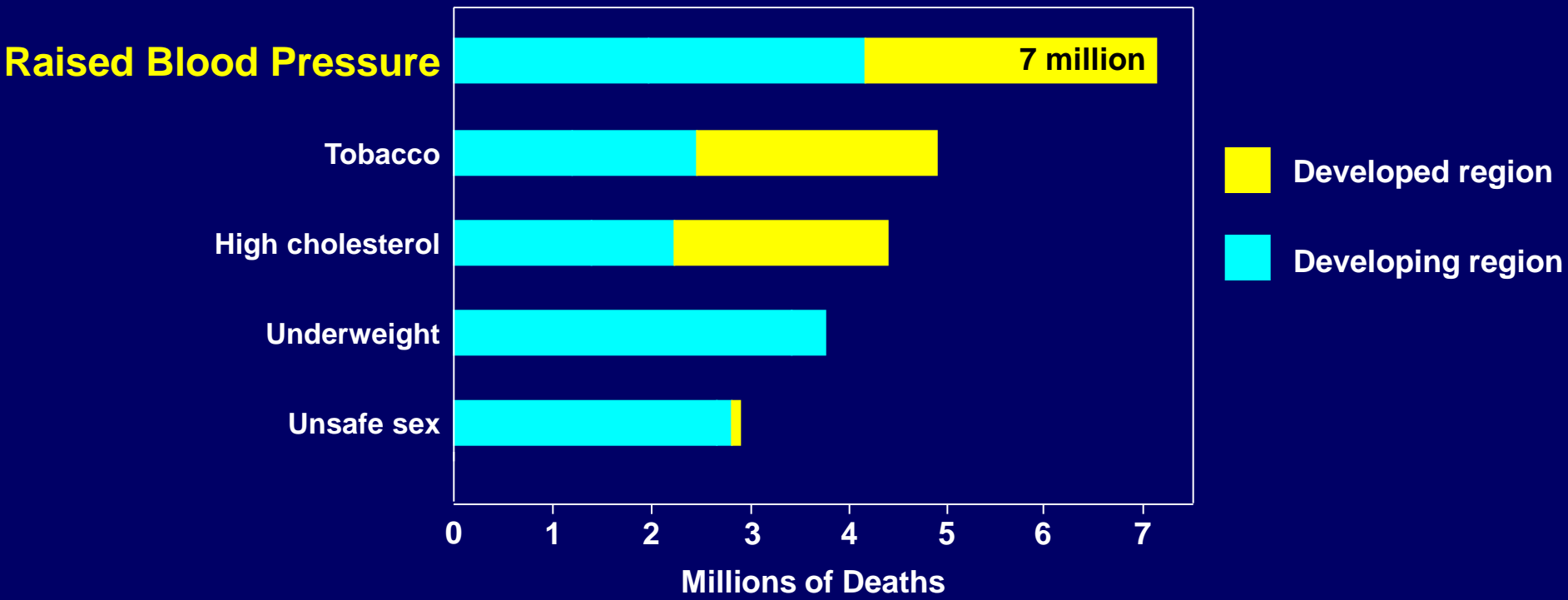


Blood Pressure and Salt: The Silent Killers – Time for Action

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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)

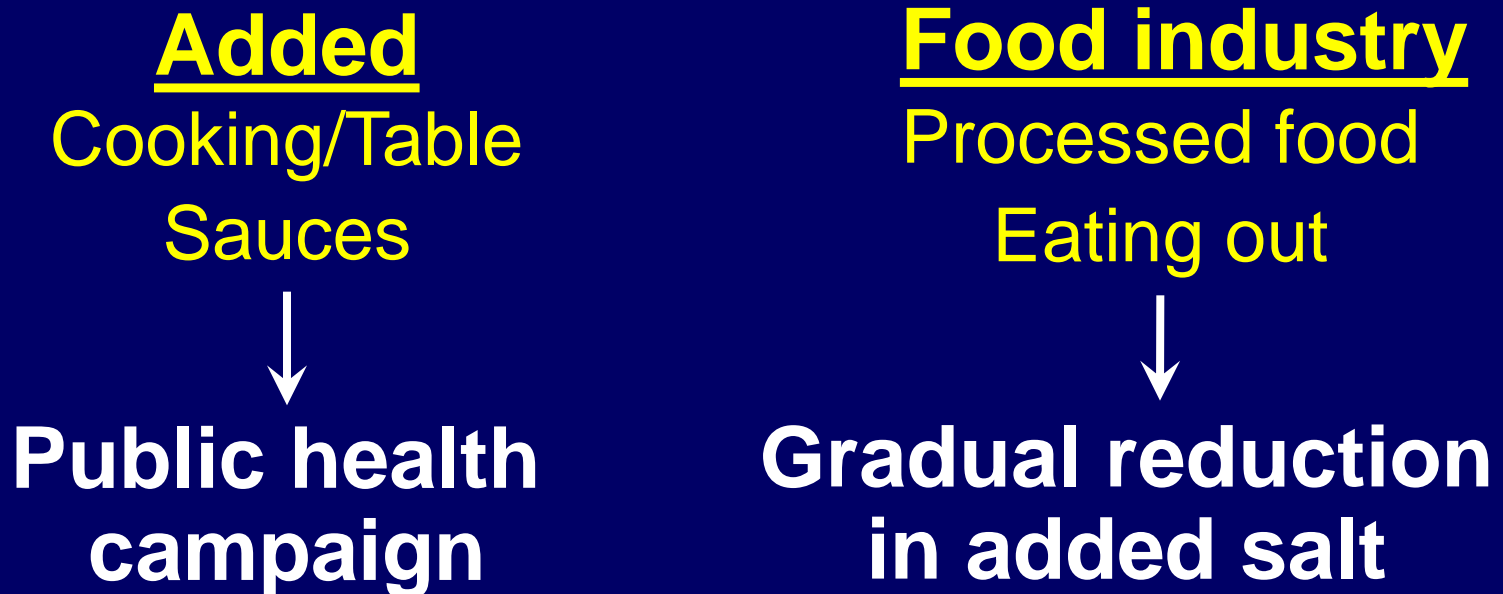
- Population BP, rise in BP with age, hypertension
- Other effects e.g. stomach cancer, stroke, LVH, kidney disease, osteoporosis etc

∴ Reduce salt intake

from 9–12 g/day to 5 g/day

How to ↓ Salt Intake

Measure amount and sources of salt



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% ↓)

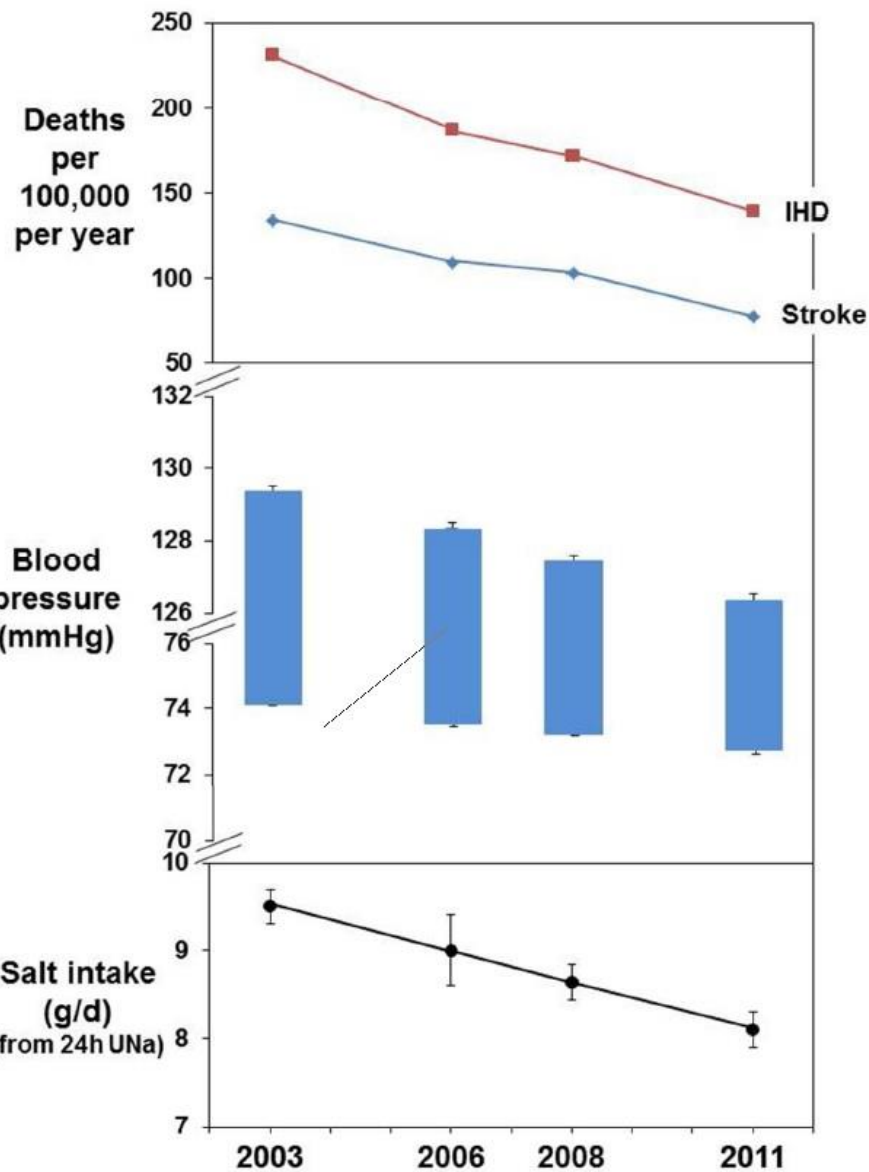
(24-hour urinary sodium)

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



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***