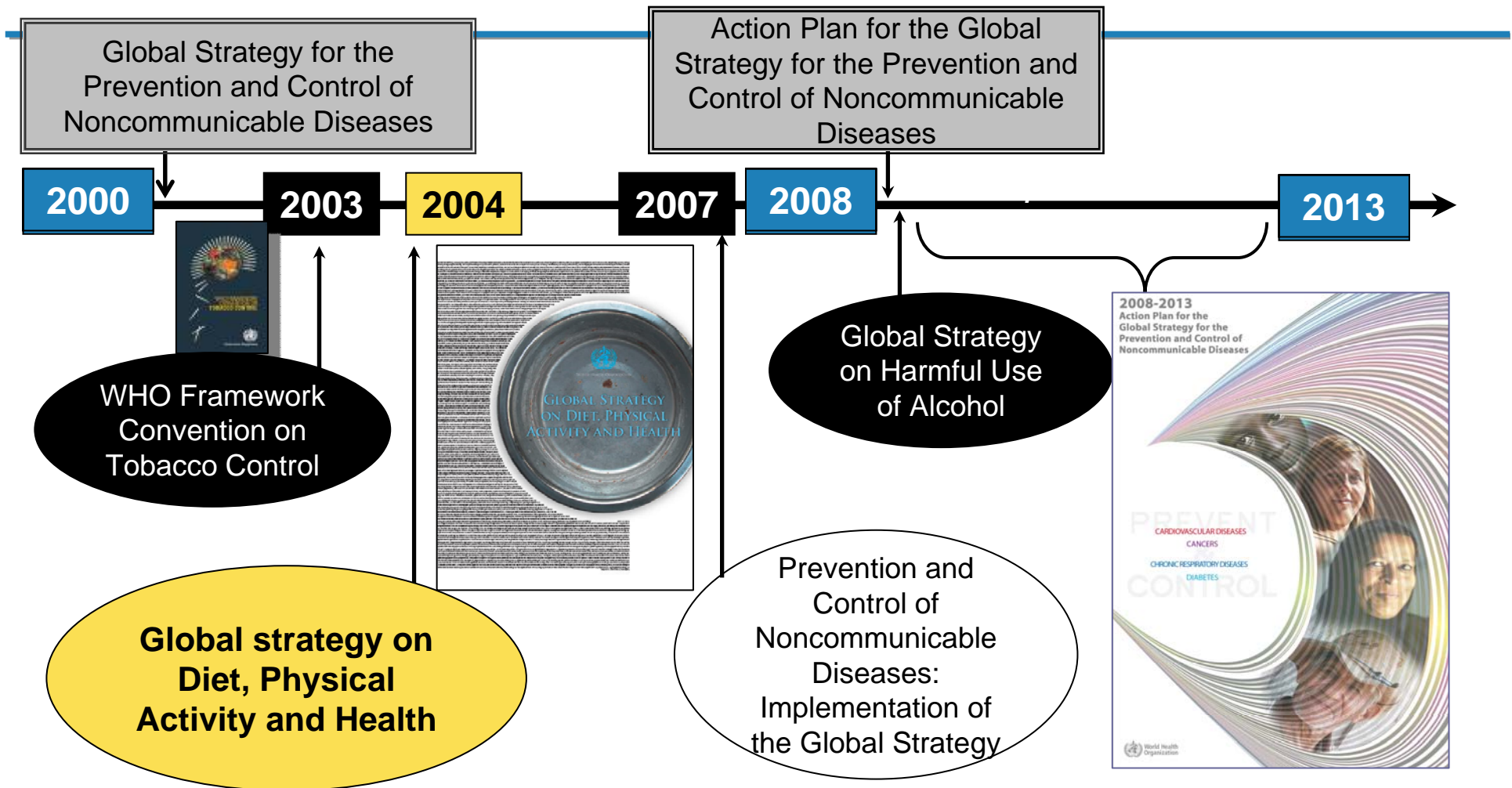


1. Integrating NCD prevention into the development agenda, and into policies across all government departments
2. Establishing/strengthening national policies and programmes
3. Reducing/preventing risk factors
4. Prioritizing research on prevention and health care
5. Strengthening partnerships
6. Monitoring NCD trends and assessing progress made at country level

Under each of the 6 objectives, there are sets of actions for Member States, WHO Secretariat and international partners.

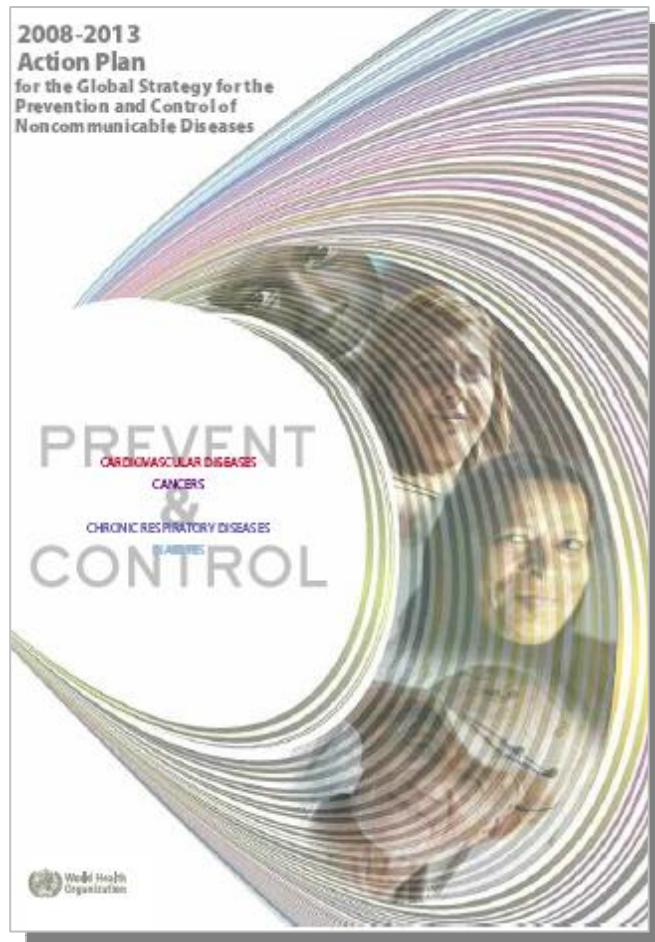


The global response to address NCDs



A six-year Global Action Plan to address cardiovascular disease, cancer, respiratory disease and diabetes was endorsed by the WHO World Health Assembly on 24 May 2008.

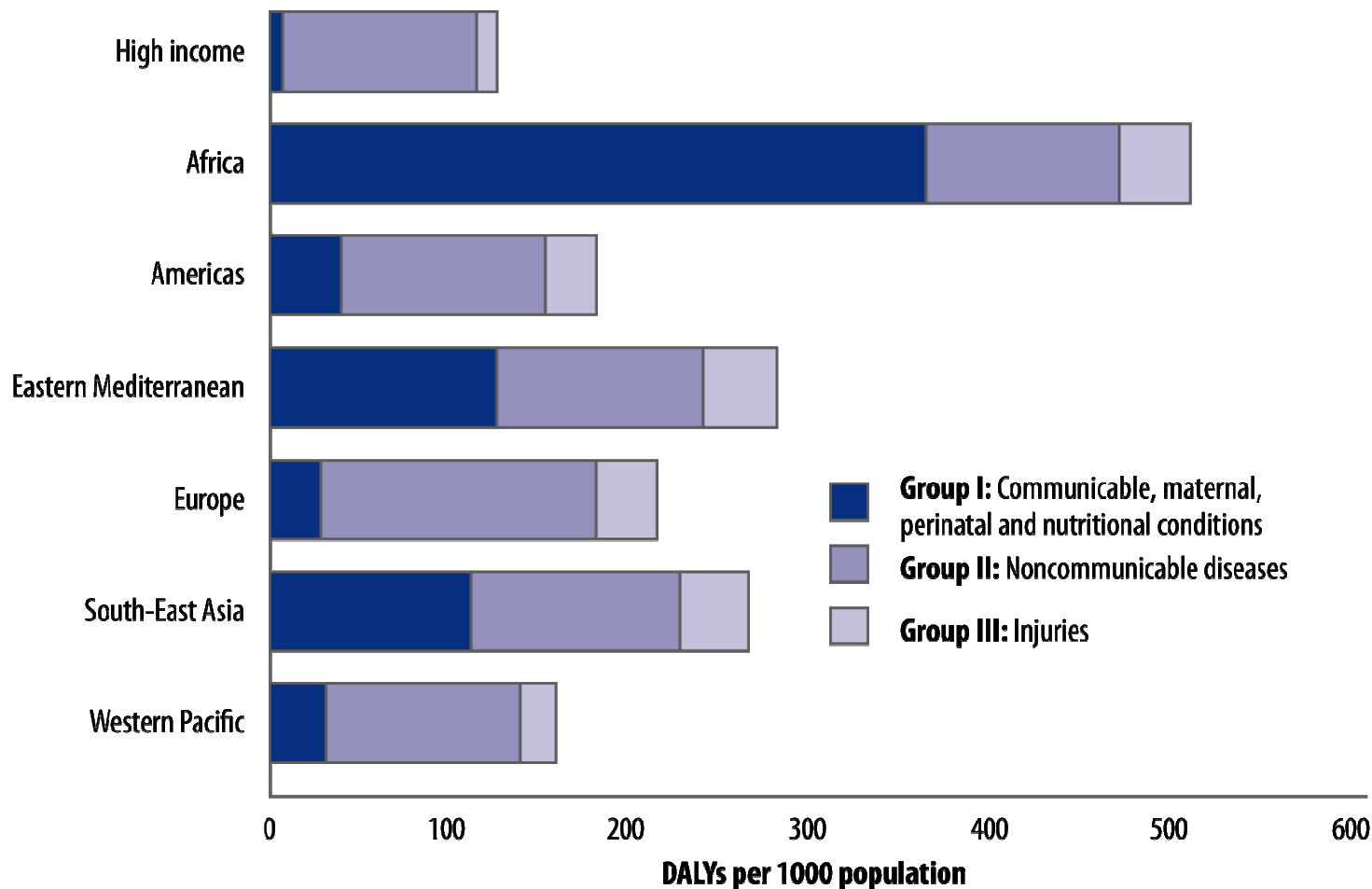
NCD Action Plan Objectives 2008-2013



Objective 3 states:

- Promote interventions to reduce the main shared modifiable risk factors for noncommunicable diseases: tobacco use, unhealthy diets, physical inactivity and harmful use of alcohol

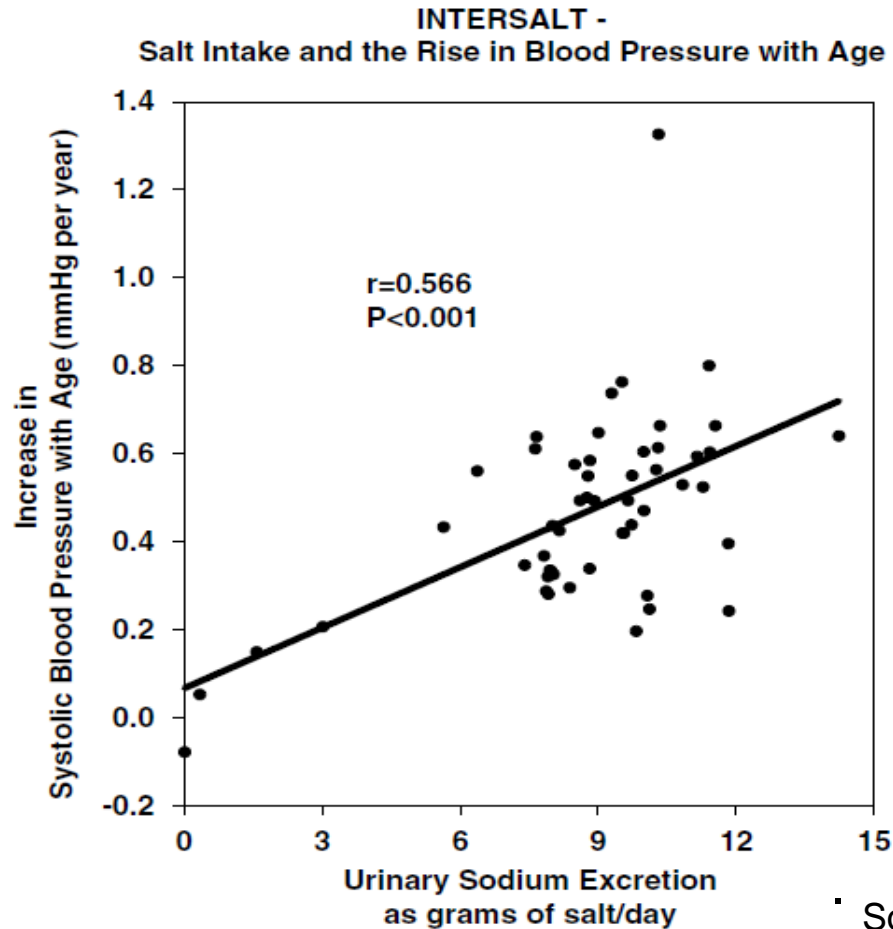
Burden of disease by broad cause group and region, 2004



60% of deaths globally are due to NCD

Source: WHO, 2008 & WHO, 2005

Strong evidence for the link between salt and health

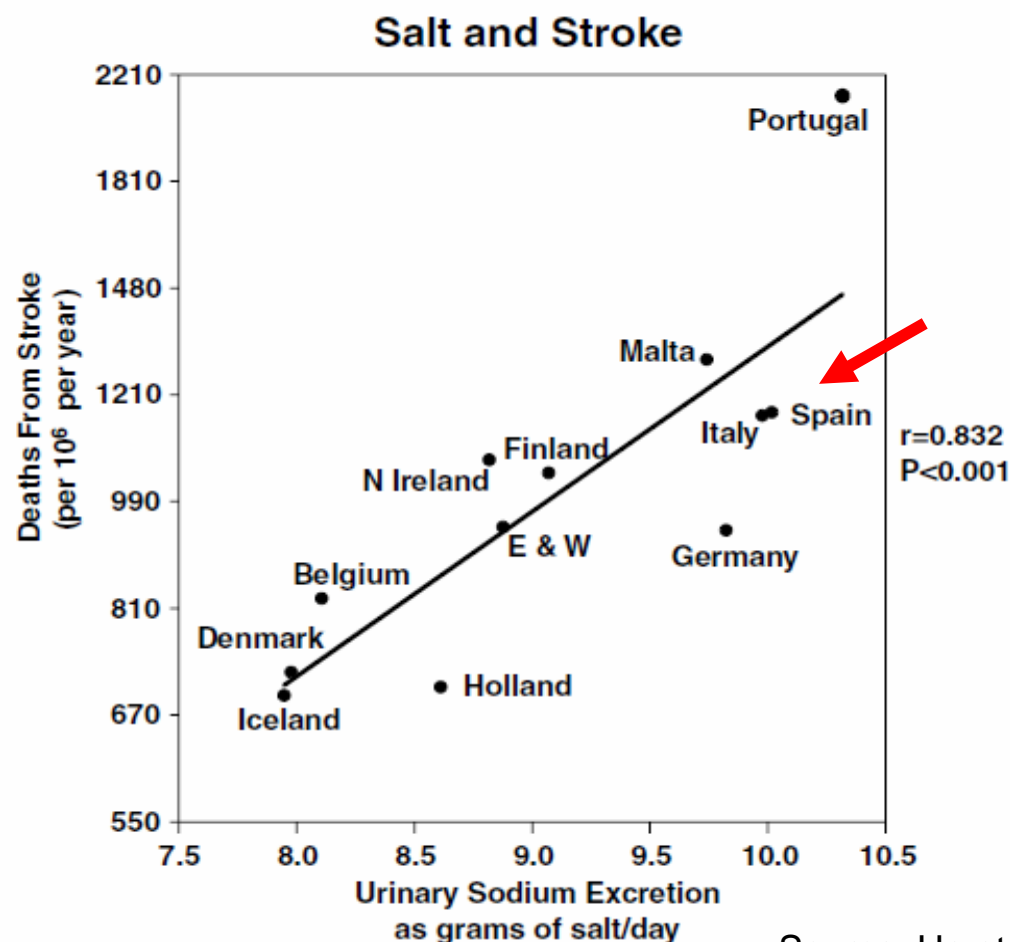


- Primarily linked with CVD
 - Sodium consumption increases BP
 - BP increases CVD risk
 - Age, sex and baseline BP specific effects

Source: He et al. J Human Hypertension, 2008



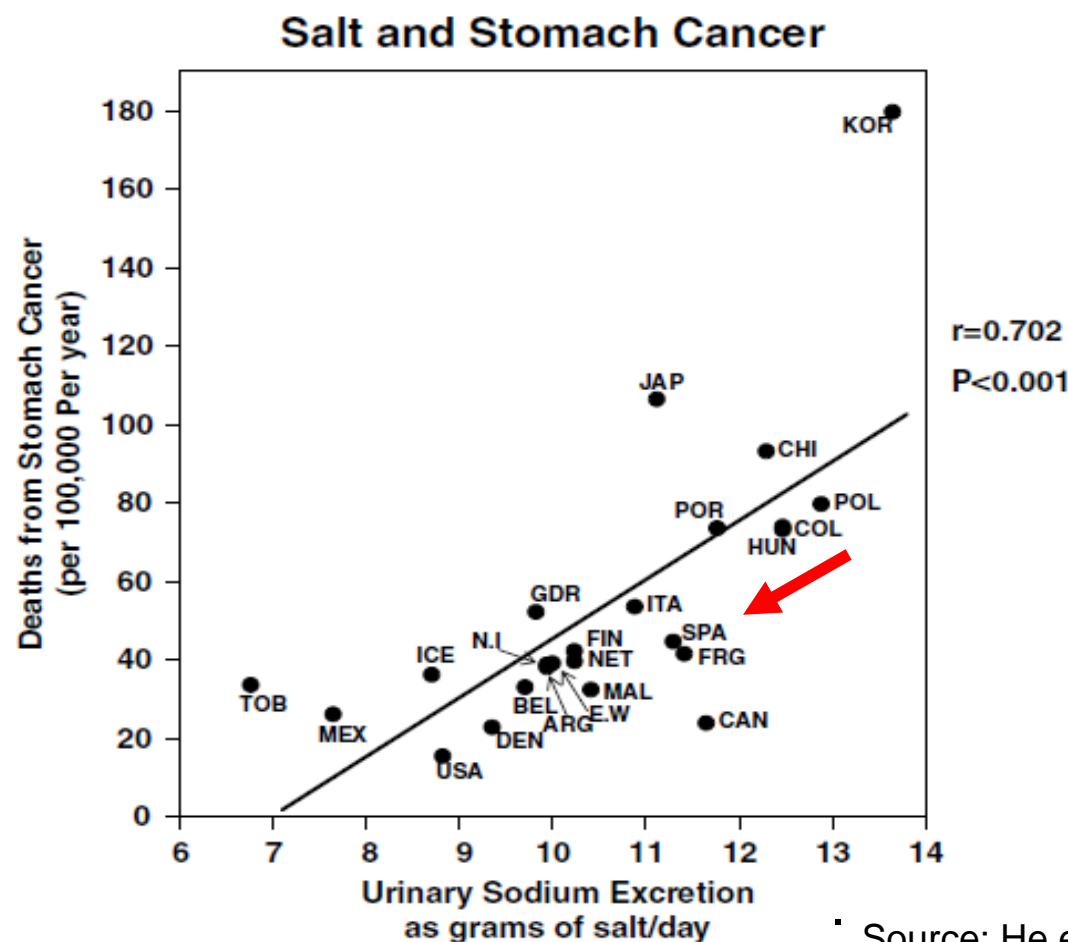
Strong evidence for the link between salt and health



- Increased blood pressure is a major risk factor for CHD and both forms of stroke (ischaemic & haemorrhagic)

Source: He et al. J Human Hypertension, 2008

Strong evidence for the link between salt and health



Other Disease Links:
Salt and gastric cancer
Salt and cataracts
Salt and kidney stones
Salt and diabetes
Salt and osteoporosis
Salt and asthma

Source: He et al. J Human Hypertension, 2008

Link between salt and cardiovascular risk - intervention studies

- Clear effects of sodium reduction on BP in individuals
- Less clear effects in communities
- Clear effects in children



- Greater effects in African Americans
- Effects greater at higher starting blood pressures
- Effects in both hypertensives and non-hypertensives

Iodine deficiency disorder

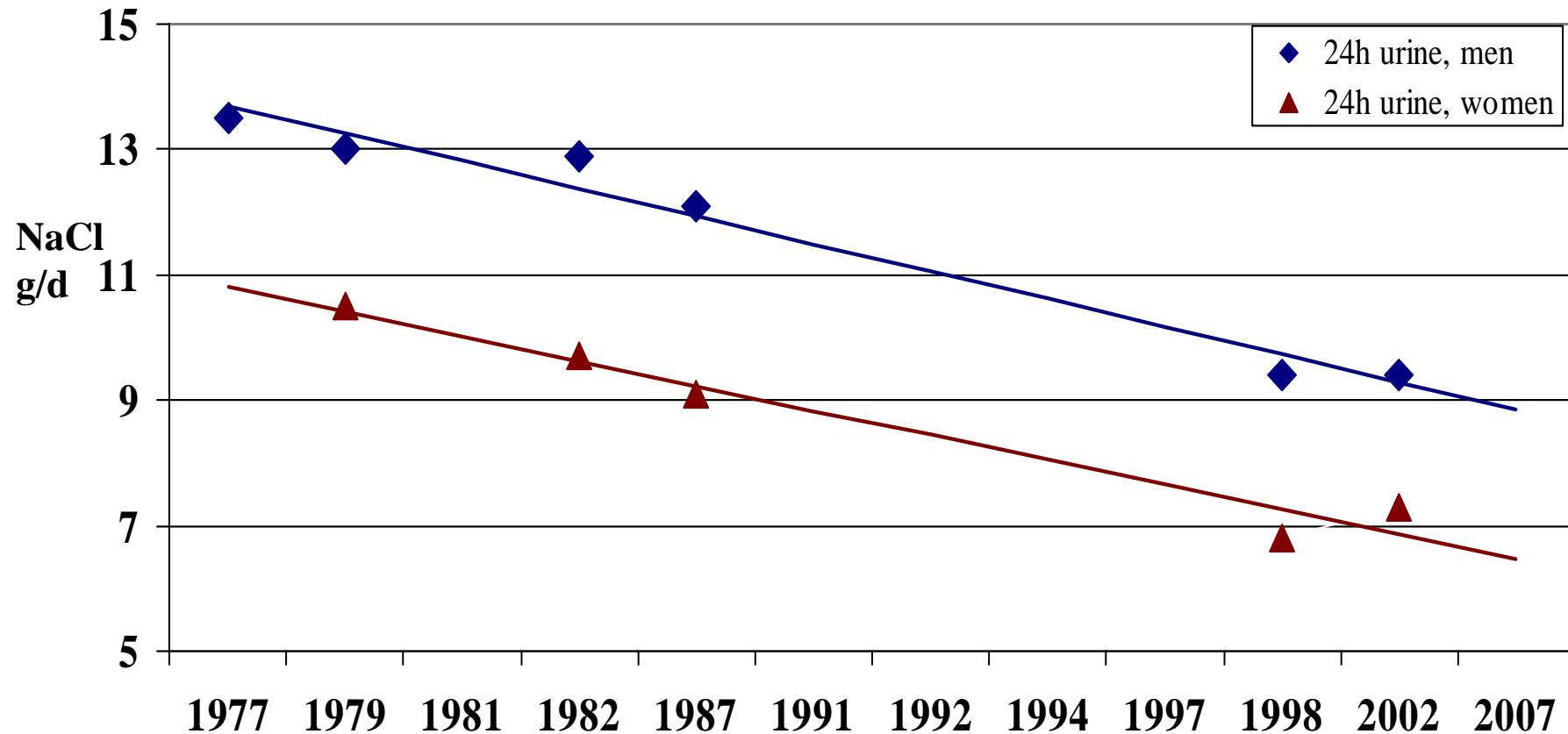


- Iodine deficiency disorder a serious issue, particularly for
 - Pregnant women
 - Infants
- Salt current vehicle for delivery of iodine
- Alternative vehicles need to be explored
- In the meantime, fortification level may need to be increased



Successful Intervention programs

Salt intake in Finland 1977-2007



Source: National Public Health Institute, Helsinki, Finland



Successful Intervention Programs

Look out for options lower in salt. salt.gov.uk



SALT IS YOUR FOOD **FULL OF IT?**

Adults should eat
no more than 6g
salt a day.



Source: Food Standards Agency, United Kingdom

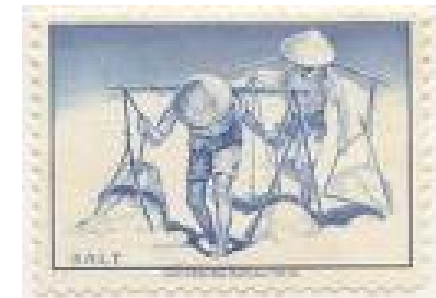
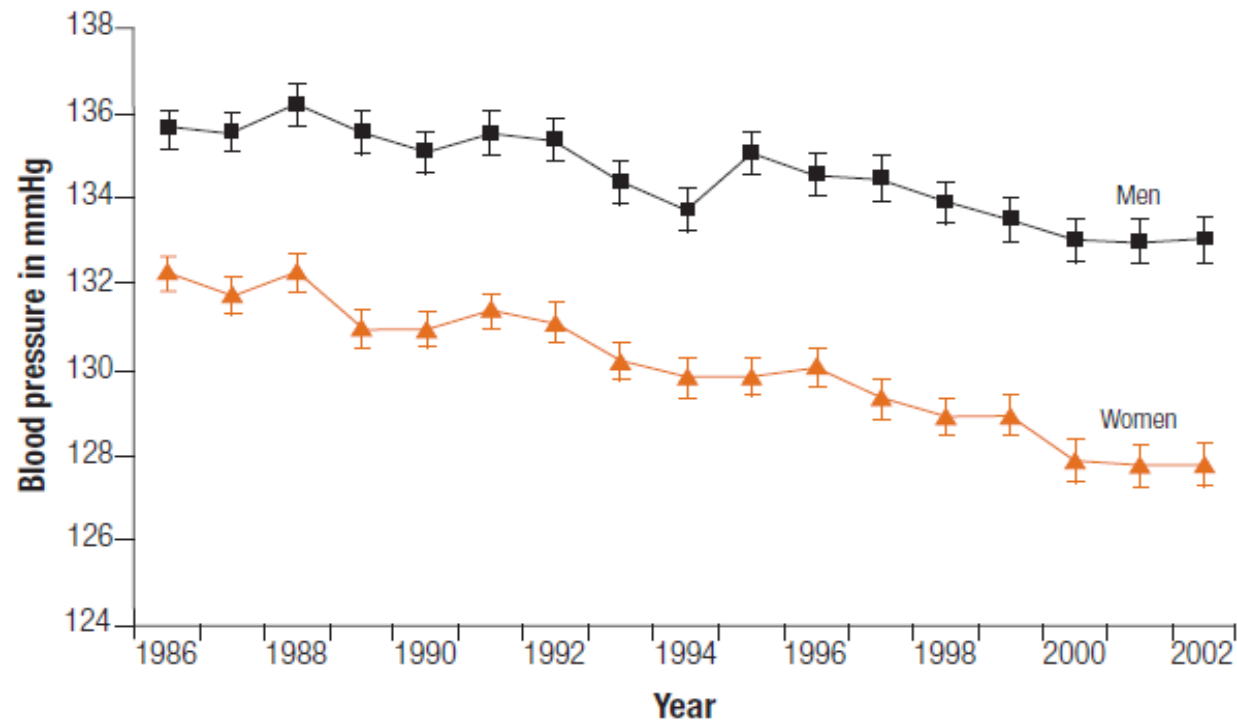
III Convencion NAOS, Spain. March 2009



World Health
Organization

Successful Intervention programs

Age-standardized mean and 95% confidence interval of systolic blood pressure in the adult population over 20 years of age, by sex, based on data from the National Nutrition Survey, Japan, 1986–2002



Source: Ikeda et al. Bulletin of the World Health Organization (2008)

Impact of Population Salt Reduction – Expected Health Benefits

- Many populations now have average consumptions of between 100-200mmols
- Reduction in salt will reduce blood pressure
- Reduction in blood pressure will reduce CVD
 - 5mmHg lower SBP will decrease stroke by 20-25%
 - 5mmHg lower SBP will decrease CHD by 15-20%
 - Also benefits for heart failure, renal disease
- Universal reduction in dietary intake of sodium by 50mmol/d (2.9g/d) leads to:
 - A 50% reduction in number of people requiring antihypertensive treatment
 - A 22% reduction in number of deaths resulting from strokes
 - A 16% reduction in the number of deaths from CHD

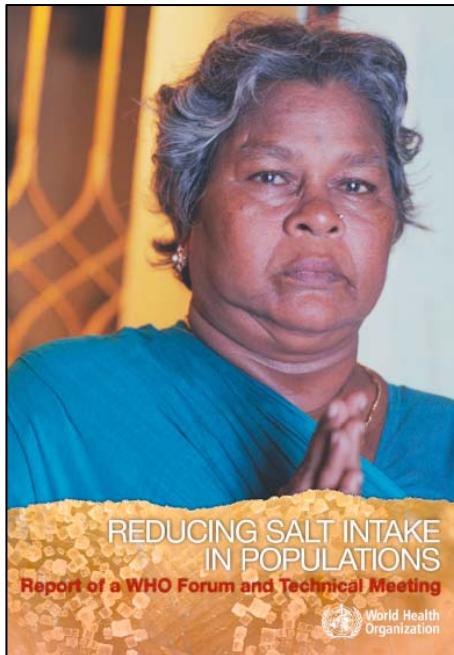


WHO support to Regional Networks

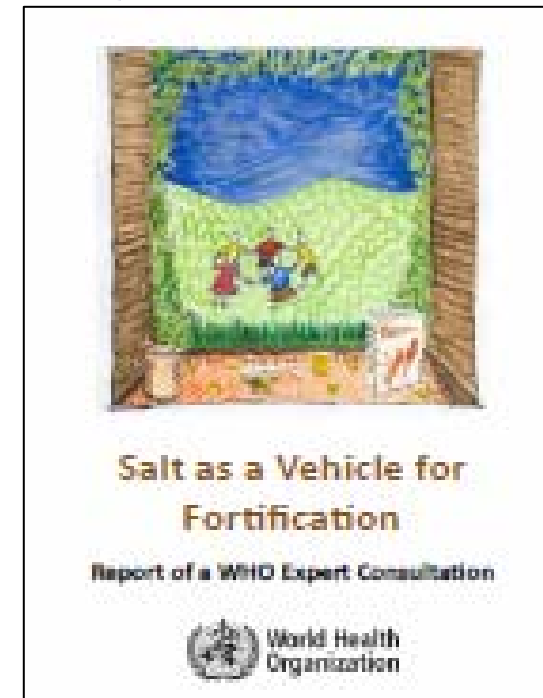
- European Salt Action Network
- Salt Observatory of the Americas



WHO Technical Meetings



WHO Forum and Technical Meeting
held in France (Oct 2006)



WHO Expert Consultation held in
Luxembourg (March 2007)

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World Health
Organization

WHO next steps

Population Salt Reduction Strategies Platforms

WHAT

Creating
Enabling
Environment

Evaluation
and
Monitoring

Salt as a vehicle
for fortification

HOW

Consumer education

Salt Consumption

Iodine Fortification

Product Reformulation

Food Composition Data

WHO

Policy makers
Private sector
NGOs
Academia

Policy makers
Private sector
NGOs
Academia

Policy makers
NGOs
Academia
UN Agencies



Thank You



<http://www.who.int/dietphysicalactivity>