

Compliance of 12 key food categories with PAHO regional sodium reduction targets in 14 Latin American and Caribbean countries

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COSTA RICAFOODS/LATINFOODS

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12th International Food Data Conference,
Buenos Aires, October 11-12, 2017





This multi-country study is a nice example of the application of food composition in public health and of collaboration between countries through the LATINFOODS network and the Technical Advisory Group on Salt Reduction of the Pan American Health Organization (PAHO/WHO)

Background

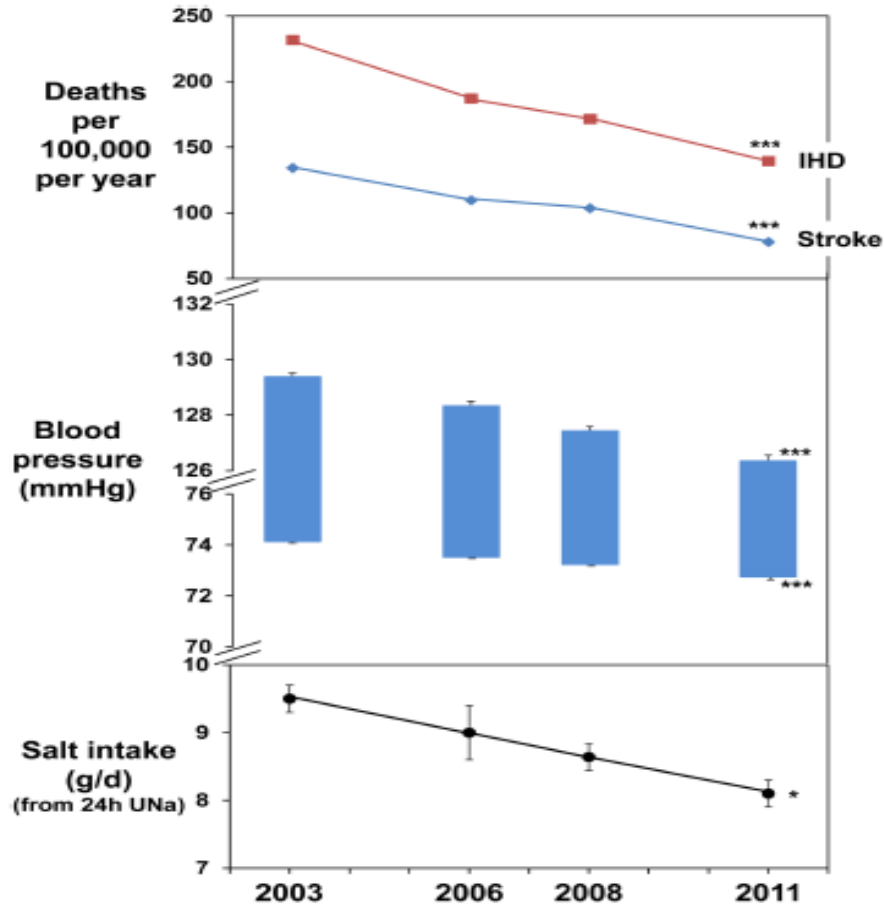


Figure 1 Changes in salt intake as measured by 24 h urinary sodium excretion (UNa), blood pressure, stroke and ischaemic heart disease (IHD) mortality in England from 2003 to 2011. * $p < 0.05$, *** $p < 0.001$ for trend.

Source: Feng J He, Sonia Pombo Rodrigues, Graham A MacGregor. Salt reduction in England from 2003 to 2011: its relationship to blood pressure, stroke and ischaemic heart disease mortality. *BMJ Open* 2014;4:e004549. doi:10.1136/bmjopen-2013-004549



2011 High Level Meeting on
Prevention and Control of Non-communicable Diseases

General Assembly | United Nations | New York | 19-20 September 2011

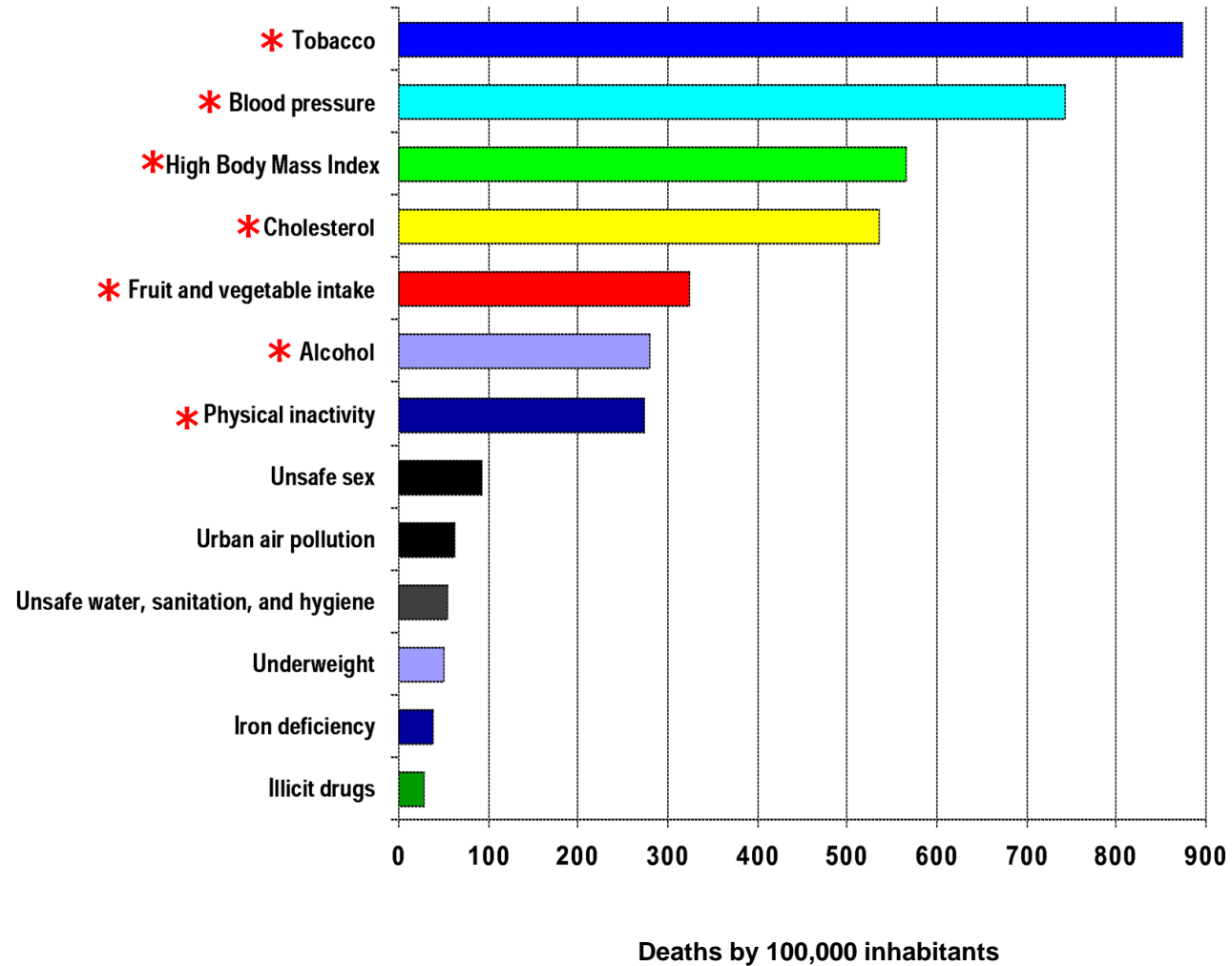


- Reducing dietary salt is recommended by the 2011 UN Summit Declaration and the WHO Global Action Plan for Prevention and Control of Non Communicable Diseases.
- Salt reduction is one of the eight global targets.

Background

- Excess dietary salt is a major health risk in the Americas where 20-35% of the adult population has elevated blood pressure.
- In 2015, the Americas region was the first to establish **regional targets** for 12 key food categories (18 sub-categories) based on targets set by governments in five countries.

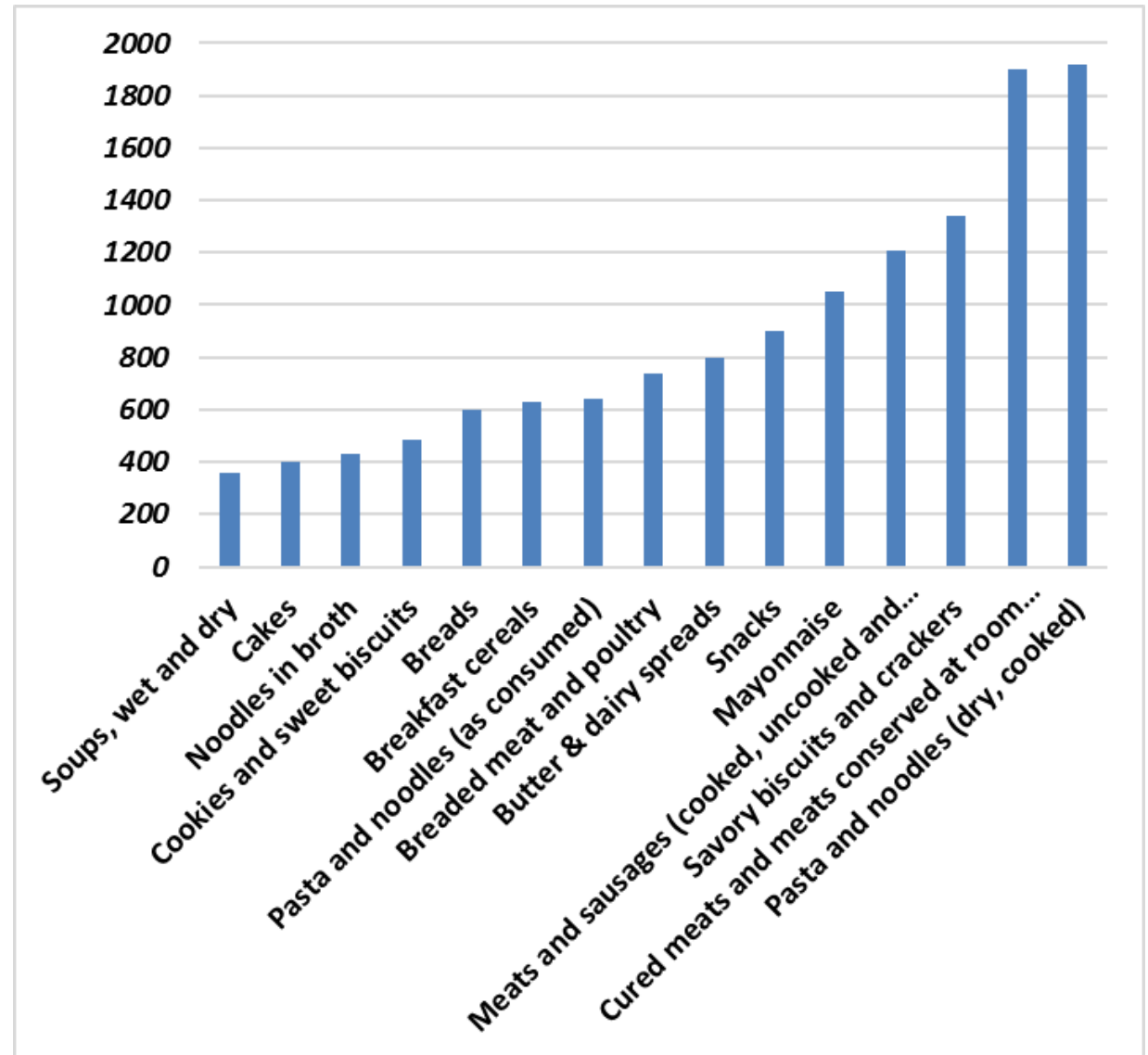
Mortality in the Americas by risk factor



Source: WHO/PAHO, 2001

Regional targets for salt reduction in the Americas (mg%)*

1	Soups, wet and dry	360
2	Cakes	400
3	Noodles in broth	430
4	Cookies and sweet biscuits	485
5	Breads	600
6	Breakfast cereals	630
7	Pasta and noodles (as consumed)	640
8	Breaded meat and poultry	735
9	Butter & dairy spreads	800
10	Snacks	900
11	Mayonnaise	1050
12	Meats and sausages (cooked, uncooked and processed)	1210
13	Savory biscuits and crackers	1340
14	Cured meats and meats conserved at room temp	1900
15	Pasta and noodles (dry, cooked)	1921
16	Bouillon cubes and powders	20500
17	Condiments for meat and fish	23000
18	Condiments for rice& side main dish	33100



(*) Adopted November 2014 (to be met by the end of 2016)

Objectives

- To assess the sodium content of 12 food categories sold in 14 Latin American and Caribbean countries
- To compare these content with the PAHO regional targets for 2014-2016.

Methods

- **Data collection**

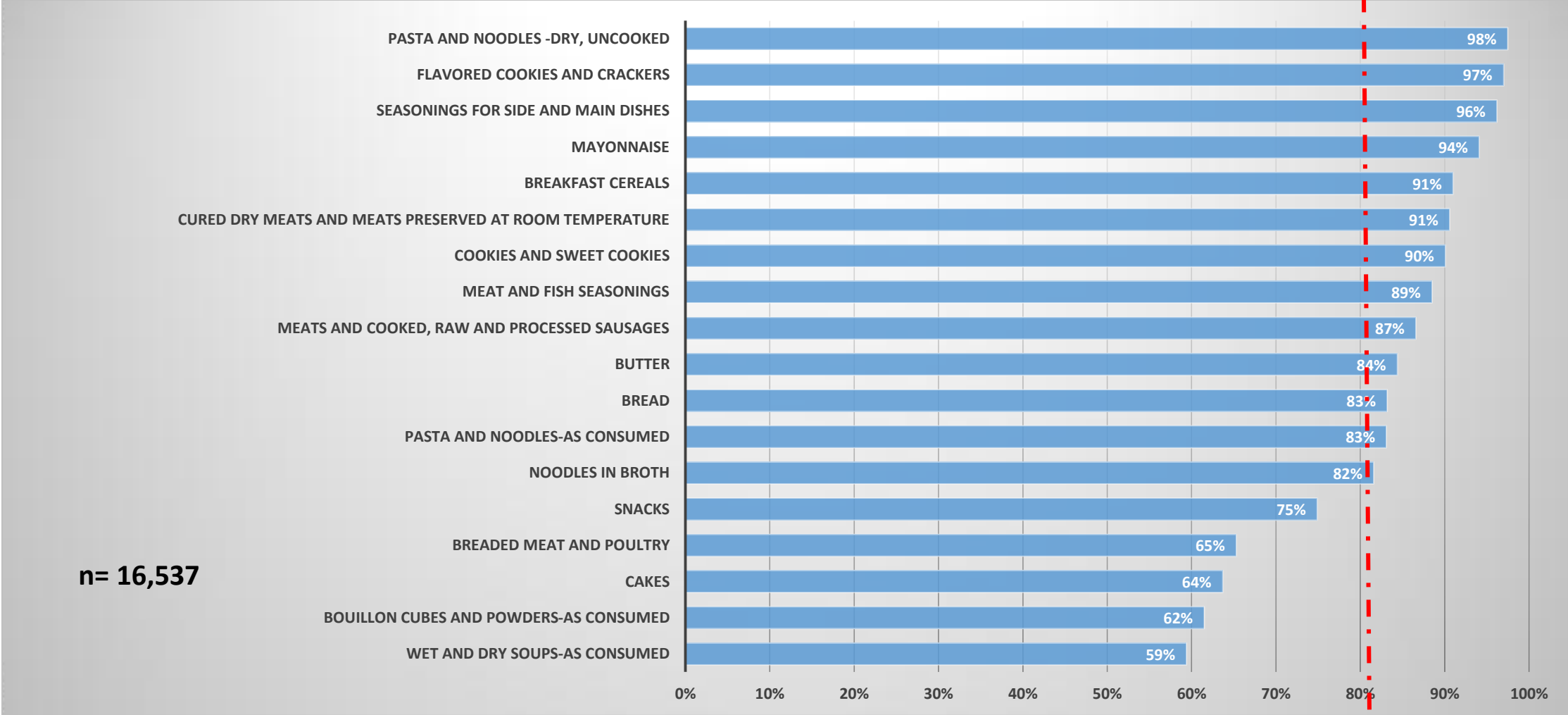
- a) 12 food categories (18 subcat) sold in supermarkets and DB of national and international food companies
- b) 10 variables
- c) July 2015 - February 2016
- d) 14 Latin American and Caribbean countries: Argentina, Barbados, Brazil, Chile, Costa Rica, Cuba, Ecuador, Guatemala, Jamaica, Mexico, Paraguay, Panama, Peru and Trinidad and Tobago.

- **Analysis:**

- a) Mean sodium levels/ subcategory
 - b) Proportion of all foods & by subcategory that met the upper PAHO regional sodium reduction targets
- Expected results: baseline of sodium content of 12 food categories with regional targets.
 - Collaboration with LATINFOODS country leads
 - Survey financed by PAHO

Results

Fulfillment of PAHO's sodium upper targets of overall and by food subcategory (%)

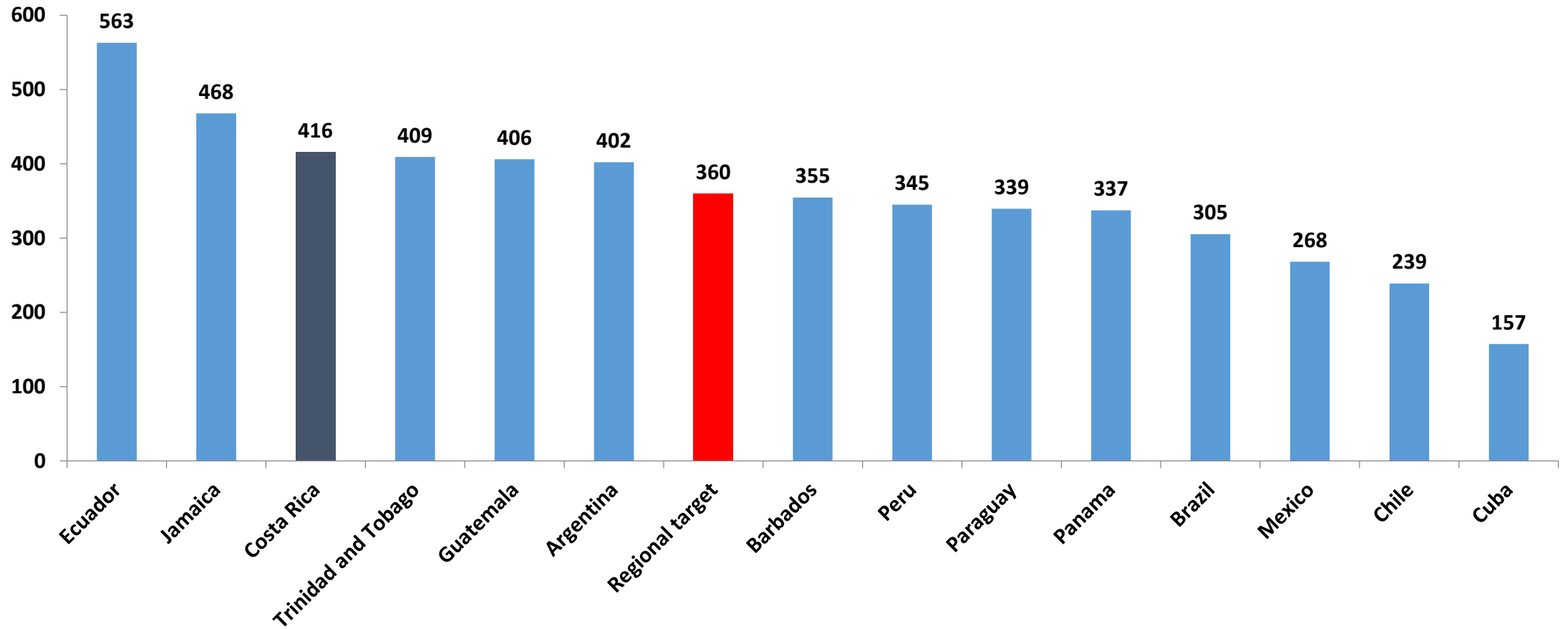


× 82%

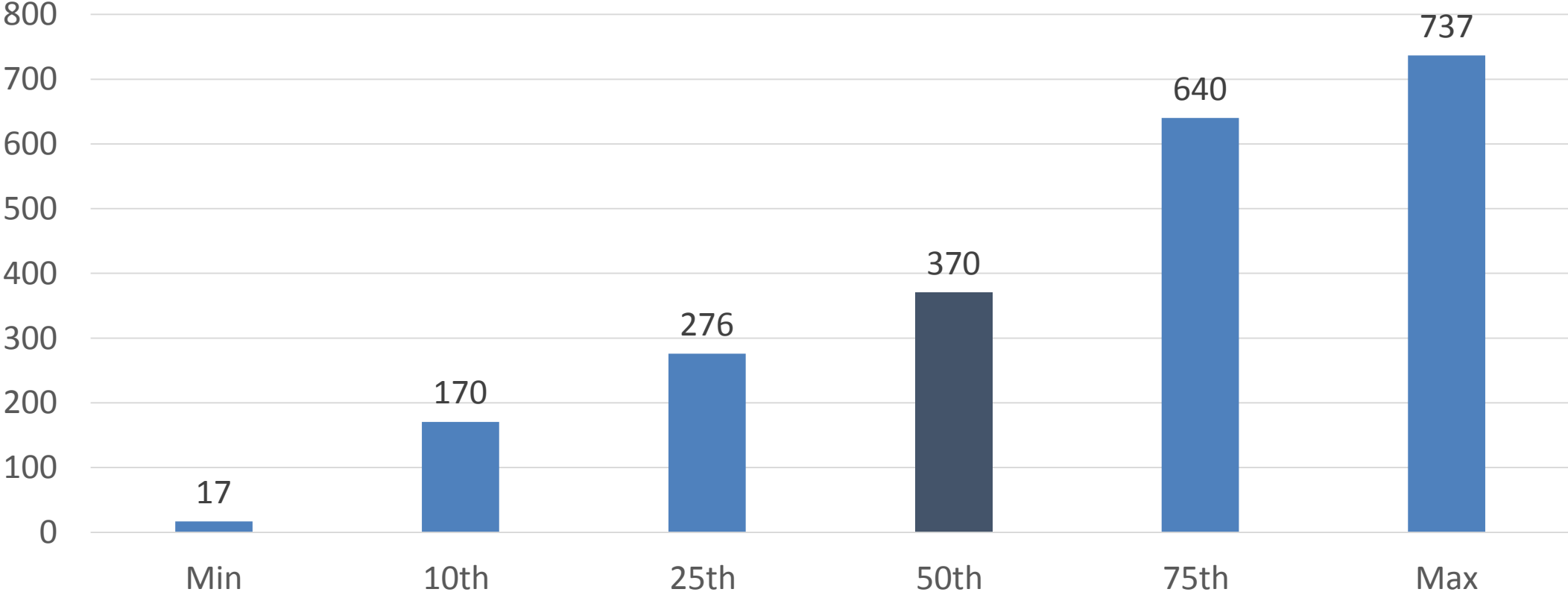
Top subcategories that exceeded PAHO's targets in the region

Subcategory	%	Countries with means that exceed the target
Soups	40.6	Ecuador, Jamaica , Costa Rica, Trinidad Tobago , <u>Guatemala</u> & Argentina
Bouillon cubes and powders	38.4	Peru & Trinidad Tobago
Cakes and pastries	36.3	Jamaica , Barbados , <u>Guatemala</u> , Trinidad Tobago , Peru & Panama
Meat and poultry breaded e.g nuggets	34.7	<u>Guatemala</u> , Jamaica , Peru , Barbados , Paraguay, Costa Rica & Brazil
Snacks	25.1	Barbados

Sodium content in wet and dry soups-as consumed by Latin American and Caribbean country (mean mg/100g)



Content of sodium in soups according to increasing percentiles-Costa Rica



Percentile

Regional target: 360 mg%

Conclusions

- Additional efforts are required from industry to reduce sodium in certain categories to comply with the PAHO regional sodium reduction targets.
- These results will help with the downward revision of regional targets and possible introduction of new food categories in the next phase.
- Databases prepared with nutritional labels data are useful in food composition eg. to select foods to analyze, to prepare sampling plans

Acknowledgements



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