WORLD HYPERTENSION DAY

World Hypertension Day has been established to highlight the preventable stroke, heart and kidney diseases caused by high blood pressure and to communicate to the public information on prevention, detection and treatment. Each year, May 17th is designated World Hypertension Day.

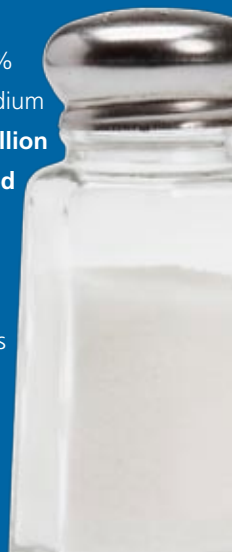
High Blood Pressure Is A Global Epidemic

Over 1.5 billion people worldwide suffer from high blood pressure (or hypertension). Hypertension is the biggest risk factor for heart disease, stroke and kidney disease.

High blood pressure is the biggest single risk factor for death worldwide, causing strokes, heart attacks and kidney disease.

Salt Is A Major Factor In Raising Blood Pressure

High salt (sodium) consumption is the cause of hypertension in about 3 in 10 adults. Hypertension is the major risk factor in cardiovascular diseases, accounting for 64% of strokes and 49% of coronary heart disease. Reducing sodium reduces blood pressure. **Globally, 7 million die every year because of high blood pressure.** Many of these deaths could be prevented by eating less sodium. Sodium is a part of table salt but up to 80% of the sodium we consume comes from processed or packaged food and food eaten at restaurants.



For More Information

www.worldhypertensionleague.org
www.hypertension.ca
www.worldkidneyday.org
www.worldactiononsalt.com
www.ish-world.com
www.sodium101.ca

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Partnerships

World Hypertension Day (WHD) is an official partner with **World Kidney Day** (WKD), March 12th and **World Salt Awareness Week**

All three organizations (WHD, WKD, WASH) and International Society of Hypertension (ISH) work together to raise global awareness of sodium and hypertension, and the role of high blood pressure as a common cause and complication of all vascular diseases.

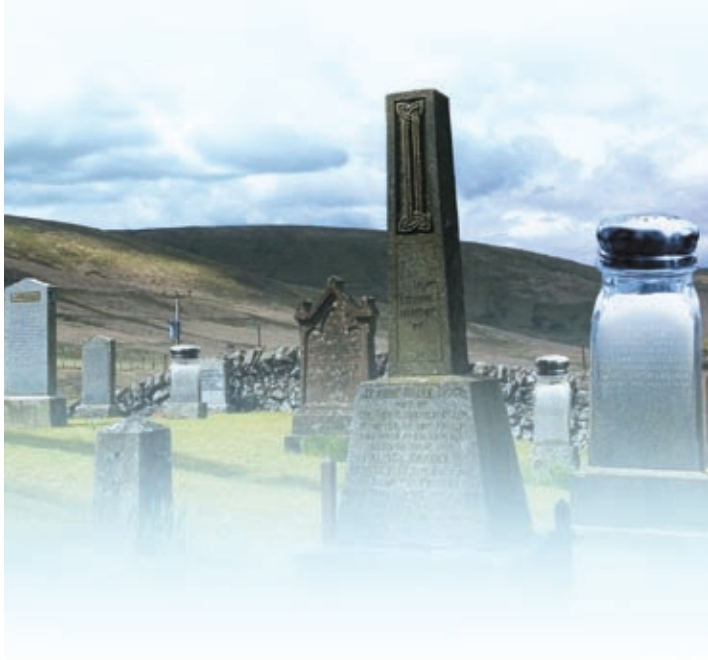
ISH

WASH
World Action on Salt & Health

World Kidney Day
12 March 2009

Salt and High Blood Pressure

TWO **SILENT** KILLERS
GET **INFORMED**. LIVE **LONG**.



WORLD HYPERTENSION DAY

Initiated by the World Hypertension League

MAY 17, 2009

WHAT ACTIONS CAN COUNTRIES TAKE TO REDUCE SALT INTAKE?

It Is Vital That All Countries Reduce Their Salt Intake.

- The average daily salt intake in worlwide is approximately 9-12 grams per person.
- The World Health Organization recommends not more than 1 tea spoon of salt (5-6 grams per day.
- National salt reduction is the least costly way to prevent cardiovascular disease.

If salt intake is reduced by half, it would save approximately 2.5 million deaths a year from strokes and heart attacks worldwide.

Salt Reduction Strategies Around the World

Developed Countries:

Most salt in the diet comes from processed, packaged, restaurant, or fast foods.

- Engage with the food industry to reduce salt in the manufacturing process
- Encourage governments to set voluntary salt reduction targets
- Develop food labeling with salt
- Educate the public about the danger of salt

Other Countries:

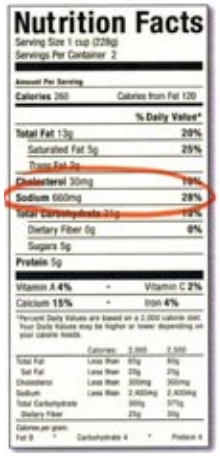
Most of the salt is added during cooking or comes from sauces.

- Assess major sources of salt in the diet
- Educate health authorities and Government
- Educate the public about the dangers of salt

WHAT ACTION CAN THE AVERAGE PERSON TAKE TO REDUCE SALT INTAKE?

Cut The Salt And Lower Your Risk!

People who eat too much salt are more likely to have high blood pressure, resulting in heart attacks, stroke and kidney diseases. But, the salt shaker is not the biggest culprit! About 80% of the salt you eat is from processed, packaged, restaurant and fast foods.



Check Food Labels Before You Buy

To reduce your sodium intake, check food labels for sodium content. Choose foods that are low in sodium, sodium-reduced. Try to avoid food with 20% or more of salt (sodium) per serving.

1 gram of salt contains 400 milligrams (mg) of sodium or 1 gram of sodium = 2.5 grams of Salt. The current average daily sodium intake is well over the recommended level of 1 teaspoon or of 2,300 mg.

Control Your Blood Pressure:

- Measure your blood pressure regularly at home.
- If your blood pressure is high see a health care provider to get an assessment.
- If you are on treatment make sure to take your medications regularly.

Sodium More Than 400 Milligrams per Serving

Sodium 200 to 400 Milligrams per Serving

Sodium Less Than 200 Milligrams per Serving

STOP – Cut Down On Foods High In Sodium

Anchovies, bacon, cheese, chips *(if sodium added)*, coated chicken, powdered sauces, noodle snacks, olives, pickles, prawns, salami, salted nuts, salted fish, sausages, smoked meat and fish, soy sauce, stock cubes, table sauces, canned meats.

YIELD – Eat Fewer Servings of Processed Foods.

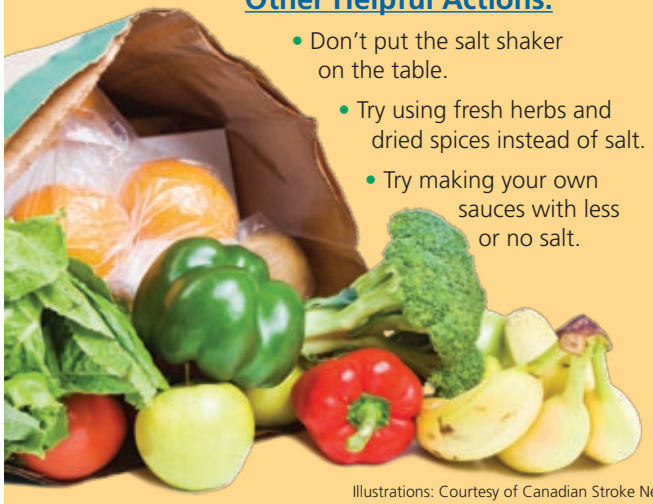
Baked beans, cookies, breakfast cereals, bread products, burgers, cakes, pastries, cooking/table sauces, stuffed/canned pasta, meat pies, pasta sauces, pizza, ready meals, soup, sandwiches

GO – Eat More Foods Lower In Sodium

Some breakfast cereals, couscous, eggs, fresh fish, meat and poultry, fresh cheese, fruits and vegetables (dried, fresh, frozen) homemade bread/sauces/soup, mozzarella and ricotta cheese, pasta, rice, unsalted nuts, plain cottage cheese, plain popcorn, yogurt, peas, beans, lentils, seeds.

Other Helpful Actions:

- Don't put the salt shaker on the table.
- Try using fresh herbs and dried spices instead of salt.
- Try making your own sauces with less or no salt.



Illustrations: Courtesy of Canadian Stroke Network