Salt Reduction Strategies & Parallels with Iodisation Programmes

31st January 2022, Sustainability of Universal Salt Iodisation in Compatibility to Salt Reduction Initiative in South Asia

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Background
Set of 9 voluntary global NCD targets for 2025
Salt reduction initiatives in 2014

- No Strategy Developed
- Strategy Planned
- Strategy Developed
- Some Improvement in Consumer KAB
- Some Reduction in Salt Levels of Foods
- Some Reduction in Population Salt Intake

Critical time for monitoring progress

75 NATIONAL SALT REDUCTION STRATEGIES

WHO SET GLOBAL SALT TARGET

2013

2014

2019

2025

GLOBAL TARGET

MID-POINT
Methods

Peer-reviewed literature → Grey literature search → Consulted international experts → Database → Questionnaires to country program leaders

Inclusion and exclusion criteria
✓ National strategy
✓ Government involvement
✓ Written strategy OR have > 1 initiatives **specific** to reducing salt.

Data extraction and analysis
Key characteristics were extracted:
- Who led the program?
- Type of initiatives?
- Voluntary or mandatory?
- What is being monitored?
- Impact?
Salt reduction progress – in 2019

- Countries with initiatives: 75 in 2014, 96 in 2019
- Legislative approaches: 33 in 2014, 60 in 2019
- Multi-legislative approaches: 8 in 2014, 16 in 2019

Number of countries

- Red circles: Initiatives in 2014
- Green circles: Initiatives in 2019

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Salt reduction progress – in 2019
Salt reduction progress – in 2019

By implementation strategy

Interventions in settings
Food reformulation
Consumer education
Front-of-pack labelling
Salt taxation

Nutrient-based criteria
- Snacks served in all city agencies may not contain more than 230 mg sodium per serving (Philadelphia, USA (73)).

Food-based criteria
- Processed meats in all city agencies are recommended to be phased out (New York City, USA (54)).
- School canteens may not sell pickled items (Malaysia (79)).

Other nutrition criteria for portion size, food preparation or service
- Salt containers that are visible to students and whose purpose is to add salt to prepared food shall not be allowed inside schools (Uruguay (81)).
- Soy sauce, fish sauce and other locally available condiments/sauces should not be readily available in school dining areas and only may be served upon request (Philippines (83)).
Salt reduction progress – in 2019

By implementation strategy

Interventions in settings
- 74

Food reformulation
- 68

Consumer education
- 50

Front-of-pack labelling
- 48

Salt taxation
- 5

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<table>
<thead>
<tr>
<th>Main food category</th>
<th>Subcategory</th>
<th>Subcategory description</th>
<th>Global benchmark (mg / 100g)</th>
<th>Lowest maximum target on which the benchmark is based</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14.e. Whole muscle meat products, heat treated (frozen and canned products)</td>
<td>Frozen and canned whole muscle (e.g. beef, lamb, chicken and turkey).</td>
<td>270</td>
<td>United Kingdom: Whole muscle, 270 mg</td>
</tr>
<tr>
<td></td>
<td>14.f. Whole muscle meat products, heat treated (refrigerated products)</td>
<td>Refrigerated whole muscle (e.g. beef, lamb, chicken and turkey).</td>
<td>600</td>
<td>Ireland: Uncured cooked meat products e.g. typically poultry and some beef products, 600 mg</td>
</tr>
<tr>
<td></td>
<td>14.g. Whole muscle meat products, non-heat preservation</td>
<td>Air-dried, cured, entire meat pieces (e.g. Parma and Serrano ham). Brined meat products (e.g. pastrami and bacon).</td>
<td>950</td>
<td>Canada: Preserved meat – uncooked, 950 mg</td>
</tr>
<tr>
<td></td>
<td>14.h. Commminuted meat products, heat treated</td>
<td>Cooked sausages (including hotdogs), cooked meatloaf balls, corned beef.</td>
<td>540</td>
<td>United Kingdom: Commminuted or chopped reform meat, 540 mg</td>
</tr>
</tbody>
</table>
Salt reduction progress – in 2019

By implementation strategy

- Interventions in settings: 74
- Food reformulation: 68
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- Front-of-pack labelling: 48
- Salt taxation: 5

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Salt reduction progress – in 2019

By implementation strategy

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UNSW Sydney

HealthStar Rating

Nutri-Score

Healthier Choice

Salchichas

SALTED STICKS

Energy 870 kJ
Fat 9.7 g
Saturates 0.9 g
Sugars 9.5 g
Sodium 115 mg

Each serving (150g) contains

Typical values (as sold) per 100g: 697kJ/167kcal

Energy 1046kJ
Fat 3.0 g
Saturates 1.8 g
Sugars 34 g
Sodium 8.0 g

HEALTHY SNACKS

PER 60g SERVE

HEALTHY SUGAR

HEALTHY SALT
Monitoring changes in population salt intake

- **Substantial (>2 g/d)**
  - 3 countries
  - China, South Korea, and Turkey

- **Moderate (1-2 g/d)**
  - 9 countries
  - Argentina, Canada, Fiji, Finland, Ireland, Italy, Lithuania, Portugal, and Slovenia

- **Slight (0.5-1 g/d)**
  - 5 countries
  - Denmark, France, Iceland, Japan, UK
Monitoring changes in salt levels in foods and KAB

- 31 countries monitoring changes in salt content in foods
  - 9 countries - chemical analyses
  - 6 - food label surveys
  - 3 - industry self-reported data
  - 1 - sales data
  - 6 - combination
- 19 countries monitoring salt-related knowledge, attitudes and behaviour
Parallels with iodisation programmes

• Monitoring and surveillance
  - Monitor sodium and iodine intake
  - Understanding food sources of sodium and iodine in the diet
• Communication and education
  - Italy: “Little salt, but all iodized”
  - “Use iodised salt but less of it” or “Eat less salt and only iodised”
• Require engagement with Food industry
• Research
Thank you

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