



SALT

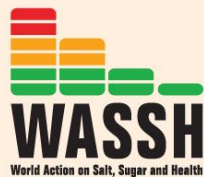
AWARENESS WEEK

8TH - 14TH MARCH 2021

MORE FLAVOUR



LESS SALT



WORLDACTIONONSALT.COM
#SALTAWARENESSWEEK

More Flavour, Less Salt

Restrictions put in place to help slow the spread of the virus has meant that rather than socialising and eating in restaurants, cafes and outdoor markets, we are now spending more time at home. This, for many, has meant more time cooking at home and recreating much loved dishes. During these unusual times, this is an opportunity to get creative in the kitchen with new recipes and flavours.

With so many recipes and influencers suggesting seasoning in the traditional sense, it may seem as though the only way to add flavour to home-cooked meals is with a big pinch of salt, but there are so many other ways to ensure your food packs a flavoursome punch!

The week will be used to inform and educate the public as much as possible on the positive steps they can take to eat less salt. This Salt Awareness Week, help us celebrate home cooking – the meals that shape our cultures and societies, the meals we grew up with and the recipes we've tried and loved. All with **More Flavour, Less Salt!**

EVENTS

WASSH Webinar - Thursday 11th March 1pm

WASSH and LINKS, a global community for cardiovascular health, will be hosting a webinar in celebration of Salt Awareness Week. WASSH members from Morocco & Malaysia will join LINKS grantees from Sri Lanka & Malaysia in sharing their work to implement salt reduction programs in their respective countries. Join us to hear from:

- **Professor Abdelfettah Derouiche**, Head of the Human Nutrition Research Unit at the Hassan II University of Casablanca in Morocco
- **Professor Suzana Shahar**, Dean of the Faculty of Health Sciences at University Kebangsaan Malaysia
- **Dr. Nalika Gunawardena**, National Professional Officer, World Health Organization Country Office Sri Lanka
- **Dr Hamdan Mohamad**, a qualified dietitian working with Ministry of Health Malaysia

[REGISTER for free here](#)

WEBINAR

In collaboration with **LINKS**

11th March 2021
1 - 2.15pm GMT

Join us to hear from:

- Professor Abdelfettah Derouiche, Morocco
- Professor Suzana Shahar, Malaysia
- Dr. Nalika Gunawardena, Sri Lanka
- Dr Hamdan Mohamad, Malaysia

 **#SaltAwarenessWeek**



The Pan American Health Organization (PAHO) is organizing the webinar: "**Advances in the Region about Strategies for the Reduction of Salt Consumption**", to be held on **Thursday, 11 March 2021**.

The webinar will showcase the advances in the Region of the Americas in salt reduction and the tools made available by PAHO on the topic.

- DATE: **Thursday, 11 March, 2021**
- TIME **10:30 am- 12:00 pm (EST) / 2.30pm- 5pm GMT**
- REGISTER: https://paho-org.zoom.us/webinar/register/WN_9OjKnQpST-uh7AQner3pyQ
- *After registering, you will receive a confirmation email with information on how to join the webinar*
- LANGUAGE: The session will have simultaneous translation in **English and Spanish**.

The **George Institute for Global Health, Australia** will be hosting a #GeorgeTalks event on "**Salt wars: using policy and the law to reduce salt intake**" on Wednesday 10 March 2021 at 12pm (AEDT).

Dr. Michael F. Jacobson, Senior Scientist and former Executive Director at the Center for Science in the Public Interest in Washington D.C. Dr. Jacobson will discuss his book, "Salt Wars: The Battle Over the Biggest Killer in the American Diet", that outlines how food industry lobbyists and a small group of scientists and anti-regulatory politicians have successfully fought government efforts to reduce dangerous levels of sodium in our food. But progress is on the horizon.

There will also be a Q&A session, which will be hosted by Prof Jacqui Webster, Director of WHO CC on Population Salt Reduction at The George Institute for Global Health.

[REGISTER here](#)



SOCIAL MEDIA

Salt Awareness Week 2021

Hashtags

#SaltAwarenessWeek

#MoreFlavourLessSalt

Tag Us



@WASHSALT



@actiononsaltandsugar

Suggested Tweets

' This #SaltAwarenessWeek is all about #MoreFlavourLessSalt and celebrating the herbs, spices and other flavours that can give our meals a flavoursome punch without harming our health @WASHSALT '


' I / We're supporting @WASHSALT's #SaltAwarenessWeek! Tasty, healthy food is possible with #MoreFlavourLessSalt and by eating less salt we can help p by sharing our favourite low salt recipe that's packed full of flavour #MoreFlavourLessSalt '

' Globally, we're eating too much salt which increases our blood pressure and therefore our risk of stroke and heart disease. I / We're happy to support @WASHSALT's #SaltAwarenessWeek campaign to get everyone eating #MoreFlavourLessSalt '

IMAGES




High **salt** diets raise blood pressure



High blood pressure increases the risk of developing **heart disease** or having a **stroke**


#SaltAwarenessWeek





Globally we eat, on average,

DOUBLE

the World Health Organisation recommended limit of 5g **salt** per day



#SaltAwarenessWeek


In many countries most of the **salt** in the diet comes from

PROCESSED FOOD

and food we eat

OUTSIDE THE HOME

#SaltAwarenessWeek



SALT AWARENESS WEEK

8 - 14 March 2021

Salt is made up of **sodium** and **chloride**. We need some **sodium** in our diet to help maintain fluid balance in our body and for cell function.

But too much can be harmful for our health.

RECOMMENDED INTAKE OF SALT

The World Health Organization recommends we eat **less than 5 grams of salt per day**

Globally our intake is much higher, ranging from **8 to 15 grams per day**.

HARMFUL EFFECTS OF A HIGH SALT DIET

A high salt diet raises our **blood pressure**, increasing the risk of having a **stroke** or developing **heart disease**. Eating too much salt is also linked with **osteoporosis**, **kidney disease** and **stomach cancer**.

SOURCES OF SALT IN THE DIET

In some countries, the main source of salt in the diet is **salt added during cooking or at the table**. In many countries though, **60-80% of the salt in our diet comes from processed, packaged food**.

BENEFITS OF EATING LESS SALT

Around **2.5 million deaths** could be **prevented** each year if we reduce the amount of salt we eat to less than 5 grams a day

WE ALL NEED TO TAKE ACTION

The **food industry** must reduce salt levels in their products.

Governments, healthcare professionals, NGOs, health charities and even **individuals** must raise awareness of the unnecessarily high salt content of our food and the harmful effects this has on health.

Action on Salt  #SaltAwarenessWeek

VIDEOS

To mark Salt Awareness Week 2021, and to celebrate our diverse WASSH network, we are inviting everyone to **submit a short video to talk about their favourite meal and how they prepare this with less salt**. These videos will be displayed on the WASSH website and posted throughout the week.

To get involved, record a **short video** of yourself covering the following:

- Introduce yourself and **state the country you live in**
- Your **favourite meal**, with a brief description of the ingredients
- A brief explanation of **why it is your favourite meal** (e.g. did our family eat this meal on special occasions? Is there a link to a family member or a friend who cooks this for you?)
- **How you prepare this meal with less salt** (e.g. using fresh herbs, spices, garlic or chilli in place of salt)

Videos should be **no longer than 30 seconds**, recorded in **landscape** and can be recorded in your **native language**, but please provide a written translation in English so that we can apply subtitles to the video.

Videos can be submitted to wash@qmul.ac.uk

