

PHAC/PAHO Observatory on Chronic Noncommunicable Disease Policy

Preliminary Results from the Questionnaire on *Salt Consumption in the Americas*

Mobilizing for Dietary Salt Reduction Policies and Strategies
in the Americas: Expert & Country Consultation

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Salt Consumption in the Americas

Method

- Questionnaire designed by Dr. O. Baclic (PHAC) and Drs. E. Jacoby and B. Legetic (PAHO)
- Distributed in November 2008 to CARMEN countries individually and to two subregional centers: INCAP (Central America & Panama) and the Caribbean Food & Nutrition Institute (CFNI) (English-speaking Caribbean)
- 12 responses submitted to date

Argentina, Bolivia, Brazil, CFNI (Bahamas, Dominica, Grenada, Guyana, St. Lucia, St. Vincent and the Grenadines), Chile, Costa Rica, Ecuador, Honduras, INCAP (Guatemala), Panama, Paraguay, Uruguay



Questionnaire Content

- Estimation of levels of dietary salt intake across populations and methods used
- Current estimated dietary salt intake levels (g/day/person)
- Current national recommendations for daily salt intake
- Most significant sources of dietary salt and methods used
- Programs, policies, initiatives that aim to reduce population salt consumption and
 - Lead organization(s)
 - Target group(s)
 - Aims and target intake levels
 - Evaluations and/or achievements
 - Nature of collaborations and partnerships
- Industry-led actions



Responses

■ Data on salt intake (7 responses)

- Multiple sources of data

- National surveys, e.g. on health, on nutrition, family budgets including food consumption

- Salt industry

- Specific population surveys, e.g. school children in rural areas, adolescents, people in metropolitan areas

■ Estimation methods

- Urine testing (1)

- 24-hour food consumption recall (3) variety of other methods



Responses (cont'd)

■ Estimated salt intake

- Wide range reported – from specific to general populations
- Low of 4g to high of 19 g per day per person
- Differentiation between salt added at home (at table and during cooking) and salt inherent in processed foods

■ National recommendations

- 5 quantitative (Argentina, Brazil, Chile, Costa Rica, Uruguay)
 - 1 recommends $< \text{ or } = 6 \text{ g}$; 4 recommend 5 g
- 4 qualitative recommendation for moderate use (Panama, Guyana, Grenada, St. Vincent)
- 1 informal recommendation by nutritionists (5 g)

Responses (cont'd)

- Research on sources of sodium (Argentina, Bolivia, Brazil, Chile, Ecuador)
 - Surveys of food consumption
 - Analysis of nutrient content of foods
 - Surveys on consumption of high sodium foods
 - Determination of sodium content of commonly consumed foods, e.g. bread, certain processed foods

Policies, Programs, Initiatives

■ Government Actions

– Specific to Salt

- Surveying of populations re high sodium food consumption (1)
- Research on sodium content of foods (2)
- National dietary guidelines for salt intake (5)
- National working groups/task forces for salt intake reduction (2)
- Collaboration with/assistance to food industry for reformulation of typically high sodium products (3)
- Regulations re sodium content of foods (~2)
- Nutrition labels/warning labels on packaged foods (1)

Policies, Programs, Initiatives (cont'd)

– Relevant to Salt

- Research on nutrient content of food (2)
- Mandatory food labels (3)
- Warning labels re high fat, sugar and salt content (1)
- Regulations on advertising of foods high in fat, sugar and salt (to children) (~2)
- Restrictions on sales of foods high in fat, sugar and salt in schools (~1)
- Healthy diet/healthy living consumer education campaigns (3)
- Treatment and disease control guidelines re chronic diseases related to nutrition (CVD, hypertension, diabetes) (2)
- Training of health professionals re healthy diet/healthy living (4)

Policies, Programs, Initiatives (cont'd)

- Industry-led Actions (Panama, Chile, Costa Rica)
 - Product reformulations
 - Lower sodium salt and salt substitutes
 - Low(er) sodium prepared foods
 - Consumer campaigns promoting healthier products
- Civil Society Actions (Bolivia)
 - Social clubs for e.g. diabetics and older persons offering healthy diet information and education
 - Associations of nutritionists and dieticians taking the initiative

All for now

Thank you
Gracias
Obrigada



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