



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](#).

For more information, contact:
jwebster@georgeinstitute.org.au

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

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

MONTHLY UPDATE

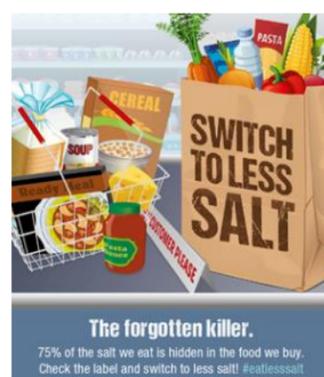
This email update is intended to help people stay up to date with new information on salt reduction initiatives to support WHO Member States achieve a global target of a 30% relative reduction in mean population salt intake by 2025.

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

WASH leads World Salt Awareness Week 2017 celebration

- ◆ It's World Salt Awareness Week (WSAW) from 20-26th March 2017! Join us as we support the World Action on Salt and Health (WASH) in celebrating this important week with the theme 'Salt: The Forgotten Killer,' to highlight the importance of reducing salt intake in different populations across the world. For more information on how to get involved, visit the WASH [website](#) where you can also download resources that you may adapt to fit your own setting.



Salt levels in bread in Australia declined from 2010 to 2017

- ◆ In support of WSAW 2017, the George Institute for Global Health conducted a survey to look at the salt contents of packaged breads sold in Australia. The study analysed 1439 products from 2010 to 2017 and showed that salt levels in bread and bread rolls had dropped by some 10% throughout the years, however, other commonly eaten bread products still contain excessive amounts of salt. The results highlight that the government targets for salt levels in bread do work, but there is still a lot to do. Lead author Clare Farrand said, "The variation in salt levels amongst bread products is huge, which clearly demonstrates manufacturers can produce much lower salt products." As a next step, the George Institute is calling on bread manufacturers to reduce the amount of salt in bread to the lowest possible levels, to reduce population level salt intake, and save the maximum number of lives. More information can be found [here](#).



National Heart Foundation of Australia launches salt and sodium converter

- ◆ The Australian National Heart Foundation has launched a 'Salt to Sodium Converter,' an interactive tool that allows users to convert milligrams of sodium to grams of salt or vice versa. The tool was developed to help consumers be aware of the amount of salt that they eat and to compare the salt contents in different foods.

More salt found in 'healthy' gourmet burgers than a Big Mac

- ◆ Research by Choice, a national consumer advocacy group based in Australia, revealed that some self-claimed 'healthy option' burgers have poorer nutrient quality than McDonald's. One gourmet burger was found to have 37% more salt than a Big Mac, along with 61% more kilojoules and 76% more saturated fat. For more information, please click [here](#).

Inter-country training for CVD prevention and management held in Vietnam

- ◆ The 2nd Inter-country Training on Subnational Initiative for Cardiovascular Prevention, Control and Management for The Mekong Countries was held in Ho Chi Minh, Vietnam from 20-25th February 2017. The aim of the meeting was to share country experiences and plans for the implementation of Cardiovascular Disease (CVD) prevention, control and management initiatives. Clare Farrand from the WHOCC provided training on the SHAKE The Salt Habit Package for population salt reduction in Cambodia, Vietnam and Laos—to support them to develop, implement and strengthen initiatives to address the growing burden of CVD in the region. The meeting identified the need for countries to develop strategies with detailed action plans and milestones, including a plan for monitoring and evaluation in order to reduce population level salt intake.



Participants during the inter-country training for CVD prevention, control and management held in Ho Chi Minh, Vietnam

Funds required for campaign to reduce children's salt intake in India

- ◆ The George Institute for Global Health would like to invite everyone to support its campaign to reduce salt intake in children in India. The salt reduction program will aim to reach out to 15,000 school children in Delhi and Hyderabad to make them aware of the harmful effects of excessive salt intake. Educating children on permissible levels of salt and the risks associated with high salt intake will help them make healthy diet choices and develop good dietary habits early in life. To support our campaign, please click [here](#).

Amended: Vanuatu province declares war on junk foods

- ◆ In our last bulletin we reported that Vanuatu's northern Torba province 'imposed a ban' on foreign junk foods. We just want to clarify that there has been no actual ban, rather the local tourism office has ordered the province's bungalows and local stores to serve only locally grown, organic products. The local tourism office plans to introduce legislation within the next two years to ban the import of all foreign foods. For more information, please click [here](#).

RESEARCH

Nearly half of cardiometabolic deaths linked to poor diet

- ◆ A recent study by Micha et al (2017) published in the *Journal of the American Medical Association* showed that suboptimal dietary pattern in the United States was associated with mortality due to heart disease, stroke and type 2 diabetes. Overconsumption of 'harmful foods' including sodium, processed meats and sugar-sweetened beverages and underconsumption of 'beneficial foods' such as fruits, vegetables, nuts and seeds, and seafood omega-3 fats were linked to 45.4% of cardiometabolic deaths. Excess sodium intake was estimated to contribute the highest proportion (9.5%) of cardiometabolic deaths. 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](#).

'Science of Salt Weekly' subscription

- ◆ 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](#).

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

