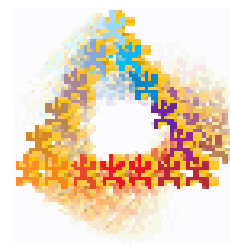




## Cardiovascular disease prevention through dietary salt reduction: PAHO Expert Group



### Fact Sheet

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#### Why an Expert Group?

In January 2009 PAHO/WHO Office held a country and Expert consultation on:

"Mobilizing for dietary salt reduction in the Americas" where it was proposed that PAHO establishes a Regional Expert Group for reducing dietary salt intake in the Americas as a population based approach to cardiovascular disease prevention, in order to support the work carried out on region specific issues related to salt consumption.



The PAHO Director convened the Expert Group (EG), formed by global and regional experts from the field of nutrition and cardiovascular disease, in September 2009 with the task to address

Cardiovascular disease prevention through dietary salt reduction. The overall objective of the EG is to develop recommendations for the Member States and other stakeholders on interventions to reduce dietary salt intake population-wide with the long term goal of preventing chronic diseases.

#### Main objectives

The main objective of EG is to:

- ❖ explore the current epidemiological situation regarding cardiovascular disease and its link to excessive salt consumption in the Americas;
- ❖ review existing policies, interventions and programs aimed at reducing dietary salt and issue evidence-based recommendations for salt reduction in the Region;
- ❖ review, discuss and agree with relevant partners' adjustments necessary for use of salt as vehicle for micronutrient fortification;
- ❖ foster public and private partnerships.

#### Duration of the EG

The EG will work for a span of two years. PAHO will serve as the Secretariat for the initiative and will work with the chair and the co- chairs on a regular basis in order to report on progresses and to stimulate further actions.

## PAHO/WHO Regional Expert Group on Cardiovascular Disease Prevention through Dietary Salt Reduction

❖ Norm Campbell, Chair (University of Calgary – Canada)	❖ Omar Dary (A2Z Project - United States)
❖ Rainford Wilks, Co-chair for the Caribbean (Tropical Medicine Research Institute - Jamaica)	❖ Darwin Labarthe (CDC - United States); Mary L'Abbe (University of Toronto - Canada)
❖ Ana Beatriz Pinto de Almeida Vasconcellos, Co-chair for Latin America (Ministry of Health - Brazil)	❖ Hubert Linders (Consumers International, Regional Office for Latin America and the Caribbean - Chile)
❖ Simón Barquera (National Institute of Public Health - Mexico)	❖ Carlos Monteiro (University of Sao Paulo - Brazil)
❖ Adriana Blanco-Metzler (Institute for Research and Education in Nutrition and Health (INCIENSA) - Costa Rica)	❖ Tito Pizarro (Ministry of Health - Chile)
❖ Ezzedine Boutrif (FAO - Italy)	❖ Jorge Polónia (University of Fernando Pessoa - Portugal)
❖ Francesco Cappuccio (Warwick University - England)	❖ Marcelo Tavella (Program for the Prevention of Infarct in Argentina (PROPIA) - Argentina)
❖ Beatriz Champagne (InterAmerican Heart Foundation - United States)	❖ Ricardo Uauy (Institute for Nutrition and Food Technology (INTA) - Chile)
❖ Ricardo Correa-Rotter (Salvador Zubiran National Institute of Medical Sciences and Nutrition (INNSZ) - Mexico)	❖ Lianne Vardy (Public Health Agency of Canada).

### Structure of the EG

Dr. Norm Campbell has been appointed Chair of the EG. Dr. Rainford Wilks and Dr. Ana Beatriz Vasconcellos have been appointed Co-Chairs.

The Secretariat includes members of the PAHO Chronic Disease Project and Micronutrient Program, including Drs. Legetic, Hospedales, Jacoby, and Grajeda; as well as Dr. Barbara Legowski (Consultant from Canada), Dr. Godgrey Xuereb (WHO-Geneva).

The expert group was divided into four sub-groups to advance the work on priorities as identified across a 6-, 10- and 24-month period. Each group is steered by a leader to work closely with the Chair and Co-Chairs, to report on progress and maintain the subgroup's momentum.

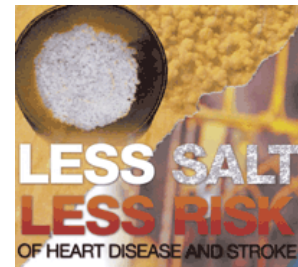


The **composition** of the subgroups is:

- ❖ **Surveillance:** Francesco Cappuccio (leader), Rainford Wilks, Adriana Blanco, Dan Chisholm, Ricardo Correa Rotter, Mary L'Abbé.
- ❖ **Advocacy:** Norm Campbell (leader), Hubert Linders, Beatriz Champagne.
- ❖ **Liaison with Industry:** Ricardo Uauy (leader), Simon Barquera, Tito Pizarro, Mary L'Abbé, Marcelo Tavella, Darwin Labarthe.
- ❖ **Salt Fortification:** Rubén Grajeda (leader) Omar Dary, Mary L'Abbé, Marcelo Tavella, Ana Beatriz Vasconcellos

### Work up to date

The EG has prepared the Policy Statement. The Policy Statement provides countries with a roadmap for concerted action by governments, nongovernmental organizations (NGOs), and the food industry. It's currently available for open distribution and endorsement.



The EG is currently:

- ❖ Preparing a protocol for detection of salt in 24 hour urine and position on the use of spot urine for monitoring salt intake;
- ❖ Technically supporting a Multi-centric study on detection of salt content in selected foods in 8 capitals in Latin America;
- ❖ Taking first steps to engage with the food and retail industry;
- ❖ Preparing a technical consultation on recommendations for policies on salt fortification.

To improve the dissemination of information on the subject, a web page in English and Spanish has been dedicated to the initiative: [www.paho.org/cncd\\_cvd/salt](http://www.paho.org/cncd_cvd/salt) . A series of fact sheets with recommendations for health care professionals, patients and consumers are made available there.