

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

November 2015



The  
George  
Institute  
for Global Health



PEKING  
UNIVERSITY  
HEALTH SCIENCE CENTER

## 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:

Xiaoyun Li: +86 10 8280 0577 or email [xli@georgeinstitute.org.cn](mailto:xli@georgeinstitute.org.cn)

## The George Institute For Global Health

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide. Ranked among the top 10 research institutions in the world for scientific impact by the *SCImago Institutions Rankings (SIR) World Reports* in 2011, 2012, 2013 & 2014.