



The WHO Collaborating Centre on Population Salt Reduction (WHO CC SALT) has a global remit with a focus on Australia, the Western Pacific and South East Asian Regions. It is currently involved in projects in Australia, the Pacific Islands, Mongolia, Vietnam, Cambodia, Indonesia, China and India.

WHO CC SALT is working with the World Health Organization to develop a range of tools and resources to support countries to develop and implement salt reduction strategies.

WHO CC SALT is funded through a mixture of short and longer term contracts and research grants including National Health and Medical Research Council project and partnership grants and contract funding from the Victorian Health Promotion Foundation and the World Health Organization.

Dr. Jacqui Webster is supported by a co-funded NHMRC and National Heart Foundation Career Development Fellowship on international strategies to reduce salt 2015-18.

WHO CC SALT has collaborated with WHO to produce the SHAKE Package for Salt Reduction which can be accessed [here](#).

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Or visit our web-site at:
[WHO CC Population Salt Reduction](http://www.who.int/salt)

You can also follow us on twitter:
[@JacquiWebster](https://twitter.com/JacquiWebster)
[@ClareFarrand](https://twitter.com/ClareFarrand)

MONTHLY UPDATE

This email update is intended to help people stay up to date with new information on salt reduction initiatives to support WHO Member States achieve a global target of a 30% relative reduction in mean population salt intake by 2025.

Please feel free to send us updates on salt reduction activities in your country that you would like to share in our upcoming bulletins.

SALT REDUCTION NEWS

Sri Lanka salt surveillance training and multi-stakeholder workshop

- The World Health Organization Country Office in Sri Lanka, with support from the Ministry of Health and the WHO Collaborating Centre on Population Salt Reduction at the George Institute for Global Health, convened a 3-day training and a 1-day workshop in Colombo, Sri Lanka from the 2nd to 5th of May 2017.

The objective of the training was to train local staff consisting of enumerators, physicians, data managers and laboratory personnel to collect baseline data on population salt intake, consumer knowledge, attitudes and behaviours regarding salt, and sources of sodium in the diet. The training included a pilot survey. The full survey will be carried out in August 2017 and data that will be gathered will be used to inform the evidence for carrying out a program of work to reduce salt intake in the country, and the baseline from which to monitor future progress.



The survey team with the participants during the pilot survey in Colombo, Sri Lanka

The multi-stakeholder workshop was aimed to identify priority actions and recommendations for national salt reduction strategy. Specifically, it was intended to develop a draft strategy with appropriate activities and monitoring and evaluation actions to reduce salt intake in Sri Lanka. The meeting was attended by representatives from different sectors of the Ministry of Health, the World Health Organization, and the George Institute for Global Health.



Clare Farrand, Senior Project Manager from the George Institute, assisting workshop participants identify priority activities for salt reduction in Sri Lanka

European Salt Action Network Meeting 2017 held in Dublin

- A/Prof Jacqui Webster attended the meeting of the European Action Network on Salt Reduction in the Population held in Dublin in May. The meeting was hosted by the Swiss Government in collaboration with the Food Safety Authority of Ireland and attended by around 15 European Member States. Jacqui presented on the development of targets for salt levels in foods including some preliminary findings of work to develop a salt model for Kazakhstan. There were country updates from several countries including France, Ireland and Greece as well as an interesting session on estimating salt intakes using dietary assessment methods. Workshop sessions discussed targets, the potential for regulation and different approaches to monitoring. Joao Breda, Head of the WHO European Office for the Prevention and Control of Noncommunicable Diseases highlighted the good progress that was being made but urged that innovation and rapid scale-up were going to be needed to ensure that there was progress towards the targets. Further information on ESAN can be found [here](#).

RESEARCH

Call for action—Aussies eating twice the recommended daily salt intake

- A recent study by the George Institute for Global health (Santos et al, 2017) published in *Public Health Nutrition* showed that Australians consume twice the WHO recommended daily salt intake of 5g/day. The study utilized salt intake data of 412 individuals from Lithgow who collected both 24-hour diet recall (24HDR) and 24-hour urine samples (24HUS), and compared the estimates to the Australian Health Survey (AHS) which only used 24HDR. The salt intake estimates from Lithgow were weighted using Australian census data. The weighted mean salt intake estimated from the Lithgow data using 24HDR was comparable to the salt intake estimate reported by the AHS (6.4 vs 6.2g/day, respectively). The corresponding weighted mean salt intake obtained from 24HUS for the Australian population was 9.0g/day, and further adjustment to account for non-urinary sodium excretion resulted to an estimate of 9.9g/day. The study showed that the national salt intake estimate obtained by the AHS using 24HDR likely substantially underestimated mean population salt intake, and reinforced the need for action on salt in Australia. The full article can be accessed [here](#).

Salt monitoring needed in Greece

- A study by Vasara et al (2017) published in *Nutrients* revealed that northern Greeks have a mean salt intake of 10.7g/day, with men having a higher salt intake compared to women (11.9 vs 9.7g/day, p<0.0001). This estimate was based on 24-hour urine samples from 274 volunteers aged 18-75 years, mostly residing in the Thessaloniki greater metropolitan area in northern Greece. The study also found that only 5.6% of the sample met the WHO recommended daily salt intake of 5g/day, while 50.4% had more than 10g of salt per day. These findings show that salt consumption in northern Greece is high, and highlight the need for a more comprehensive national survey to monitor salt intake in Greece. For more information, please click [here](#).

US study finds that most salt comes from foods outside the home

- A study conducted by Harnack et al (2017) among US adults aged 18-75 years found that sodium added to food outside the home was the main contributor of sodium in the diet, accounting for 71% of total sodium intake. Salt added to food during cooking and at the table only accounted for a total of 11%, while 14% was from sodium occurring naturally in foods. These findings were based on four record-assisted telephone 24-hour dietary recalls, with collection of duplicate samples of salt added to food at the table and during cooking. The study was published in *Circulation* and can be accessed [here](#).

OTHER NEWS

Final call to contribute to Special Issue of Nutrients

- The journal *Nutrients* is currently inviting submissions for a Special Issue guest edited by Jacqui Webster entitled 'Reducing Dietary Sodium and Improving Health.' This Special Issue welcomes the submission of manuscripts either describing original research or reviewing scientific literature related to salt reduction. The submission deadline is 15 June 2017. For more information, please click [here](#).

Sign up to free 'Science of Salt Weekly' newsletter

- WHO CC SALT, in collaboration with the World Hypertension League, produces weekly newsletters featuring summaries of Medline-retrieved articles related to dietary sodium. To subscribe, please sign up [here](#).

WHO CC TEAM SPOTLIGHT

Each month, we will be introducing a member of the WHO CC SALT team. This month we would like to introduce...

Briar McKenzie, a Dietitian and now Research Assistant at The George Institute for Global Health, World Health Organization Collaborating Centre on Population Salt Reduction.



Briar has recently completed her Masters of Dietetics with Distinction through the University of Otago, New Zealand. During her study and clinical placement, she saw the need for the prevention of nutrition related noncommunicable disease, particularly for cardiovascular disease. Her master's thesis topic was on the nutritional status and growth of premature infants, stimulating her secondary interest in looking at women's health and care in relation to reducing diseases such as type two diabetes and gestational diabetes. Both these interests have encouraged her to take on a career in research and she is enjoying the experience working with a range of experts in public health research and salt reduction strategies within the WHO Collaborating Centre.

Please do not hesitate to contact us if you have any queries or if there is anything that we can do to support you in your efforts to achieve reductions in salt intake. We hope that you enjoyed the monthly update, and we look forward to hearing from you.

Best wishes,

Jacqui Webster
Director

World Health Organization Collaborating Centre on Population Salt Reduction

