



SALT SMART CONSORTIUM

The Multi-stakeholders Committed to Reducing the Overconsumption of Dietary Salt in the Americas

3rd Meeting of the SaltSmart Consortium
28-29 October 2014, Brasilia, Brazil
PAHO_WHO Office



Healthy Caribbean Coalition





The Questions

- Have main sources of salt in diet been identified?
- Have food groups for action been selected?
NO
- Is there a monitoring system for following changes in salt/sodium in food? **NO**





Barbados Sodium Intake Survey (BSIS)

- Commenced in March 2010.
- The principal aim of this survey is to determine the baseline mean intake of dietary sodium in adult Barbadians (n=400; aged 25-64years), through measurement of sodium concentration in 24 hour urinary samples.
- Secondary aim is to identify the principal dietary sources of sodium.
- Survey is a sub-study of the Health of the Nation Survey (HotN), whose aim is to provide a 'snapshot' of chronic non-communicable disease (NCDs) in the Barbadian population.
- Final report expected before end of this year.





Policy Statement

Preventing CVD in the Americas by reducing dietary salt intake population-wide

- Endorse this policy statement
- Educate memberships on the health risks of high dietary salt and how to reduce salt intake. Encourage involvement in advocacy. Monitor and promote presentations on dietary salt at national meetings and the publication of articles on dietary salt.
- Promote and advocate media releases on dietary salt reduction to reach the public, including children and particularly women given their integral roles in family health and food preparation.
- Broadly disseminate relevant literature.
- Educate policy and decision makers on the health benefits of lowering blood pressure among normotensive and hypertensive people, regardless of age.
- Advocate policies and regulations that will contribute to population-wide reductions in dietary salt.
- Promote coalition building, increase organizational capacity for advocacy and develop advocacy tools to promote civil society actions.



HCC/NCDA Regional NCD Status Report and Call to Action

A CIVIL SOCIETY REGIONAL
STATUS REPORT

RESPONSES TO NCDs IN THE
CARIBBEAN COMMUNITY



- National/regional status reports to inform call for action
- Strengthen civil society advocacy
- Brazil, S Africa, CARICOM
- HCC: CARICOM 'Implementing Partner'



In the Pipeline

- Indication of possible funding support to undertake in 7 Caribbean countries specific programmes of “BP control through prevention, detection, treatment, control and population salt reduction
- Further information provided during next panel
- Inputs welcome to ensure most effective and aligned with PAHO/PAFNCD effort

