

POTASSIUM

Switching the world's salt supply: Scaling up the use of potassium-enriched salt.

– January 2025

FACTS:

- Almost everyone eats too much salt (100% sodium chloride).
- Excess sodium intake causes raised blood pressure - the leading global cause of premature death and disability from stroke, heart disease, and kidney failure.
- Most people also don't consume enough potassium - a nutrient found in fruits and vegetables that can help lower blood pressure.

PROJECT CYCLE:

2023–2033

PARTNERS:

The George Institute
for Global Health

UNSW Sydney

Resolve to Save Lives

SUPPORTERS:

Australian Department of Foreign
Affairs and Trade

NSW Health

PRINCIPAL INVESTIGATORS:

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BACKGROUND:

- Leading international scientific organisations and national governments worldwide recognise that reducing population sodium intake is a key priority to prevent and control noncommunicable diseases.
- Reducing sodium consumption is particularly important for low- and middle-income countries as the burden of excess sodium intake is disproportionately severe due to limited access to health resources and effective treatments. Marginalised and underserved communities also face heightened risks because of dietary, economic, and systemic challenges, exacerbating their health disparities.
- Despite global efforts to reduce salt intakes, progress has been slow due to a lack of practical interventions.
- Switching regular salt to potassium-enriched salt is likely to be the most effective solution based on a growing body of evidence.

AIM:

- To generate evidence for and scale up the switch to potassium-enriched salt across the global food supply.

METHODS:

- The project will work to increase availability, accessibility, awareness and acceptability of potassium-enriched salt worldwide.
- This involves engaging multidisciplinary stakeholders including civil society organisations, governments, healthcare professionals, and food industry to understand the barriers and opportunities to switching the world's salt supply to potassium-enriched salt.

IMPACT

- Switching to potassium-enriched salt would prevent at least 5 million strokes and heart attacks each year.
- By increasing demand and through economies of scale, potassium-enriched salts could be made more affordable around the world.

CONTACT:

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