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Potassium-enriched salt – #SwitchTheSalt

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TRIALS

Effect of Salt Substitution on Cardiovascular Events and Death.

New England Journal of Medicine, 2021

<https://www.nejm.org/doi/full/10.1056/nejmoa2105675>

Salt substitution and salt-supply restriction for lowering blood pressure in elderly care facilities: a cluster-randomized trial.

Nature Medicine, 2023

<https://www.nature.com/articles/s41591-023-02286-8>

Effect of salt substitution on community-wide blood pressure and hypertension incidence.

Nature Medicine, 2020

<https://www.nature.com/articles/s41591-020-0754-2>

Effects of a reduced-sodium added-potassium salt substitute on blood pressure in rural Indian hypertensive patients: a randomized, double-blind, controlled trial

The American Journal of Clinical Nutrition, 2021

<https://www.sciencedirect.com/science/article/pii/S0002916522003185>

Salt substitution: a low-cost strategy for blood pressure control among rural Chinese. A randomized, controlled trial

Journal of Hypertension, 2007

<https://doi.org/10.1097/HJH.0b013e3282b9714b>

Effect of salt substitution on ambulatory blood pressure, kidney function and inflammation in middle-aged and elderly hypertensive patients

Reviews in Cardiovascular Medicine, 2024

<https://www.imrpress.com/journal/RCM/25/5/10.31083/j.rcm2505158/htm>

Using a low-sodium, high-potassium salt substitute to reduce blood pressure among Tibetans with high blood pressure: a patient-blinded randomized controlled trial

PLOS One, 2014

<https://doi.org/10.1371/journal.pone.0110131>

Intake of low sodium salt substitute for 3years attenuates the increase in blood pressure in a rural population of North China – A randomized controlled trial

International Journal of Cardiology, 2016

<https://doi.org/10.1016/j.ijcard.2016.04.073>



SYSTEMATIC REVIEWS

Effects of salt substitutes on clinical outcomes: a systematic review and meta-analysis.

Heart, 2022

<https://heart.bmj.com/content/108/20/1608.long>

Effectiveness of salt substitute on cardiovascular outcomes: A systematic review and meta-analysis

The Journal of Clinical Hypertension, 2022

<https://onlinelibrary.wiley.com/doi/10.1111/jch.14562>

Replacing salt with low-sodium salt substitutes (LSSS) for cardiovascular health in adults, children and pregnant women.

Cochrane Database of Systematic Reviews, 2022

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD015207/full>

Long-Term Effect of Salt Substitution for Cardiovascular Outcomes: A Systematic Review and Meta-Analysis.

Annals of Internal Medicine, 2024

<https://www.acpjournals.org/doi/10.7326/M23-2626>

STRATEGY, PERSPECTIVES, AND OPINIONS

Perspective: Switching the world's salt supply – learning from iodization to achieve potassium enrichment

Advances in Nutrition, 2023

<https://www.sciencedirect.com/science/article/pii/S2161831323014321>

Potassium-enriched salt substitutes as a means to lower blood pressure: benefits and risks

Hypertension, 2020

<https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.119.13241>

Potassium-Enriched Salt Substitution as a Population Strategy to Prevent Cardiovascular Disease

Hypertension, 2022

<https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.122.19248>

Core strategies to increase the uptake and use of potassium-enriched low-sodium salt

Nutrients, 2021

<https://www.mdpi.com/2072-6643/13/9/3203>

A salty odyssey: a potassium-enriched journey inspired by Don Quijote

Annals of Internal Medicine, 2024

<https://www.acpjournals.org/doi/10.7326/M24-0860>

The Guidelines for use and promotion of low sodium salt in China

Journal of Evidence-Based Medicine, 2024

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jebm.12621>

The best of 'best buys': public health values of potassium-enriched salt substitute

Expert Review of Cardiovascular Therapy, 2024

<https://www.tandfonline.com/doi/full/10.1080/14779072.2024.2349105>

**IMPLEMENTATION****National Initiatives on Salt Substitutes: Scoping Review***JMIR Public Health Surveillance*, 2023<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10692885/>**Implementation of a salt substitute intervention using social marketing in resourced-limited communities in Peru: a process evaluation study***Frontiers in Public Health*, 2023<https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2023.1068624>**Barriers and Facilitators to Implementing Reduced-Sodium Salts as a Population-Level Intervention: A Qualitative Study***Nutrients*, 2021<https://www.mdpi.com/2072-6643/13/9/3225>**CLINICAL GUIDELINES****Potassium-Enriched Salt Substitutes: A Review of Recommendations in Clinical Management Guidelines***Hypertension*, 2024<https://www.ahajournals.org/doi/abs/10.1161/HYPERTENSIONAHA.123.21343>**Salt substitute recommendations for heart failure patients may influence guideline-directed medical therapies titration***ESC Heart Failure*, 2024<https://onlinelibrary.wiley.com/doi/full/10.1002/ehf2.14706>**SCIENCE AND MODELLING****The Proportion of Dietary Salt Replaced With Potassium-Enriched Salt in the SSaSS: Implications for Scale-Up***Hypertension*, 2023<https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.122.20115>**Secondary Analysis of the Salt Substitute and Stroke Study (SSaSS): Effects of Potassium-Enriched Salt on Cardiac Outcomes***Hypertension*, 2024<https://www.ahajournals.org/doi/abs/10.1161/HYPERTENSIONAHA.123.22410>**The contribution of sodium reduction and potassium increase to the blood pressure lowering observed in the Salt Substitute and Stroke Study***Journal of Human Hypertension*, 2024<https://www.nature.com/articles/s41371-024-00896-4>**Estimated population wide benefits and risks in China of lowering sodium through potassium enriched salt substitution: modelling study***BMJ*, 2020<https://www.bmj.com/content/369/bmj.m824.abstract>**Estimated benefits and risks of using a reduced-sodium, potassium-enriched salt substitute in India: a modeling study***Hypertension*, 2022<https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.122.19072>

**Potassium-enriched salt – #SwitchTheSalt****COST EFFECTIVENESS****Cost-Effectiveness of a Household Salt Substitution Intervention: Findings From 20 995 Participants of the Salt Substitute and Stroke Study***Circulation*, 2022[https://www.ahajournals.org/doi/full/10.1161/](https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.122.059573)[CIRCULATIONAHA.122.059573](https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.122.059573)**The cost-effectiveness of government actions to reduce sodium intake through salt substitutes in Vietnam***Archives of Public Health*, 2021[https://archpublichealth.biomedcentral.com/articles/10.1186/](https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-021-00540-4)[s13690-021-00540-4](https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-021-00540-4)**Cost-Effectiveness of Salt Substitute and Salt Supply Restriction in Eldercare Facilities: The DECIDE-Salt Cluster Randomized Clinical Trial***JAMA Network Open*, 2024<https://doi.org/10.1001/jamanetworkopen.2023.55564>**PRODUCTION AND SUPPLY****Availability, Formulation, Labeling, and Price of Low-sodium Salt Worldwide: Environmental Scan.***JMIR Public Health and Surveillance*, 2021<https://publichealth.jmir.org/2021/7/e27423/>**The potential for current sodium and potassium production to support a global switch to the use of potassium-enriched salt: a desktop research study***Public Health Nutrition*, 2024<https://doi.org/10.1017/s1368980024000922>**FOOD SCIENCE****The use of salt substitutes to replace sodium chloride in food products: a review***International Journal of Food Science and Technology*, 2022<https://ifst.onlinelibrary.wiley.com/doi/abs/10.1111/ijfs.16075>**Salt reduction and replacers in food production***Strategies to Improve the Quality of Foods*, 2024<https://doi.org/10.1016/B978-0-443-15346-4.00003-3>**Challenges to reduce or replace NaCl by chloride salts in meat products made from whole pieces – a review***Critical Reviews in Food Science and Nutrition*, 2020<https://www.tandfonline.com/doi/full/10.1080/10408398.2020.1774495>**KNOWLEDGE, ATTITUDES AND BEHAVIOURS****Awareness and Availability of Low Sodium Iodized Salt: Results from Formative Research of Promoting Uptake of Low Sodium Iodized Salt by Rural and Urban Households in India—The PLURAL Study***Nutrients*, 2024https://www.mdpi.com/2072-6643/16/1/130/review_report**Knowledge, attitudes, and behaviors related to dietary salt intake and the acceptability of salt substitute among the Australian culturally and linguistically diverse community: An online survey.***The Journal of Clinical Hypertension*, 2024<https://onlinelibrary.wiley.com/doi/full/10.1111/jch.14802>**Comparing a range of potassium-enriched low sodium salt substitutes to common salt: results of taste and visual tests in South African adults***Nutrition, Metabolism and Cardiovascular Diseases*, 2023<https://doi.org/10.1016/j.numecd.2023.12.015>**Factors associated with the use of a salt substitute in rural China***JAMA Network Open*, 2021<https://doi:10.1001/jamanetworkopen.2021.37745>**Awareness and use of low-sodium salt substitutes and its impact on 24-h urinary sodium and potassium excretion in China - a cross-sectional study***Nutrients*, 2023<https://www.mdpi.com/2072-6643/15/13/3000>**Salt reduction and low-sodium salt substitutes: awareness among health-care providers in Mangalore, Karnataka***Indian Journal of Community Medicine*, 2018<https://europepmc.org/article/med/30662177>