

# Comprehensive action package for sodium reduction

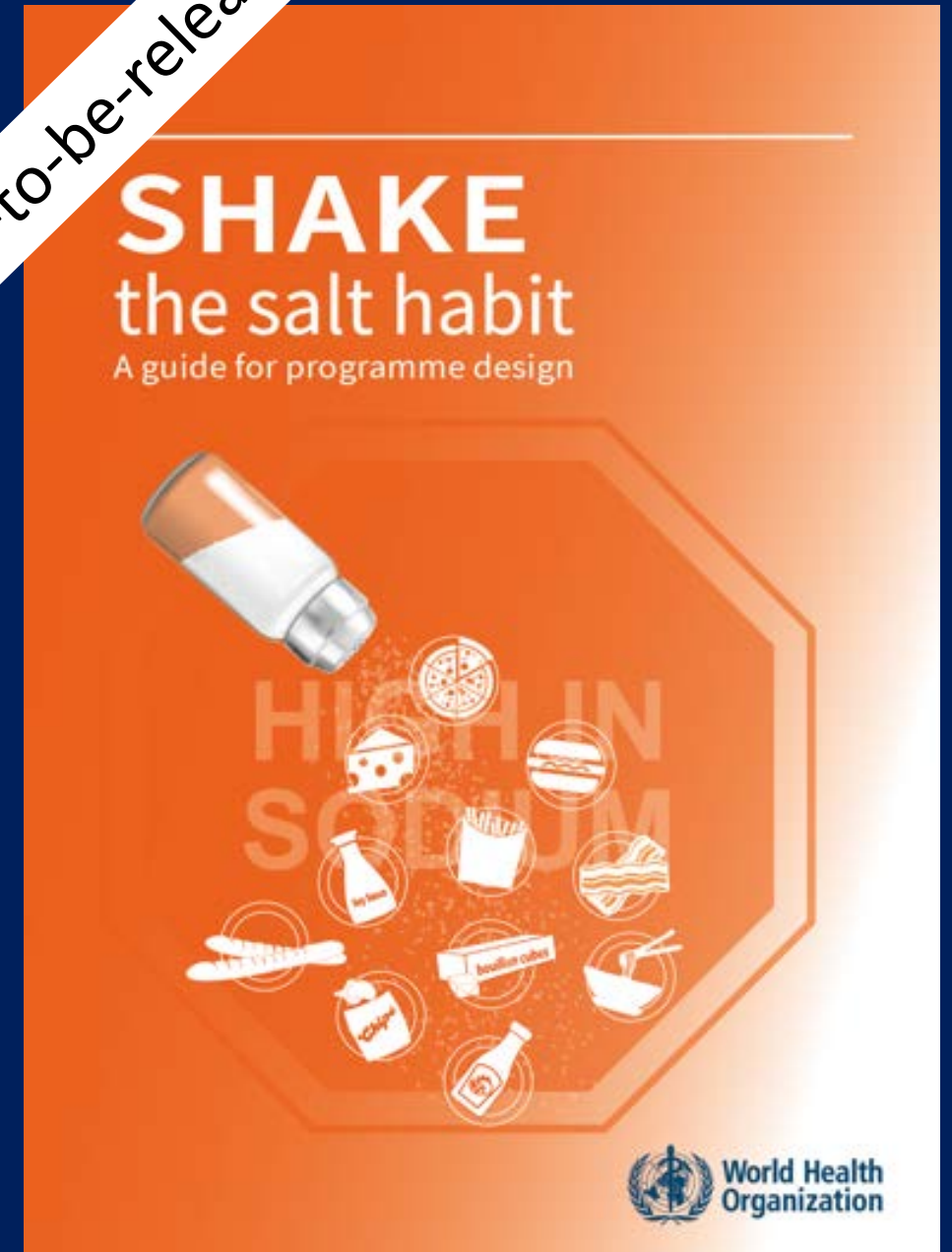
Soon-to-be-released

# SHA

the salt

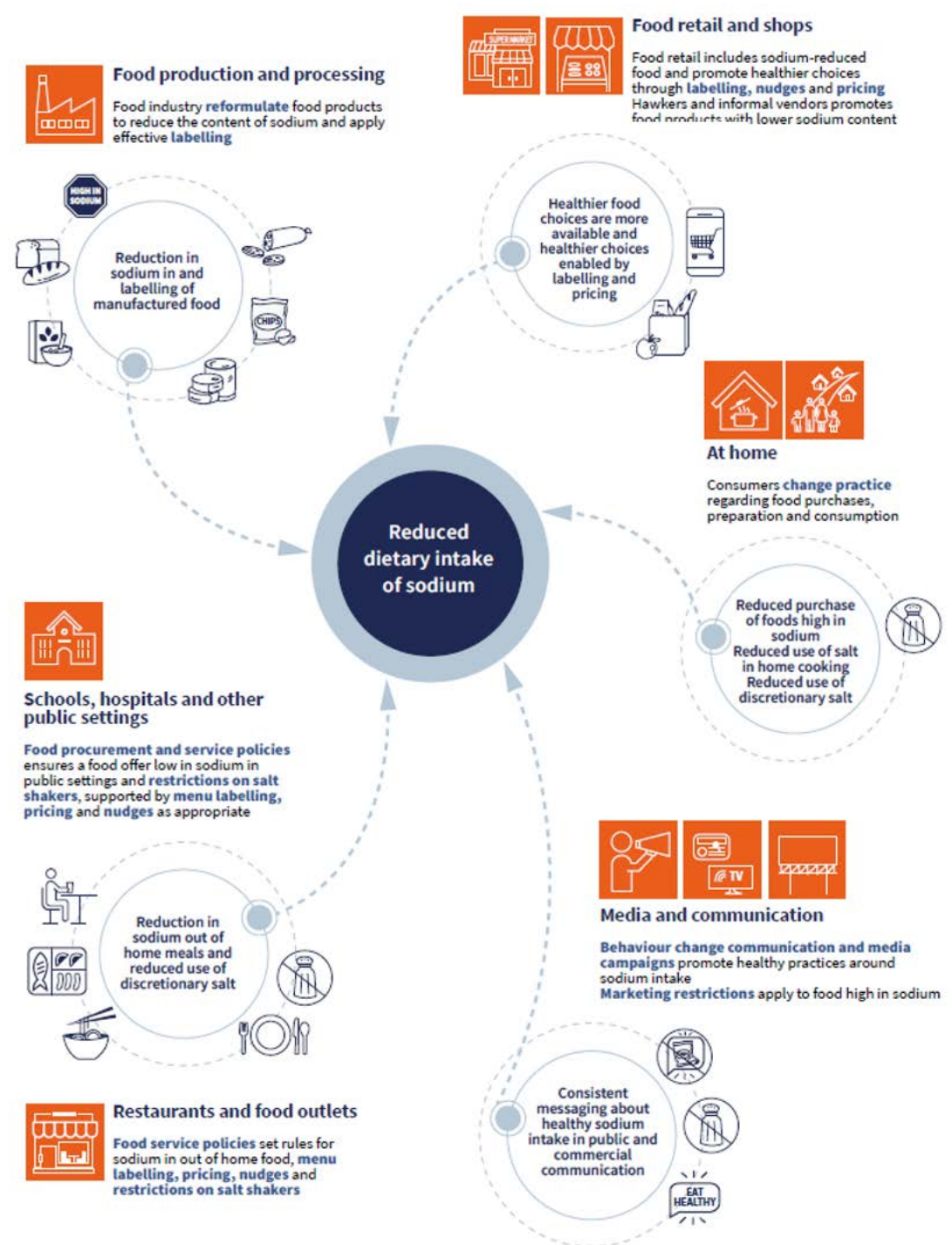
A guide for programmers

## Department of Nutrition and Food Safety



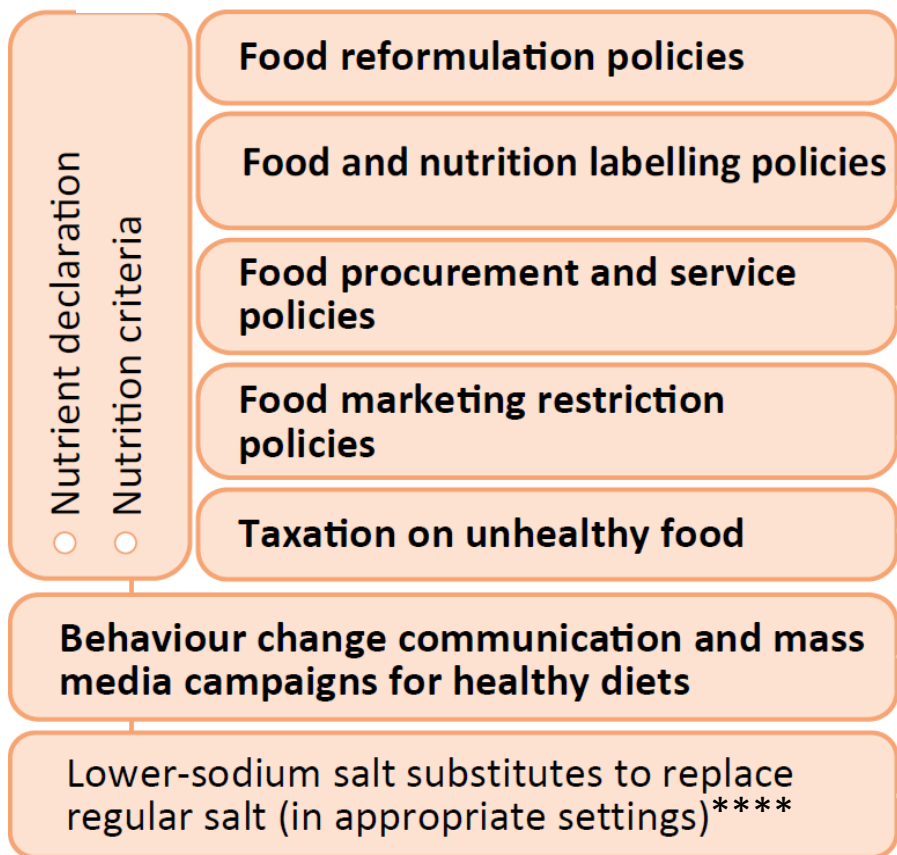


A comprehensive sodium reduction programme with *multiple interventions across a range of settings* is more effective than relying on a single approach to reduce sodium intake





# Interventions with an impact on sodium intake



## Best buys

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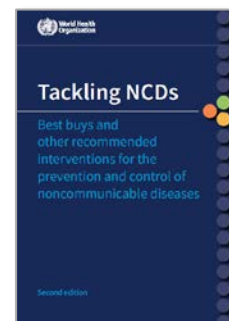
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## WHO guidance

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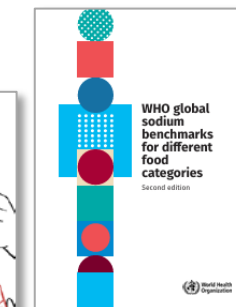
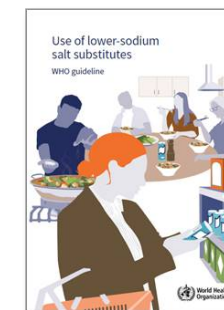
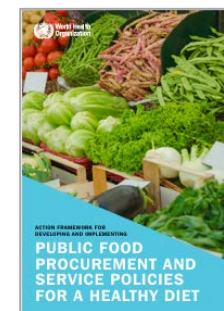
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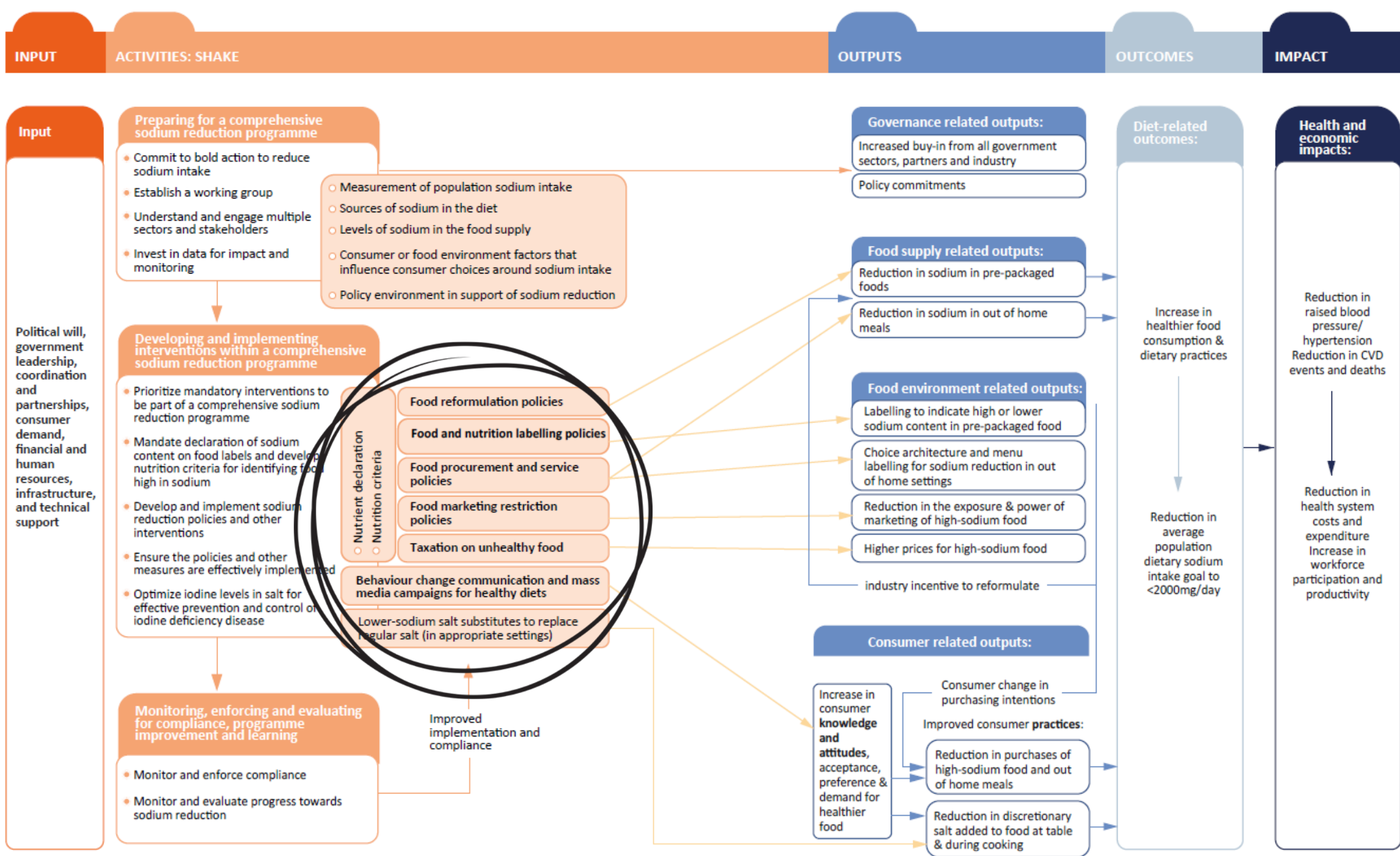
\* Best buy, impact pathway for sodium is FOPL.

\*\* Best buy, but sodium not included in impact pathway.

\*\*\* Good buy, for sugar-sweetened beverage tax.

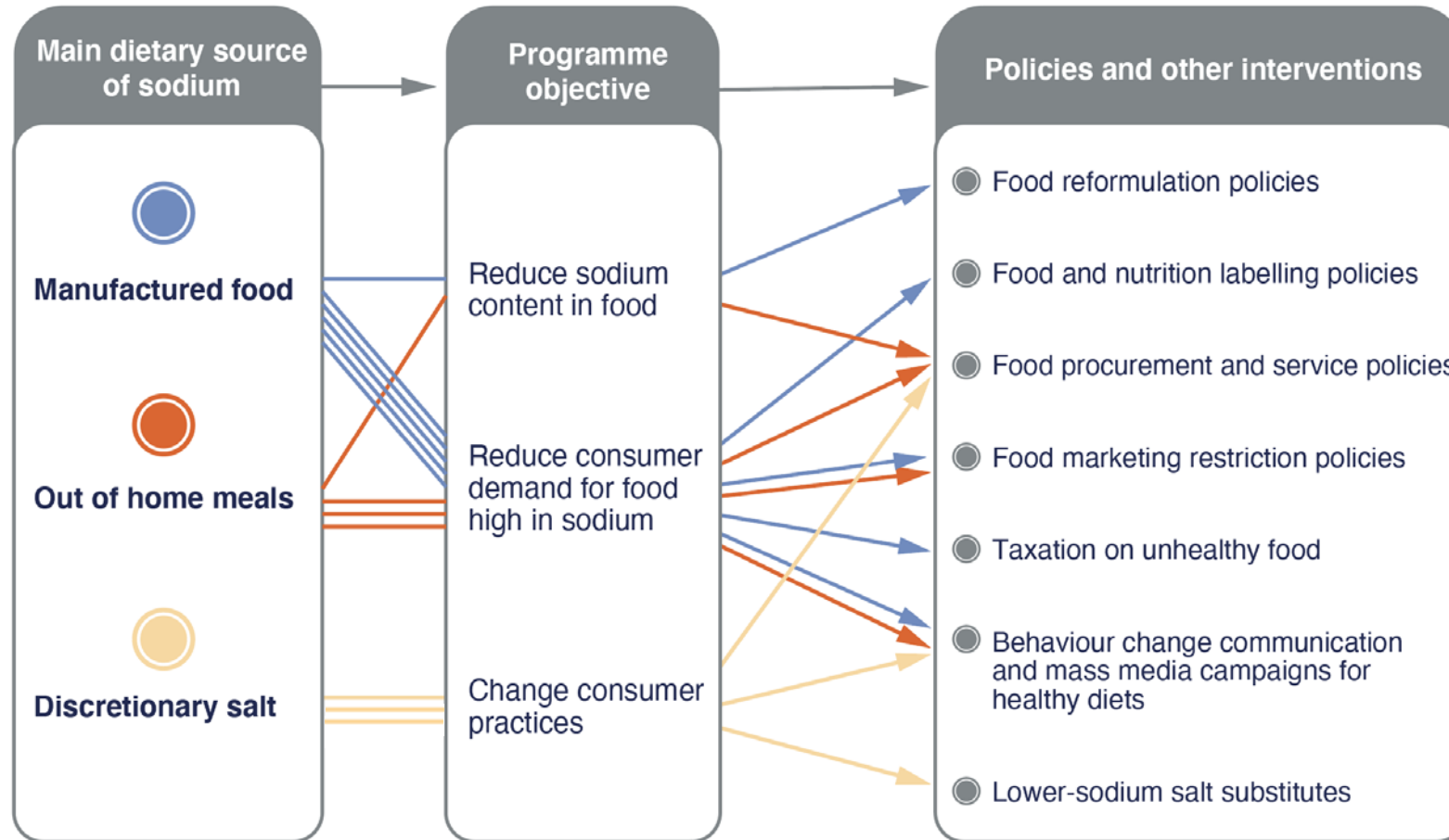
\*\*\*\* Countries should assess their setting to determine whether it is appropriate to implement LSSS, including whether there is adequate access to health care to identify and address conditions in which increased potassium intake are potentially harmful (e.g. kidney disease), ensuring those at risk are diagnosed.







# Prioritizing sodium reduction programme objectives and interventions to tackle major sources of sodium in the country

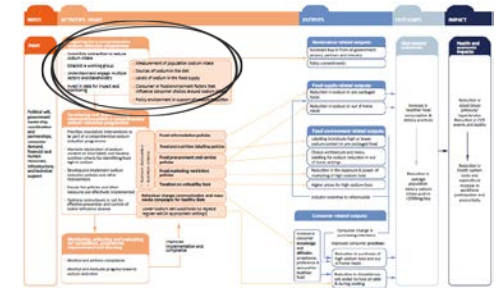




# Preparing for a comprehensive sodium reduction programme

- Commit to bold action to reduce sodium intake
- Establish a working group
- Understand and engage multiple sectors and stakeholders
- Invest in data for impact and monitoring
  - Measurement of population sodium intake
  - Sources of sodium in the diet
  - Levels of sodium in the food supply
  - Consumer or food environment factors that influence consumer choices around sodium intake
  - Policy environment in support of sodium reduction

What is it  
Why it matters  
Where to start  
Data collection approach  
Analysis and reporting  
Selected technical resources



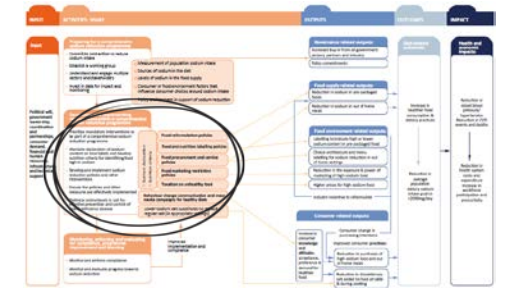


# Developing and implementing a comprehensive sodium reduction programme

- Prioritize mandatory interventions to be part of a comprehensive sodium reduction programme
- Mandate declaration of sodium content on food labels and develop nutrition criteria for identifying food high in sodium
- Develop and implement sodium reduction policies and other interventions
- Ensure the interventions are effectively implemented
- Optimize iodine levels in salt for effective prevention and control of iodine deficiency disease



What is it  
Why it matters  
WHO guidance  
Impact  
Approach  
Selected technical resources

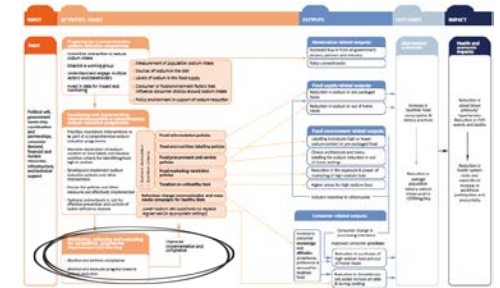




# Monitoring, enforcement and evaluating sodium reduction programmes

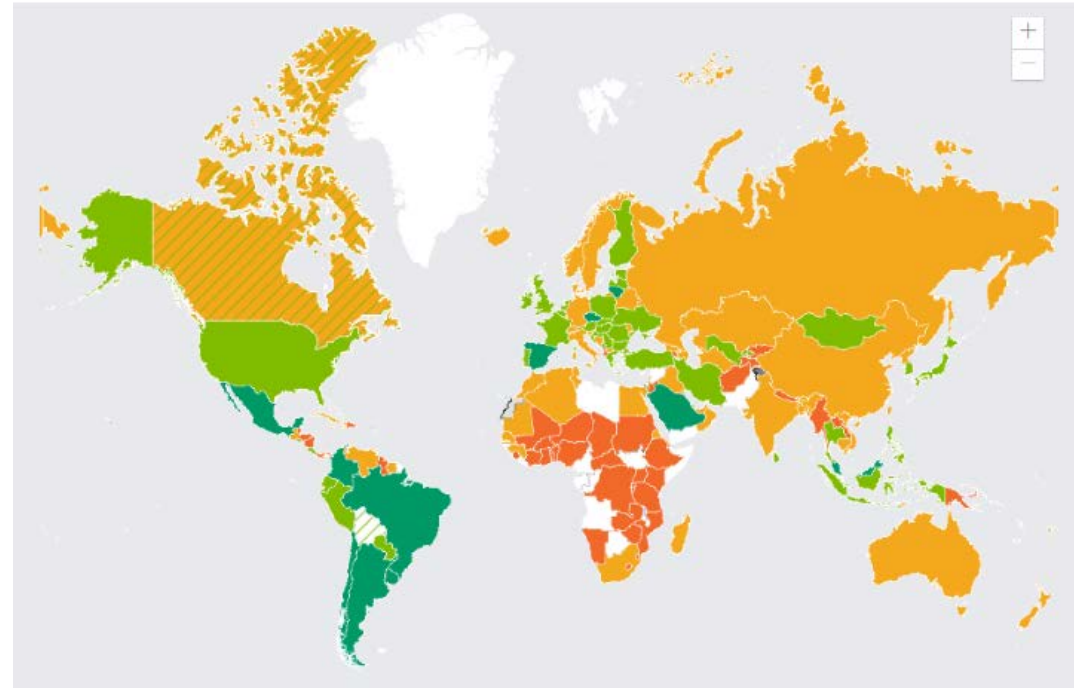
- Monitor and enforce compliance
- Monitor and evaluate progress towards sodium reduction







What is it  
Why it matters  
Where to start  
Approach





Despite the commitment of all 194 Member States to reduce sodium intake by 30% by 2025 (now 2030), progress is not on track, highlighting a gap in achieving this life-saving strategy



-  1. National policy commitment to reduce sodium intake: National policies, strategies or action plans that express a commitment to reduce sodium intake
-  2. Voluntary measures to reduce sodium: Voluntary measures that reduce sodium in the food supply or encourage consumers to make healthier food choices about sodium
-  3. Mandatory measures adopted for sodium reduction: Mandatory measures to reduce sodium in the food supply or encourage consumers to make healthier food choices, including mandatory declaration of sodium on all pre-packaged food
-  4. Multiple mandatory measures adopted for sodium reduction, and implementation of all related WHO Best Buys for tackling NCDs: Multiple mandatory measures, mandatory declaration of sodium on all pre-packaged food, and all sodium related WHO Best Buys
-  Mandatory measures for sodium reduction adopted to bring country to Score 3 (not yet all in effect)
-  Missing data

