A school-based education programme to reduce salt intake in children and their families

(School-EduSalt)

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Salt in China

• One of the highest in the world
• \( \approx 80\% \) salt is added by consumers
Aim

To determine whether an education programme targeted at school children could lower salt intake in children & their families
Methods

- **Design**: Cluster randomised trial in northern China
- **Participants**: Primary school children (28 schools, 279 10-yr old children & 553 adult families)
- **Intervention**: Educate children who instructed their families to ↓ salt
- **Duration**: One school term (≈3.5 months)
- **Primary Outcome**: Salt intake (24h urinary sodium)
China’s Little Emperors
— Salt Reduction Lesson
多吃盐不健康 少吃盐活得长

中国营养学会推荐，每人每天食盐量不应超过6克。

中国营养学会推荐
每人每天食盐量应少于6克

拒绝高盐食物
炒菜少放盐
平时少吃腌

减盐方法
★ 少加盐和酱油
★ 树讲吃咸淡
★ 餐后多茶油

减少盐和酱油
减少吃咸食品
减少吃油炸食品

减少用盐量
减少食用盐
减少吃咸食品
减少吃油炸食品

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Results

Salt intake

↓ 2 g/d (from ≈7 to 5 g/d) in children
↓ 3 g/d (from ≈ 12 to 9 g/d) in adults

Across China, ≈200,000 CVD deaths would be prevented per year
Publications


Scale-up

- Scale-up study in China (EduSaltS)
- NIHR Global Health Research Unit Action on Salt China (ASC)
- Malawi
Key Challenges

- Engage with policy makers
- Monitoring & Evaluation (24h urine collection)
Conclusion

School-EduSalt: effective in ↓ salt intake in children & families

Wide-scale Implementation

↓ Population salt intake

↓ Salt related NCDs
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