



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 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, 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](#).

WHO CC SALT also 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://WHOCCPopulationSaltReduction.org)

You can also follow us on twitter:

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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

### 2nd Regional Forum of WHO Collaborating Centres in the Western Pacific

- Clare Farrand and Joseph Alvin Santos represented the WHO Collaborating Centre on Population Salt Reduction at the George Institute at the **Second Regional Forum of WHO Collaborating Centres in the Western Pacific**, held from 28-29 November 2016 in Manila, Philippines. The objectives of the meeting were: to promote, report and share successful progress of the Collaborating Centres (CCs) since the first forum in 2014; to propose innovative collaboration mechanisms to support the achievement of Sustainable Development Goals (SDGs), and; to discuss how to improve alignment of CCs support activities with the needs and priorities of Member States. It was well-represented by different CCs from China, Australia, Japan, Republic of Korea, Singapore, Malaysia, New Zealand, Vietnam, Philippines, and Mongolia. The meeting consisted of plenary and parallel sessions focused on identifying activities and priorities of the different CCs, opportunities and challenges for networking and partnerships with the WHO Western Pacific Regional Office (WPRO) and other CCs, and aligning work to the needs of the Member States. Poster presentation sessions were also held during lunch breaks. Clare Farrand presented the [poster](#) providing an overview of the work of the WHO CC on Salt. For more information, please click [here](#).



Left: Clare Farrand and Joseph Santos representing the WHO CC on Population Salt Reduction  
Right: Forum participants during one of the parallel sessions—aligning CC activities with the SDGs

### Food Governance Conference 2016

- 'The role of law, regulation, and policy in meeting 21<sup>st</sup> century challenges to the food supply' was the theme of a recent conference hosted by Sydney Law School and the Charles Perkins Centre in Sydney from 1-4 November 2016. The conference, which was supported by the George Institute for Global Health, provided a venue for academics, policy-makers and practitioners to discuss current researches and challenges in the fields of food safety, food security, nutrition and diet-related deaths. Issues related to salt-reduction including food labelling, product reformulation and food marketing regulations were also presented. For more information, please click [here](#).

### Priorities for health and medical research in Vietnam

- Jacqui Webster was one of the keynote speakers presenting on 'Opportunities for collaboration and innovation on salt reduction to improve public health' at the inaugural symposium of the National Foundation for Science and Technology Development of Vietnam (NAFOSTED) and Australian National Health and Medical Research Council (NHMRC) in Hanoi on 29 November 2016. The meeting brought together Australian and Vietnamese researchers to discuss health and medical research priorities as the first activity under the *Memorandum of Understanding* which aims to promote ongoing scientific collaboration between the two countries. Further information can be found [here](#).

### Data analysis training in Samoa

- As part of the Global Alliance for Chronic Disease project on *Cost Effectiveness of Salt Reduction in the Pacific Islands*, Kathy Trieu from the George Institute conducted training on data analysis with Samoa Ministry of Health and Samoa Bureau of Statistics on 22 November 2016. The aim of training was to strengthen skills in using excel, data cleaning, weighting, generating descriptive statistics and conducting a t-test using the Samoa salt survey as a case study. After each topic was presented, attendees completed excel exercises to apply and practice the skills they had learnt.



Kathy Trieu with the Samoa Ministry of Health and Samoa Bureau of Statistics staff during the data analysis training

### Americans consuming too much sodium

- A U.S. Centers for Disease Control and Prevention (CDC)-led study presented at the American Heart Association's 2016 Scientific Sessions revealed that nearly 90% of the 827 adults participating in the 2014 National Health and Nutrition Examination Survey (NHANES) consumed more than the recommended daily limit of sodium of 2,300mg/day. The average daily sodium intake was 3,662mg (9.3g salt), with men having a higher intake than women. This preliminary study is the first nationally-representative survey estimating U.S. sodium intake based on 24-hour urine excretions. The news article can be accessed [here](#).

## RESEARCH

### High salt consumption in India

- A recent study by Johnson et al (2016) published in the *Journal of Hypertension* showed that the mean salt consumption in India is 10.98g/day, more than twice the WHO recommended daily salt intake of 5g/day. The systematic review included 227,000 adults from 21 studies conducted between 1986 and 2015 across 29 states and seven territories in India. Subgroup analyses showed that salt intake didn't vary by sex (male vs female) or rurality (urban vs rural) and salt consumption was higher in the southern and eastern states. The authors call for the implementation of a national salt reduction strategy in India to reduce population salt consumption to reduce the risk of hypertension and related cardiovascular diseases (CVDs). Please click [here](#) for more information.

### Modelling health gains and cost-savings of salt reduction targets

- A modelling study by Wilson et al (2016) published in *Nutrition Journal* showed that dietary salt reduction interventions could generate large health gains and cost-savings. The study modelled 10 interventions to achieve sodium reduction targets using the 2011 New Zealand population of 2.3 million adults aged ≥35 years in a Markov macro-simulation model with a 3% discount rate. Results showed that achieving the full target of a 35% reduction in mean salt intake (from 8.4 to 5.5g/day) through legislating maximum levels of sodium in packaged foods, and reducing fast foods and restaurant foods intake and discretionary salt use would have the largest health gain (235,000 QALYs) and the greatest cost saved (NZD 1,260 million). For specific target components, the range of health gain was from 6,100 to 122,000 QALYs. All ten target interventions were cost-saving. The article can be accessed [here](#).

### Protocol for estimating impact of sodium legislation in South Africa

- A study protocol by Charlton et al (2016) published in *BMJ Open* aims to assess the impact of sodium legislation in South Africa on population sodium intake and blood pressure, in comparison to Ghana, an African country without salt policy. The study will utilize the data from the WHO Study on global AGEing and adult health (WHO-SAGE), a longitudinal study examining the health and well-being of adult populations from nationally representative samples in China, India, Mexico, Russia, Ghana and South Africa. The 2014/2015 data (SAGE wave 2) will be used as the baseline while follow-up data will be collected in 2017 (SAGE wave 3). Change in population salt intake will be measured based on 24-hour urinary sodium excretion. For more information, please click [here](#).

Lastly, we are pleased to announce that the George Institute for Global Health has moved to a new office located at 1 King St. Newtown NSW 2042. More details can be found [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.

We wish you a happy and healthy holiday and we look forward to working with you again in 2017 and the following years!

Best wishes,

Jacqui Webster  
Centre Director  
World Health Organization Collaborating Centre on Population Salt Reduction

