Salt Reduction in Mainland China

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Outlines

- Hypertension in mainland China
- Dietary Salt Intake
- Actions on Salt Reduction
- Conclusion and Perspective
Hypertension in mainland China
Prevalence of Hypertension in Mainland China

Source: 2002 China Nutrition and Health Survey; 2010 China Chronic Disease Surveillance
Awareness, Treatment and Under Control of Hypertension in Mainland China (%)

Dietary Salt Intake
High Salt Consumption: a Traditional Chinese Dietary Habit

Salt Intake in 1982, 1992, 2002 (g / reference man · day)

### Frequency Distribution of Salt intake among Chinese Adults in 2010(%)

<table>
<thead>
<tr>
<th></th>
<th>&lt;5.0g/d</th>
<th>5.0-6.0g/d</th>
<th>6.1-12.0g/d</th>
<th>12.1-15.0g/d</th>
<th>&gt;15.0g/d</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>15.3</td>
<td>9.6</td>
<td>47.2</td>
<td>9.7</td>
<td>18.2</td>
</tr>
<tr>
<td>Urban</td>
<td>27.7</td>
<td>8.3</td>
<td>45.3</td>
<td>8.6</td>
<td>10.1</td>
</tr>
<tr>
<td>Total</td>
<td>19.0</td>
<td>9.2</td>
<td>46.6</td>
<td>9.4</td>
<td>15.8</td>
</tr>
</tbody>
</table>

Average intake 10.6 g/day

Source: 2010 China Chronic Disease Surveillance
Actions on Salt Reduction
Regulation

National Food Safety Standard: GB28050—2011
General Regulation of Nutrition Labeling for Prepackaged Food
Issued by MOH on 12 October 2011
Implemented on 1 January 2013

- Sodium is one of (1 + 5) mandatory components (Energy, protein, fat, carbohydrate and sodium) of labeling.

- Content of sodium per 100g and or 100ml, and or per portion, as well as the percentage of NRV.

- If use portion, quantity of per portion must be indicated.
Claim on Sodium
Nutrient Content Claims: GB28050—2011

<table>
<thead>
<tr>
<th>Item</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium Free</td>
<td>≤ 5 mg/100g or 100ml</td>
</tr>
<tr>
<td>Very low Sodium</td>
<td>≤ 40 mg/100g or 100ml</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>≤ 120 mg/100g or 100ml</td>
</tr>
</tbody>
</table>
Strategies for NCDs Control in China
(2012-2015, issued on 8th May, 2012)
Basic Principles and Salt Reduction

- **Basic principles**
  - Engage government, inter-sector, and social participation
  - Focus on priorities and results
  - Prevention first and integrate prevention and treatment

- **Objectives and target on salt Reduction**
  - **lower salt intake**
  - **by 2015, average salt intake <9 g/day**
Dietary Guidelines and Chinese Food Pagodas

Recommendation:
Salt intake < 6 g/day
The National Action on Healthy Lifestyle for All was initiated by the Ministry of Health in 2007.

The first phase of the campaign was focused on balanced diet and physical activity.

By the end of 2014, the campaign has expanded to 77.2\%(2401) counties of whole 31 provinces in Mainland China.

It became an important platform for health promotion.
Tools for Salt Reduction

6.5 million spoon has been delivered by CDC system by the end of 2011.

Source: Evaluation report of appropriate technologies used for promoting healthy lifestyle, Chen Chunming, Zhengxiong Yang
5 Millions spoons has been delivered to the household.

A survey conducted among 200 subjects in 2011 showed that 62% of families received spoon, 48% used and 17% correctly used.
Evaluation the Impact of Action in 2017

Samples from 29 provinces (Tibet and Fujian not included) 31396 adults were interviewed.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Launched Counties</th>
<th>Un-launched Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>No of county surveyed</td>
<td>49</td>
<td>40</td>
</tr>
<tr>
<td>No of adult subject surveyed</td>
<td>18183</td>
<td>13213</td>
</tr>
<tr>
<td>% of subject known recommendation of salt intake</td>
<td>62.3</td>
<td>37.4</td>
</tr>
<tr>
<td>% of subject using salt control spoon</td>
<td>40.4</td>
<td>22.8</td>
</tr>
<tr>
<td>% of subject take action to reduce salt intake</td>
<td>62.8</td>
<td>43.4</td>
</tr>
</tbody>
</table>

Samples from 29 provinces (Tibet and Fujian not included) 31396 adults were interviewed.

Source: Office of National Action on Healthy Lifestyle for All
Hypertension Management

- Hypertension and Diabetes management has been included in Essential Public Heath Services since 2009.

- Healthy education on salt and hypertension is required.

- By now, 85 million hypertension patient under management.

Source: 2013 Health Reform Monitoring Report
Shandong and MOH Cooperation on Salt Reduction and Hypertension Control (SMASH)

◆ March 11, 2011, SMASH Cooperation Agreement was signed.
◆ General goal: by 2015, Salt intake reduced to 10 g/day.
Salt intake (Salt, Soy sauce, pickle) : 12.7 g/day in 2011
Actions of SMASH

Multi-Sectorial cooperation

FDA: cooking competition
Department of Commerce: 620 supermarkets
Women Federation: Family healthy cooking campaign
Food Industry: Conduct propaganda on food labeling among 1783 enterprises
Bureau of Salt Administration: Package with recommendation of salt intake

Policy: Salt reduction and Hypertension control
Service as one component of Shandong Health reform

Training materials
Subjects: aged 18-69, 15,350 in 2011 and 5,939 in 2013; Content: KAP on family salt intake
Conclusion and Perspective

- Much of salt related CVDs burden can be avoided and controlled. But Long way to go.
- Need to adapt local conditions of good practices.
- Science-based monitoring and evaluation is import for measuring the effectiveness, success and fail of policies and actions on salt reduction.
Thank you!