

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](#).

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.PopulationSaltReduction](http://WHO.CC.PopulationSaltReduction.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

Vanuatu province declares war on junk foods

- ◆ Vanuatu's northern Torba province had imposed a ban on foreign junk foods in an effort to protect the health of its people. The head of the local tourism council, Father Luc Dini, has ordered the province's bungalows and local stores to serve only locally grown, organic products. Dini also plans to introduce legislation within the next two years to ban the import of all foreign foods. Vanuatu's central government is supportive of the plan and is keen to observe how locals and guests would respond to the ban. For more information, please click [here](#).

Salt Summit held in India to discuss national salt reduction strategy

- ◆ The George Institute for Global Health, in association with Arogya World, organized a Salt Summit in Delhi, India on 9 February 2017. The forum was attended by key representatives from government, food industry, academia, research organizations, community and media. It brought out recommendations and action steps for reduction of salt consumption and development of a salt reduction strategy in India. For more information, please click [here](#).

Salt reduction consultation meeting in South Africa

- ◆ In September 2016, a high level salt reduction consultation meeting was held in Cape Town, South Africa to discuss progress, challenges and the next steps for the country's salt reduction strategy. The meeting was attended by 25 key participants from government, non-government organizations, universities and research organizations. A [report](#) of the meeting was made available at the George Institute website while an [editorial](#) is now published in *The South African Medical Journal* (January 2017).

RESEARCH

Impact of UK sodium reduction policies on disease burden and equity

- ◆ A recent study by Kypridemos et al published in *BMJ Open* (2017) found that sodium reduction policies in the UK are effective in reducing the burden of cardiovascular diseases (CVD) and gastric cancer (GCa), but the effects are disproportionate across socioeconomic groups. The study estimated that the UK strategy resulted in about 52,000 fewer new CVD cases and 10,000 CVD deaths, and prevented about 5,000 new cases of GCa and 2,000 GCa deaths compared with the 'no intervention' scenario. However, when equity was considered, it showed that the strategy has likely benefitted disproportionately the more health-conscious and wealthier individuals. The authors suggest that additional legislative policies may achieve more equitable health benefits. The full article can be accessed [here](#).

Behaviour change interventions to reduce population salt intake

- ◆ Trieu et al at the George Institute for Global Health published a systematic review to evaluate the effectiveness of population-level behaviour change interventions to reduce salt intake in the *International Journal of Behavioral Nutrition and Physical Activity* (February 2017). The review found that 19 of 22 studies reported that health education or awareness campaigns significantly improved salt-related behaviours or reduced salt intake based on any method of measurement (e.g. 24-hour urine, spot urine, dietary survey etc). However, an analysis of the higher quality studies found that only half (5 of 10) demonstrated a significant reduction or improvement in salt behaviour based on the more objective outcome assessment method. In line with previous reviews, it is recommended that behaviour change interventions are implemented alongside structural interventions such as food reformulation, healthy food procurement or fiscal policies, to ensure the targeted 30% reduction in mean population salt intake is achieved. For more information, please read the study [here](#).

Association of salt-related knowledge and behaviours with salt intake

- ◆ A study by Johnson et al at the George Institute for Global health published in *Nutrients* (February 2017) showed that the mean salt intake in India was 9.27 (8.87-9.69) g/day based on 24-hour urine samples. The study revealed that less use of salt while cooking, avoidance of snacks or namkeens—a savoury Indian snack, and avoidance of pickles were associated with significantly lower levels of salt excretion. It also found that salt intake was comparable in more-educated versus less-educated individuals, while there was no different pattern of knowledge and behaviours between the two groups. For more information, please click [here](#).

OTHER NEWS

Invitation to contribute to Special Issue of Nutrients

- ◆ The journal *Nutrients* is currently inviting submissions for a Special Issue 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. Dr Jacqui Webster from the World Health Organization Collaborating Centre on Population Salt Reduction at the George Institute is serving as Guest Editor for this issue. The submission deadline is 15 June 2017. 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
Centre Director
World Health Organization Collaborating Centre on Population Salt Reduction

