



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.

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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, in collaboration with the Canadian Stroke Network, produces weekly newsletters featuring summaries of relevant Medline-retrieved articles related to dietary sodium. To subscribe, please sign up [here](#).

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[WHO CC Population Salt Reduction](#)

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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

Vanuatu salt monitoring training

- ◆ The Ministry of Health in Vanuatu with support from the World Health Organization (WHO) and the WHO Collaborating Centre on Population Salt Reduction at The George Institute for Global Health convened a 5-day workshop on salt reduction at the end of September. The aim was to train 20 staff members to conduct a survey to assess dietary salt consumption patterns on the island of Efate in Vanuatu. The George Institute provided training alongside The Vanuatu National Statistics Office on conducting household listing; collecting 24-hour and spot urine; obtaining information on knowledge, attitudes and behaviour relating to salt; carrying out a dietary survey to identify the main sources of salt in the diet, and; conducting a shop survey to gather data on salt levels in food. The training included a pilot survey in Manples village in Efate, Vanuatu. The full survey is currently underway, and is due to be completed in early 2017.



Vanuatu staff during the pilot survey of salt intake in Manples village, Efate, Vanuatu

Progress on GACD salt reduction projects

- ◆ The Global Alliance for Chronic Diseases (GACD) held its 5th Annual Scientific Meeting in Sydney in October. The event included reports on the four salt reduction projects that were funded as part of the GACD Hypertension round in 2012. These include:
 - (1) A school-based education program to reduce salt intake in [China](#);
 - (2) Developing the evidence base for a national program to reduce salt in [India](#);
 - (3) Salt substitutes to reduce blood pressure in [Peru](#), and;
 - (4) Cost-effectiveness of salt reduction strategies in the [Pacific Islands](#).

These projects have now either ended or are nearing completion and the results will be published in due course.

ASTHO publishes resources for improving healthy food services

- ◆ The United States of America's Association of State and Territorial Health Officials (ASTHO) has been working with the Centre for Disease Control's Division for Heart Disease and Stroke Prevention to reduce the amount of salt consumed by Americans by engaging state health officials in the development of a national strategy to reduce sodium contents in the food supply. Recently, a number of resources to support state health agencies and private sector partners in creating healthier food environments have been published, including an issue brief which highlights insights and learnings from food service management companies (FSMCs) around improving the nutritional quality of foods and beverages that they offer. ASTHO conducted one-on-one interviews and face-to-face meetings with several FSMCs to ask about the different approaches that they use to reduce sodium in their foods. The issue brief and other resources can be accessed [here](#).

AHA reports on attitudes and behaviours related to sodium consumption

- ◆ The American Heart Association (AHA) has published the results of a consumer survey conducted over the past four years on attitudes and behaviours related to sodium consumption. US national adults aged 18 years and above were sampled from Ipsos i-Say panel and external partners, and were asked to answer a 13-minute online questionnaire. Results showed that since 2013, more consumers believe that the government should be involved in setting limits on the amount of sodium added to food by companies and restaurants, and even more people consider that the food industry should take action including imposing mandatory limits. However, only 42% of consumers agreed that the nutrition science regarding sodium is strong and accurate, which shows an opportunity to raise awareness regarding the health effects of consuming too much sodium. For more information, please click [here](#).

Cup Noodles reduces sodium from its instant ramen cups

- ◆ Cup Noodles, an international brand of instant noodles, has reduced the amount of sodium and removed artificial flavours from its ramen noodle cups and added ingredients like paprika and lime. Nissin Foods, the parent company, said that these changes were made in response to consumer requests and after extensive research to develop new recipes without affecting taste or raising the price of the products. However, despite the recipe revamp, Cup Noodles Chicken Flavor still contains 45% of the daily recommended sodium intake (from 60% previously). The full news article can be accessed [here](#).

RESEARCH

- ◆ A recent study by Cook et al which looked at the relationship between sodium intake and mortality has been published in the *Journal of the American College of Cardiology*. The study followed-up the participants from the Trials of Hypertension Prevention (TOHP) Phase I and II for over 20 years (median follow-up years: TOHP I-25.7; TOHP II-22.4). Sodium excretion levels were estimated from the average of 3 to 7 24-hour urine collections during the course of the trial periods. Mortality was assessed through mailing the participants and through search of the National Death Index. The study revealed a direct linear association between average sodium intake and mortality, with no evidence of a J-shaped or nonlinear relationship. Analysis of the randomised intervention also showed a 15% lower risk of death among participants in the sodium reduction group, albeit non-significant. For more information please click [here](#).

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
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