

SSaSS - Determining the Effects of Salt Reduction on Stroke: The China Salt Substitute and Stroke Study

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The
George
Institute
for Global Health



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Facts

- Stroke is the second leading cause of mortality and a common cause of disability among adults worldwide.
- In 2010, stroke was the third most common cause of death in Chinese urban areas, accounting for 20% of all deaths; while, in rural areas, stroke was the leading cause of death, causing 23% of all deaths.
- In rural China, average salt intake is 12-15g per day, a key risk for hypertension and stroke.

Partners:

The George Institute, University of Sydney

The George Institute, at Peking University Health Science Center, China

Imperial College, London

Northwestern University Medical School, IL, USA

Supporters:

National Health and Medical Research Council, Australia

Background:

- High blood pressure contributes to increased risk of stroke. Lowering blood pressure can be achieved by using a salt substitute to lower salt intake.
- Sodium reduction is a particularly attractive option for central government action in China. The manufacture and sale of salt and salt substitute in China is a state monopoly with central government control of the entire production and delivery chain, including pricing.

Aims:

- To see the effects of replacing salt with a reduced sodium salt substitute on the risk of stroke, heart attack, kidney disease and death from any cause.

Methods:

- In the largest study of its kind, 21,000 people in rural China have completed the first year of this five-year study.



Impact:

- Effective sodium-reduction programs have great potential to positively impact the urban-rural health divide in China. Rural areas of China have benefited least of all from China's economic growth, and strategies to enhance their conditions are a specific focus of the Chinese government.
- Centrally implemented, population-based approaches to salt reduction have been identified by the World Health Organization as amongst the most cost-effective possible strategies for vascular disease prevention in developed and developing countries alike.

Contact

To find out more about The China Salt Substitute (SSaSS) study and its principal investigators (Prof. Yangfeng Wu and Prof. Bruce Neal) or The George Institute please contact:

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