

CELEBRATING  
42 YEARS OF  
HEART & BRAIN HEALTH



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

# HEART AND STROKE FOUNDATION SOUTH AFRICA



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APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

# The relationship between salt consumption and cardiovascular health

November 2023





# SALT AND NCD's

- An unhealthy diet is the cause of 11 million preventable NCD deaths each year.
- The largest number of diet-related deaths, an estimated 1.89 million each year, is associated with excessive intake of salt.
- According to the WHO, in countries where salt intake was reduced by 1 gram per person per day, deaths from stroke and heart attack were reduced by more than 7%.



# HYPERTENSION

- Hypertension is one of the most serious risks factors for death from heart diseases and strokes, responsible for 13% of all deaths globally.
- In South Africa more than 1 in 3 adults live with high blood pressure and it is responsible for 1 in every 2 strokes and 2 in every 5 heart attacks.
- High blood pressure is known as a 'silent killer' because there are rarely any symptoms or visible signs to warn that blood pressure is high.
- That is why more than 50% of people with high blood pressure are unaware of their condition.

# HYPERTENSION PREVENTION, DETECTION, AND TREATMENT: KNOW YOUR NUMBERS

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- **Know your numbers:** Blood pressure should be measured at least once every year, and more regularly if you have any of the risk factors, or already diagnosed with hypertension.
- If **blood pressure** is already **high**, it can be improved by behavior modification & hypertension medication.
- **Behavior modifications adopting healthy behaviors include:**
  - Eating a healthy balanced diet which is low in salt and rich in fruits, vegetables, plant proteins and whole grains.
  - Getting Active, Managing stress, Limiting or avoiding alcohol, Achieving and maintaining a healthy weight, Zero smoking
- **Weight loss** improves both systolic and diastolic blood pressure.
- **Physical activity** lowers your blood pressure by 4-9 mmHg which is almost as much as some antihypertensive medication.

# HYPERTENSION PREVENTION, DETECTION, AND TREATMENT: KNOW YOUR NUMBERS CONT...

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- Manage your stress
- Medication:
  - Diuretics- helps if there's suspected water retention
  - Enzyme inhibitors- helps relax blood vessels
  - Receptor blockers- also relaxes blood vessels
  - Betablockers- help in decreasing the rapid heart beat
  - Vasodilators- help prevent tightening and narrowing of the arteries

# SALT AND CVD

- Excessive salt intake is associated with elevated blood pressure, a major risk factor for cardiovascular disease (CVD).
- Excessive salt intake is significantly associated with the development of metabolic syndrome in the general population.
- Salt may play an important role in the development of metabolic disorders and hypertension.
- Excess salt intake has been reported to underlie metabolic disorders, such as insulin resistance.
- Lower frequency of adding salt to foods is associated with lower risk of CVD, particularly heart failure and Ischemic Heart Disease.

**Reduce your salt intake to no more than 5g (1 teaspoon) of salt, from all sources, a day.**







# SALT WATCH CAMPAIGN

- Salt reduction strategies are central to the Foundations work.
- The HSFA advocates at all levels and has been at the center of policy initiatives aimed to improve public health, which include salt legislation.
- One strategy to drive behavioral change at a population level is a campaign strategy.
- The Foundation's salt reduction campaign SALT WATCH is well-known and it follows on the World Health Organization's (WHO) recommendations for salt reduction.
- Driving dietary behavior change requires a multi-pronged approach to bring down salt reduction and the burden of hypertension.



# SUGGESTED WAYS TO CUT DOWN ON SALT

- Get into a habit of reading food labels such as the ingredients list. Ingredients are always listed in order of weight, where the ingredients used in the greatest amounts are listed first, followed by those used in smaller amounts.
- Often the first three ingredients listed on the label make up the largest portion of the food item. Look out for the word salt or other names which still refer to salt such as sodium, MSG and sodium citrate.
- Up to 60% of the salt we eat is already in the foods we buy and it is impossible to take it out once it has been added.



## SUGGESTED WAYS TO CUT DOWN ON SALT CONTD...

- Look out for our Heart Mark Endorsement Program. These are healthier food choices because they contain less sugar, unhealthy fats and salt, and they are higher in dietary fiber compared to other similar products.
- Substitute salt during cooking by applying the S.A.L.T. acronym: S - Spices (whole) such as cinnamon and cloves; A - add fresh herbs such as coriander and parsley; L - Lemon; T - Try adding veggies and plant proteins which not only give flavor but also add heart healthy fibre to our dishes.

# DASH DIET

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- The DASH Diet, which stands for Dietary Approaches to Stop Hypertension, is a dietary plan designed to help prevent and manage hypertension.
- Salt Reduction: One of the key aspects of the DASH Diet is reducing salt intake.
- The DASH Diet limits saturated and trans fats, which can raise blood pressure and increase the risk of heart disease.
- Instead, it promotes the consumption of healthy fats like those found in olive oil, avocados, and nuts.
- A new study suggests that changing to the DASH diet could reduce a person's risk of CVD by up to 10%.





# DASH DIET

pharma dynamics  
EFFECTIVE AFFORDABLE HEALTHCARE



**COOKING  
FROM THE HEART**  
— DASH EDITION —

A JOINT INITIATIVE WITH



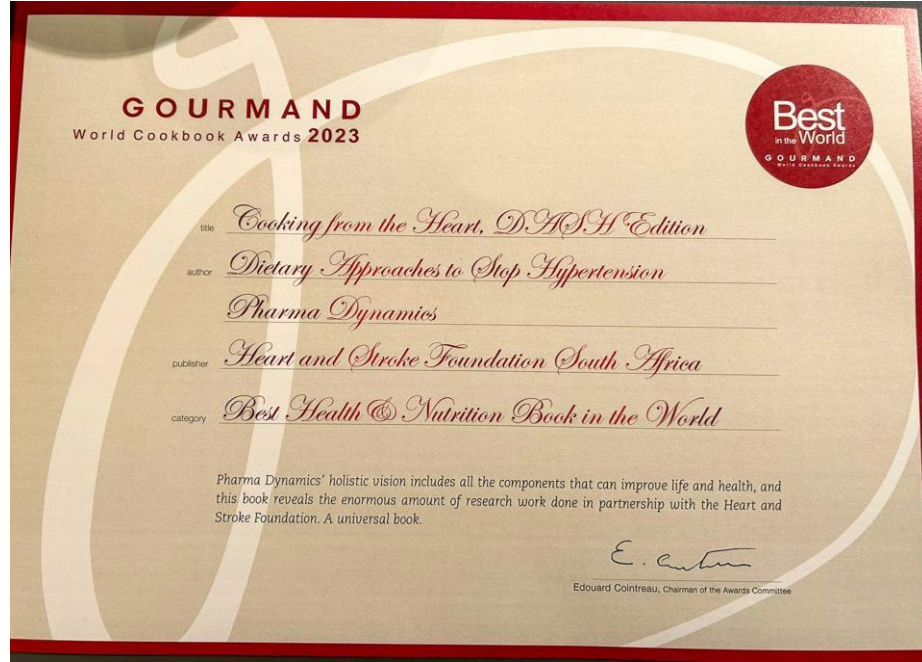
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## THE DASH EDITION

### Dietary Approaches to Stop Hypertension

Affordable, tasty recipes for the whole family with a focus to incorporate DASH ingredients.

A joint initiative with Pharma Dynamics and The Heart and Stroke Foundation South Africa.



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## TAKE-HOME MESSAGE

We encourage individuals to adopt simple health-seeking behavior changes that can help to prevent CVD and to keep those who are hypertensive in good health.



# CONTACT DETAILS

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Visit us on [www.heartfoundation.co.za](http://www.heartfoundation.co.za)

Call us on our land line: 021 422 1586 (Head Office)

## Social Media

Facebook: [HeartStrokeSA](https://www.facebook.com/HeartStrokeSA)

Twitter: [@SAHeartStroke](https://twitter.com/SASHeartStroke)

Instagram: [@heartstrokesa](https://www.instagram.com/heartstrokesa)

YouTube: [HeartStrokeSA](https://www.youtube.com/HeartStrokeSA)

LinkedIn: [HeartFoundationSA](https://www.linkedin.com/company/HeartFoundationSA)



# REFERENCES

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# THANK YOU FOR LISTENING



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REPUBLIC OF SOUTH AFRICA

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