

## Team:

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- ◆ **WHO responsible officers:** Temo Waqanivalu, WHO, Geneva; Warrick Kim, WPRO; Wendy Snowdon, SPO

## Resources:

The Centre has collaborated with WHO to produce the *SHAKE Package for Salt Reduction*, a set of evidence-based practices, policies and interventions from different settings around the world, aimed at guiding Member States achieve a reduction in population salt consumption. It includes five key action areas:



- S** -urveillance
- H** -arassing industry
- A** -dopting labelling standards
- K** -nowledge
- E** -nvironment

**What we do:** We have a remit to support WHO Member States achieve the global target of a 30% relative reduction in mean population salt intake by 2025, as part of a set of 9 global targets to reduce non-communicable diseases. We do this through: research to increase the evidence, direct support to countries, and facilitating networking and dissemination of information.

## Support on monitoring salt intake:

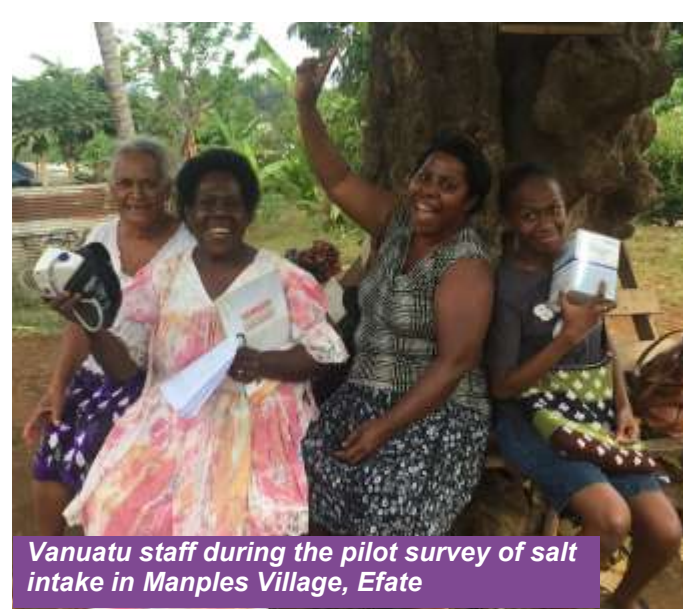
We are supporting countries to establish effective salt reduction programs. Activities have included providing expert advice and training on the different approaches to assess salt intake, consumer knowledge, attitudes and behaviours (KAB) related to salt, major sources of salt in the diet, and sodium levels in foods.

The Centre continues to offer regular advice and support to the following countries: *Pacific Islands, Vietnam, Mongolia, South Africa, Australia, New Zealand, Cambodia, Laos, Hong Kong and Iran.*

- ◆ **Indonesia** The Centre has recently conducted an in-country consultation to support the Ministry of Health in Indonesia to obtain data on national salt intake levels with the view to establishing the evidence for carrying out a program of work to reduce salt intake in the country.
- ◆ **Vanuatu** The Centre has administered a workshop on collecting 24-hour and spot urines, obtaining information on KAB regarding salt, carrying out a dietary survey to identify the main sources of salt in the diet, and a shop survey to gather data on sodium levels in foods.



Data collectors were trained on how to gather data on sodium levels in foods through a shop survey



Vanuatu staff during the pilot survey of salt intake in Manples Village, Efato



Participants gather to kick start day one of the Indonesian Salt Strategy and Surveillance Planning Meeting

## Support for strategy development:

Over the last 2 years we've participated in the following meetings and consultations:

- ◆ In-country consultations in *Indonesia* (August 2015) and *Cambodia* (September 2015)
- ◆ Hosted a one-week salt reduction training in Sydney for Ministry of Health, *Malaysia* (October 2015)
- ◆ A regional consultation on NCD's in *Cambodia* (December 2015)
- ◆ European Salt Action Network Meeting in *Portugal* (April 2016)
- ◆ A teleconference on developing salt targets in *Hong Kong* (April 2016)



Nutritionists and dieticians during the training workshop in Malaysia

- ◆ **Malaysia** The Centre convened a two day workshop with the Ministry of Health in Malaysia to train healthcare professionals on how to deliver education and communication programs to reduce salt intake in communities. The workshop informed the development of a guideline which will be used to train other healthcare professionals and build capacity for salt reduction activities in line with the National Strategy for Population Salt Reduction in Malaysia.

- ◆ **South Africa** The Centre has also participated to a landmark meeting hosted by the Heart Foundation in *South Africa* to discuss progress and challenges for the country's new legislation on salt. The meeting was an opportunity to discuss ways of ensuring effective implementation and monitoring of salt reduction efforts locally and nationally, present new data on salt intake and monitoring of salt levels in foods. A five-point roadmap for action was agreed and there was a call for stronger global action to engage multi-national companies to reduce salt in products throughout the world.



Representatives from government, non-government organizations and research organizations gather to discuss South Africa's legislation on salt

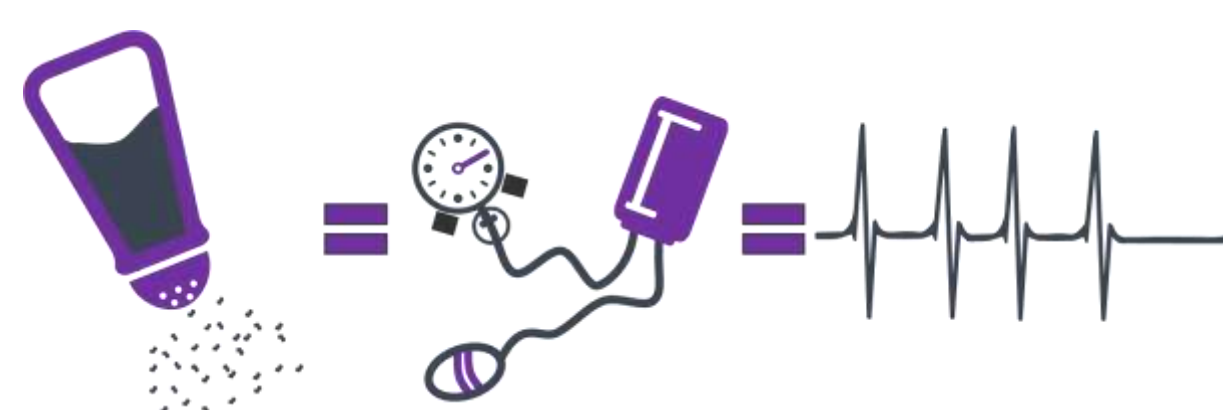
## Networking, communication and collaboration:

- ◆ **Monthly bulletin and website.** WHO CC SALT facilitates the exchange of learning through its growing network by sending out a regular email communication on salt reduction which includes information on new research, country updates, relevant meetings and policy changes to over 800 stakeholders monthly. The Centre has expanded its target audience from the Asia Pacific Region to global. We are in the process of developing a WHO CC SALT reduction website which will be the new online portal for all aspects of salt reduction.
- ◆ **Victorian Salt Partnership.** In *Australia*, the Centre has been working with VicHealth, the National Heart Foundation, Deakin University and the Victorian Department of Health as part of the Victorian Salt Partnership. A 3-year National Health and Medical Research Council (NHMRC) grant has been awarded to evaluate the impact of the state-wide strategy to reduce salt in Victoria, Australia.
- ◆ **World Hypertension League.** The Centre has also partnered with the World Hypertension League to produce the 'Science of Salt Weekly,' a weekly bulletin summarizing the peer-reviewed literature in relation to new studies on salt and health (<http://www.hypertensivtalk.com/science-of-salt-weekly/>). In addition, a regularly updated systematic review of studies are being published in the *Journal of Clinical Hypertension* to keep clinicians and policy stakeholders informed of the growing body of research related to (1) the implementation of salt reduction interventions and (2) relationship of salt and health outcomes.

## Increasing the evidence base for salt reduction:

We have contributed to a range of new publications to increase the evidence base for salt reduction including:

- ◆ A Cochrane review on population-wide interventions to reduce salt intake (<http://www.ncbi.nlm.nih.gov/pubmed/27633834>)
- ◆ A systematic review of state- and community-level salt reduction initiatives and their impact (<http://jech.bmj.com/content/early/2016/05/24/jech-2015-206997.abstract>)
- ◆ An interventional study conducted in *Australia* which measured the effects of a multi-component salt reduction intervention on salt intake (<http://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-016-3064-3>)
- ◆ We have partnered with the National Institute of Nutrition in *Vietnam* to publish the results of a behaviour change salt reduction intervention based on the Communication for Behavioural Impact (COMBI) framework (<http://onlinelibrary.wiley.com/doi/10.1111/jch.12884/full>)



## Implementation science research:

- ◆ WHO CC SALT, in collaboration with Deakin University, the Pacific Research Centre for the Prevention of Obesity and Noncommunicable Diseases (C-POND), the World Health Organization in Fiji and the Ministry of Health in Samoa, has completed the post-intervention assessment of the 3-year NHMRC-funded Global Alliance for Chronic Diseases (GACD) project on 'Cost-Effectiveness of Salt Reduction Strategies in the Pacific Islands' conducted in *Fiji and Samoa*. Process evaluation showed that the intervention has resulted to significant policy changes including:
  - \* Incorporation of salt targets into the food regulations
  - \* In Samoa, Ministerial proposals for taxation of unhealthy foods (high in salt, sugar and saturated fat) as priority
  - \* Salt reduction work has been mainstreamed into the nutrition activities
  - \* Inter-Ministerial collaboration on NCDs has been strengthened
  - \* Relationships have been established with the food industry



GACD Project Teams from Fiji, Samoa, World Health Organization-South Pacific Office, Deakin University and the George Institute for Global Health