

Resources

- ◆ We collaborate with a range of organizations to produce resources that guide and help countries achieve a reduction in population salt intake

The **SHAKE** Package for Salt Reduction

We collaborated with WHO to produce the SHAKE Package for Salt Reduction, a set of evidence-based practices, policies and interventions from different settings around the world, aimed at guiding Member States to achieve a reduction in population salt consumption.



Information about other resources is available at:
www.georgeinstitute.org.au/projects/world-health-organization-collaborating-centre-for-population-salt-reduction-who-cc-salt

Newsletter

- ◆ We send out a regular email communication on salt reduction including information on new research, country updates, relevant meetings and policy changes to over 1000 stakeholders (including program implementers, policy makers, the media, researchers and health organizations) around the world

To subscribe, email us at:
whoccsalt@georgeinstitute.org.au

Networking and collaboration

- ◆ We work with people and organizations who share the same goal of improving the health of millions of people worldwide

Victorian Salt Partnership

In Australia, we have been working with VicHealth, the National Heart Foundation, Deakin University and the Victorian Department of Health to reduce population salt consumption in Victoria

For more information, visit:

www.vichealth.vic.gov.au/media-and-resources/publications/state-of-salt

Science of Salt Weekly

We also partner with the World Hypertension League to produce 'Science of Salt Weekly,' a weekly bulletin summarizing the peer-reviewed literature in relation to new studies on salt and health

To subscribe, visit:

www.hypertensiontalk.com/science-of-salt-weekly/

Our collaborators



For more information, contact:

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Or visit our website at:

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Salt Reduction

Information and resources to support countries to develop strategies to reduce population salt intake

**Reducing population salt intake
by 30% by 2025
Saving millions of lives a year**



WHO Collaborating Centre
on Population Salt Reduction 

 The George Institute
for Global Health

What we can do for you?

We have a remit to support WHO Member States achieve the global target of a 30% relative reduction in mean population salt intake by 2025, as part of a set of 9 global targets to reduce non-communicable diseases. We do this through:

Support on monitoring salt intake

- ◆ We provide expert advice and training on the different approaches to measure salt intake, consumer knowledge, attitudes and behaviours (KAB) related to salt, major sources of salt in the diet, and sodium levels in foods

Indonesia

In September 2016, we conducted an in-country consultation to support the Ministry of Health in Indonesia to gather data on national salt intake levels with the view to establishing the evidence for carrying out a program of work to reduce salt intake in the country.



Meeting participants from different sectors of the government in Indonesia during the Indonesian Salt Strategy and Surveillance Planning Meeting



Collecting nutrient data of packaged foods in Vanuatu

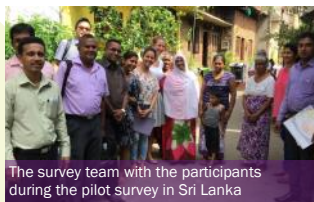
Vanuatu

In October 2016, we led a workshop on collecting 24-hour and spot urine samples, obtaining data on KAB regarding salt, carrying out a dietary survey to identify the sources of salt in the diet, and a shop survey to measure sodium

levels in foods. We also supported with data analysis and preparation of salt monitoring report.

Sri Lanka

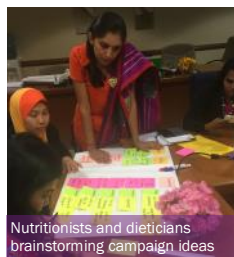
In May 2017, we provided a salt surveillance training to the Ministry of Health staff and supported program leaders to develop and finalise the implementation plan for the salt surveillance program.



The survey team with the participants during the pilot survey in Sri Lanka

Support for strategy development

- ◆ We provide training on the implementation and evaluation of population salt reduction strategies
- ◆ Between 2012 and 2016, we've supported over 15 countries, participated in 6 regional forums, and hosted 2 major international events on salt reduction jointly with WHO



Nutritionists and dieticians brainstorming campaign ideas

Malaysia

In September 2016, we trained healthcare professionals on how to deliver education and communication programs to reduce salt intake in communities. This informed the development of a guideline to train other healthcare professionals and build capacity for salt reduction activities in line with the National Strategy for Population Salt Reduction in Malaysia.

South Africa

In September 2016, we participated in a landmark meeting in South Africa to discuss progress and challenges for the country's new legislation on salt.



Representatives from government, non-government and research organizations gather to discuss South Africa's legislation on salt

Mekong Countries

In February 2017, we led the Second Inter-country training on Subnational Initiative for Cardiovascular Disease Prevention, Control and Management for the Mekong Countries (Vietnam, Lao and Cambodia), to support the Ministry of Health in the Mekong region to develop, implement and strengthen initiatives to address their growing burden of cardiovascular diseases.

Building research capacity

- ◆ We work to build local research capacity, for example by providing training on salt intake data management and analysis, and supporting local personnel to disseminate project outputs through publications and conference presentations

Fiji and Samoa

As part of the Global Alliance for Chronic Diseases (GACD) project on 'Cost-effectiveness of Salt Reduction Strategies in the Pacific Islands,' we led data analysis training workshops for local government staff and researchers in Fiji and Samoa to strengthen their skills on managing and analyzing data on salt intake.

In March 2017, in conjunction with local project staff in Fiji, we handed over study findings and recommendations to the local governments to ensure salt reduction efforts are continued in their plans and policies.



Salt reduction project handover meeting in Fiji with Project Leader Arti Pillay and Fiji Permanent Secretary for Health and Medical Services, Mr Philip Davies

Increasing the evidence base for salt reduction

- ◆ We continue to strengthen the evidence base for salt reduction through studying the effectiveness of salt reduction interventions and contributing to peer-reviewed publications



Recent publications

- * A Cochrane review on population-wide interventions to reduce salt intake (www.ncbi.nlm.gov/pubmed/27633834)
- * A systematic review of state- and community-level salt reduction initiatives and their impact (www.ncbi.nlm.gov/pubmed/27222501)
- * An interventional study conducted in Australia which measured the effects of a multi-component salt reduction intervention on salt intake (www.ncbi.nlm.nih.gov/pmc/articles/PMC4864903)