Blood Pressure and Salt: The Silent Killers – Time for Action

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Major Underlying Factors causing Death - Worldwide

Raised BP is responsible for

- 62% of all Strokes
- 49% of all Heart Disease

What puts up population BP?

- Salt intake
- Lack of Fruit and vegetables
- Weight
- Lack of Exercise
- (Alcohol excess)
Summary

Salt intake (9–12 g/day)

- Population BP, rise in BP with age, hypertension
- Other effects e.g. stomach cancer, stroke, LVH, kidney disease, osteoporosis etc

∴ Reduce salt intake from 9–12 g/day to 5 g/day
How to ↓ Salt Intake

Measure amount and sources of salt

- **Added**
  - Cooking/Table Sauces
  - Public health campaign

- **Food industry**
  - Processed food
  - Eating out
  - Gradual reduction in added salt

Campbell, et al. JHH. 2011
Hidden Salt in food

e.g. processed, fast, takeaway, restaurant food

Food industry slowly reduce
- No rejection by public

Fantastic for Public Health

↓

Very little cost

↓

BP

↓

No need to change diet
UK Success by 2011

Salt intake has been reduced
from 9.5 to 8.1 g/d salt (15\% ↓)
(24-hour urinary sodium)
but target of 6 g/d still to be achieved

i.e. 49,000 tons/yr salt removed

So far ≈18000 strokes & heart attacks prevented per year
(9,000 fatal)
Changes in Stroke, Blood Pressure and Salt Intake in the UK 2003 - 2011

- **Deaths per 100,000 per year**
- **Blood pressure (mmHg)**
- **Salt intake (g/d) (from 24h UNa)**

![Graph showing changes over time](chart.png)
Conclusion

Every country in the world must now

1. Set up salt reduction plan
2. Implement the plan

This is the single most cost-effective public health measure

It would be negligent for any government not to take action now