

# Strategy to reduce sodium/salt intake in Chile



Ministerio de  
Salud

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Gobierno de Chile



## Our target...

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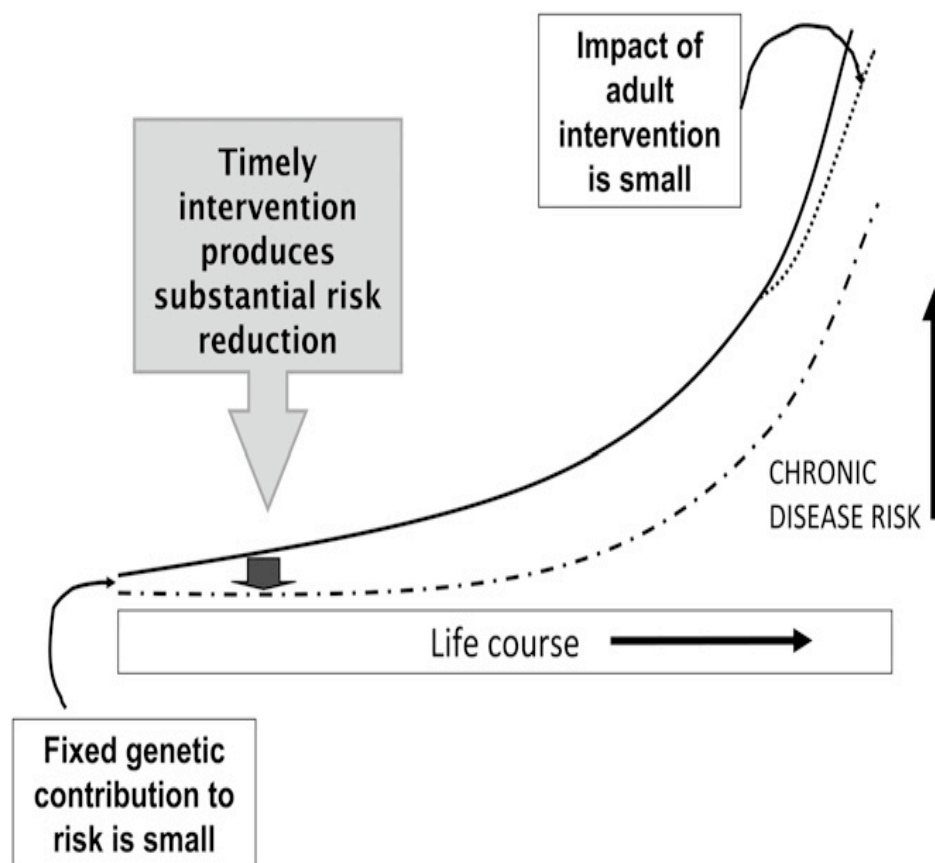
Less than 5 g of salt per day by 2020

How much should we reduce?

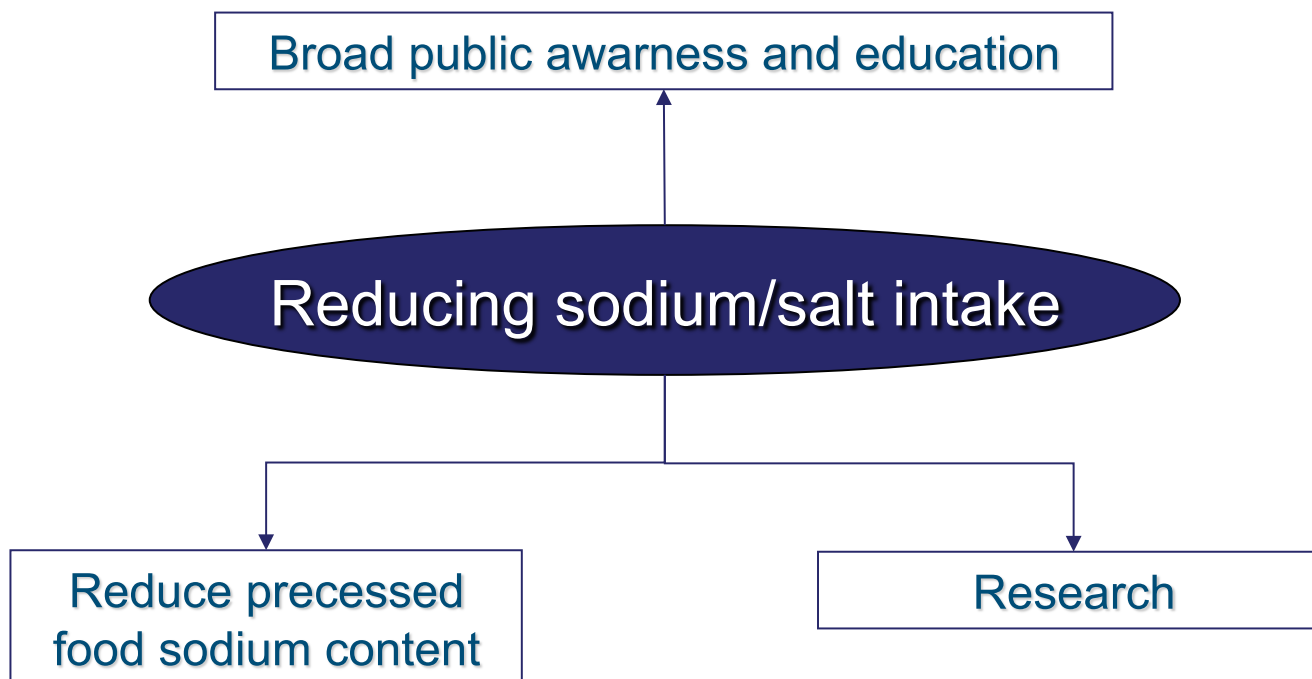
Salt intake, ENS 2009-2010*	9.8 g/d
How many grams?	4.8 g/d
Percentage of reduction	49 %

\* National health survey, urine spot collection

# Our way...

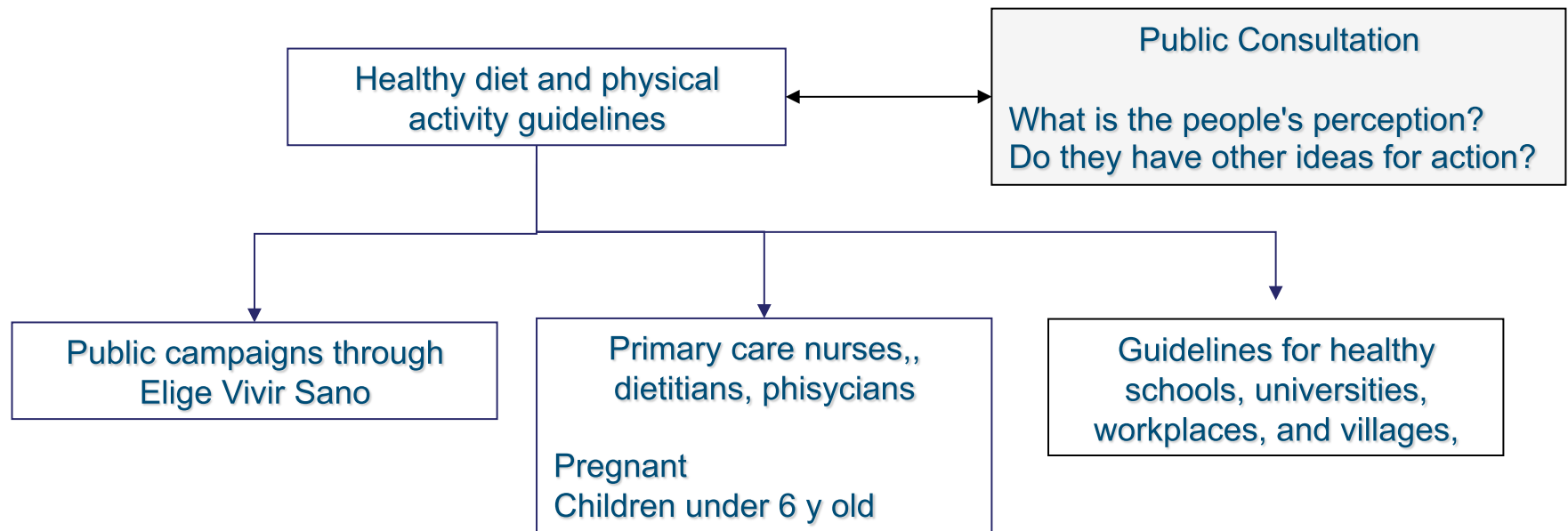


# Our way...

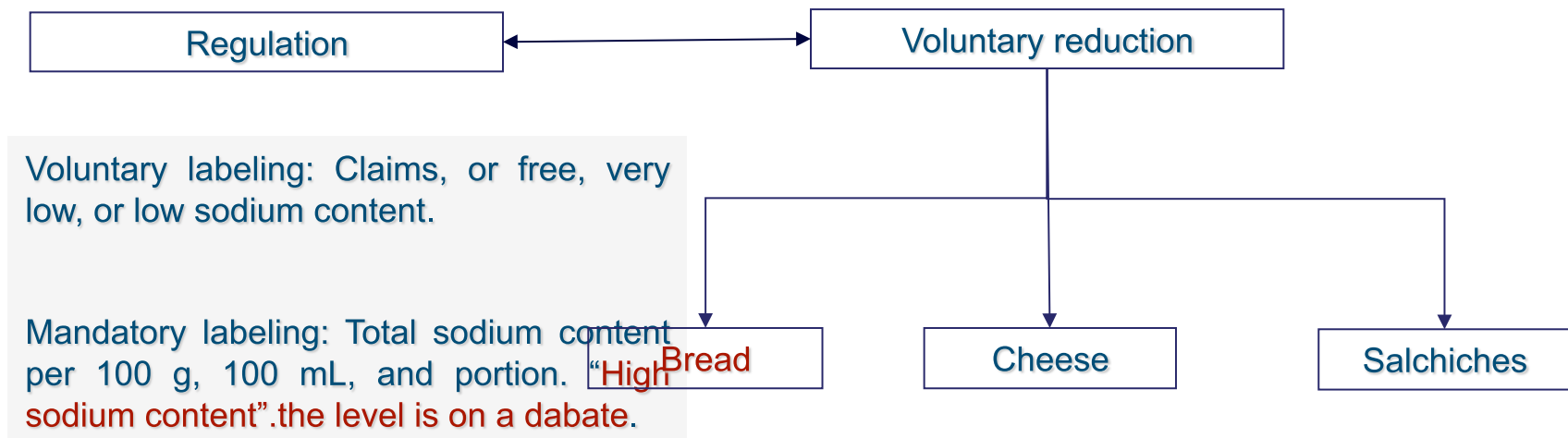
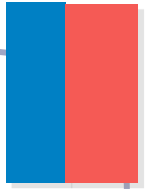


# Awareness...

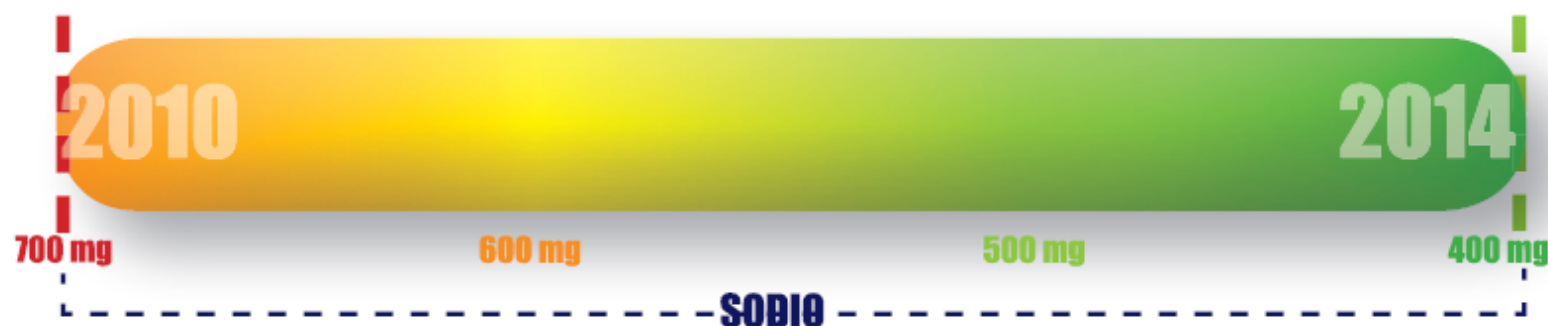
Our goal...adoption of healthy diet and physical activity in **healthy population**; Specially, **children under 2 y old**.



# Reduce preprocessed food sodium content...



# About the “bread initiative”...



Evaluation, Nov 2011 (preliminary data)

Country's regions evaluated = 5 (total 15)

Bakeries evaluated: 198 (< 30 %)

Average (mg sodium/g bread): 498 (max = 899; min= 189)

**Producer that meet the 2011 goal: 38%**



## Research...

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- How much sodium/salt do we ingest?  
Answer: 9,8 g/d según ENS 2009-2010
- What is the sources of sodium/salt in the Chilean population?  
We are waiting for the results from the National Food Survey.
- How is the iodine status in the population?  
Big question  
Big concerns
- How can we reduce the sodium/salt content in locally produced foods?  
Academia and local food industry cooperation





## Difficulties...

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10,1 % of children under 6 y are obese. It has led to an approach "Obese centric" .

Currently, we do not have a date for a new surveillance, which is really important to determine the population's salt intake, and iodine status.

The primary care activities for children still has a low coverage. Furthermore, it decreases in older children.

The sodium determination technique is not standardized in all regions. Thus, it may affect the results of the voluntary reduction surveillance.

There are many cheese and bread industries spread around the country. Thus, we are not sure about the real adherence to the voluntary reduction.

Salchiches producer have many concerns related with the impact of salt reduction on their products. Thus, their salt reduction target is still low.



# People in salt reduction group

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- Luisa Kipreos, head Department of Food and Nutrition
- María Cristina Escobar, head Department of NCD
- Anselmo Cansino, head Department Health Promotion
- Marcela Romo
  - Xenia Benavides
  - Anna Pinheiro
  - Andrea Bravo
  - Roxana Buscaglioni
  - Álvaro Flores
  - Marcelo Ulloa

# Gracias.



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