

WHO Collaborating Centre on Population Salt Reduction - September 2016

Facts:

- On a global scale, excess salt consumption is estimated to cause 1.65 million deaths each year
- All WHO Member States agreed to the global target to reduce population salt intake by 30% by 2025, towards the recommended level of < 5g/day
- Reducing salt intake to < 5g/day would save millions of lives a year globally

Partners:

World Hypertension League
VicHealth
The George Institute for Global Health
Pan American Health Organization
The World Health Organization
World Action on Salt and Health
Menzius School of Health Research

Supporters:

The World Health Organization
National Health and Medical Research Council (NHMRC), Australia
VicHealth
The George Institute for Global Health

Background:

- High salt intake is one of the main contributors to high blood pressure, which increases the risk of cardiovascular disease - the largest cause of premature death globally
- Salt reduction has been identified as one of the most cost-effective interventions for preventing the increasing burden of non-communicable diseases such as cardiovascular disease
- In 2013 The Food Policy Division at the George Institute was designated as the World Health Organization Collaborating Centre on Population Salt Reduction



Aims:

- The overall goal of the WHO Collaborating Centre is to support WHO Member States to achieve the global target for reducing salt by 30% by 2025
- The Centre also aims to build the evidence to demonstrate that population-wide salt reduction interventions are a cost-effective approach to improving health

Methods:

Since 2013, the Centre has:

- Hosted 2 major international events on salt reduction jointly with the WHO
- Provided training on implementation, monitoring and evaluation of population salt reduction strategies to over 15 countries and participated in 6 regional forums
- Worked with WHO to develop a range of tools and resources to support countries on program implementation
- Continued to strengthen the evidence base on salt reduction including through leading or contributing to 40 peer-reviewed publications relating to salt reduction

Impact:

- The overall number of countries implementing a national salt reduction strategy more than doubled from 2010 to 2015
- Our recent studies in Mongolia, Vietnam and Australia have demonstrated the potential for community interventions to reduce salt by 1gram in about a year
- National actions are supported by the Centre's dissemination of progress broadly through the monthly bulletin of the Centre to support research translation
- The WHO's SHAKE package, a set of common-sense, evidence-based policy options and examples which show governments how to lower population salt consumption, will be disseminated to all member states later in 2016, further supporting the translation of research into policy and practice

Contact:

To find out more about the WHO Collaborating Centre on Population Salt Reduction, and its principal investigators Dr. Jacqui Webster or The George Institute for Global Health, please contact:

Julia Timms: T: +61 410 411 983 E: jtjtimms@georgeinstitute.org.au

The George Institute For Global Health:

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide. Ranked among the top 10 research institutions in the world for scientific impact by the **SCImago Institutions Rankings (SIR) World Reports** in 2011, 2012, 2013 & 2014.