

# A National Salt Reduction Program for India

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THE GEORGE INSTITUTE  
for Global Health

## Facts

- High blood pressure is responsible for about 170,000 deaths in India each year.
- India currently has an estimated 140 million people living with hypertension, a figure which is projected to rise to 214 million by 2030.

## Partners:

Centre for Chronic Disease Control, CCDC

Public Health Foundation of India

Wolfson Institute, UK

## Supporters:

Global Alliance for Chronic Disease, GACD

National Health and Medical Research Council, (NHMRC) Australia



## Background:

- Habitual excess salt consumption is a main determinant of the disease burden ascribed to high blood pressure leading to many serious but avoidable complications, premature mortality and significant healthcare costs.
- In addition to salt's negative effects on blood pressure and vascular risk, a range of other serious health problems are also implicated including gastric cancer and osteoporosis.

## Aims:

- The overall goal of this 3-year project is to develop the knowledge base required to formulate a national salt reduction program for India.
- The program will develop a comprehensive policy response and action plan for the Indian government, covering stores, street vendors, chain restaurants, food manufacturers and consumers.

## Methods:

- The research will comprise a stakeholder analysis involving government, industry, consumers and civil society organisations; a random population survey drawn from urban (slum and non-slum) and rural areas of North and South India; and a systematic evaluation of processed and restaurant foods.

## Impact:

- India's enormous population is increasingly at risk of high blood pressure and hypertension.
- The World Health Organization (WHO) recommends that all member states implement a salt reduction program. A 30% lowering in mean population salt intake by 2025 has been included as one of the targets of the '25 by 25' United Nations-WHO initiative for the control of non-communicable diseases.
- This research will provide major inputs into the Indian government's strategy to meet the WHO targets.

## Contact

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