

The experience from Switzerland and Portugal

EUROPREVENT 2009


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Layout

The current status

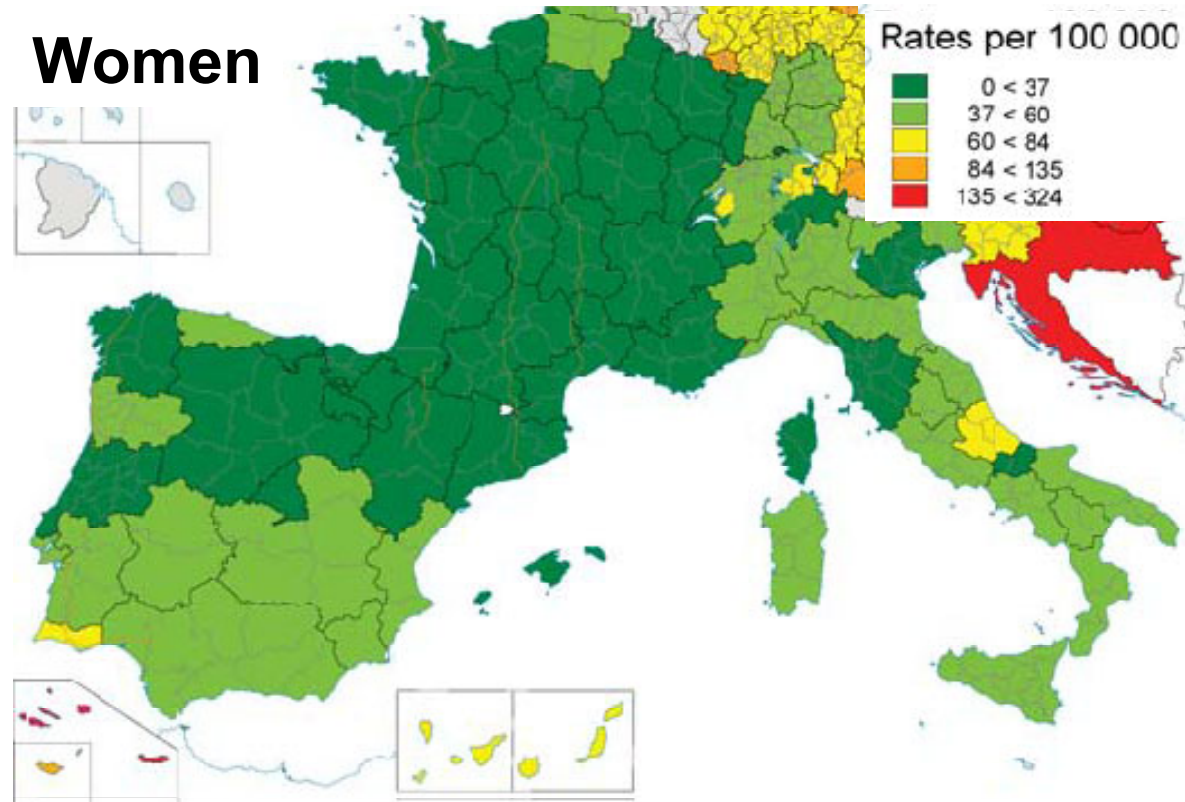
- Mortality rates from IHD and stroke
- Prevalence of hypertension
- Salt consumption

Preventive strategies

- Legislation
- Education
- Other

Conclusion

Current status – IHD (2000)



MEN

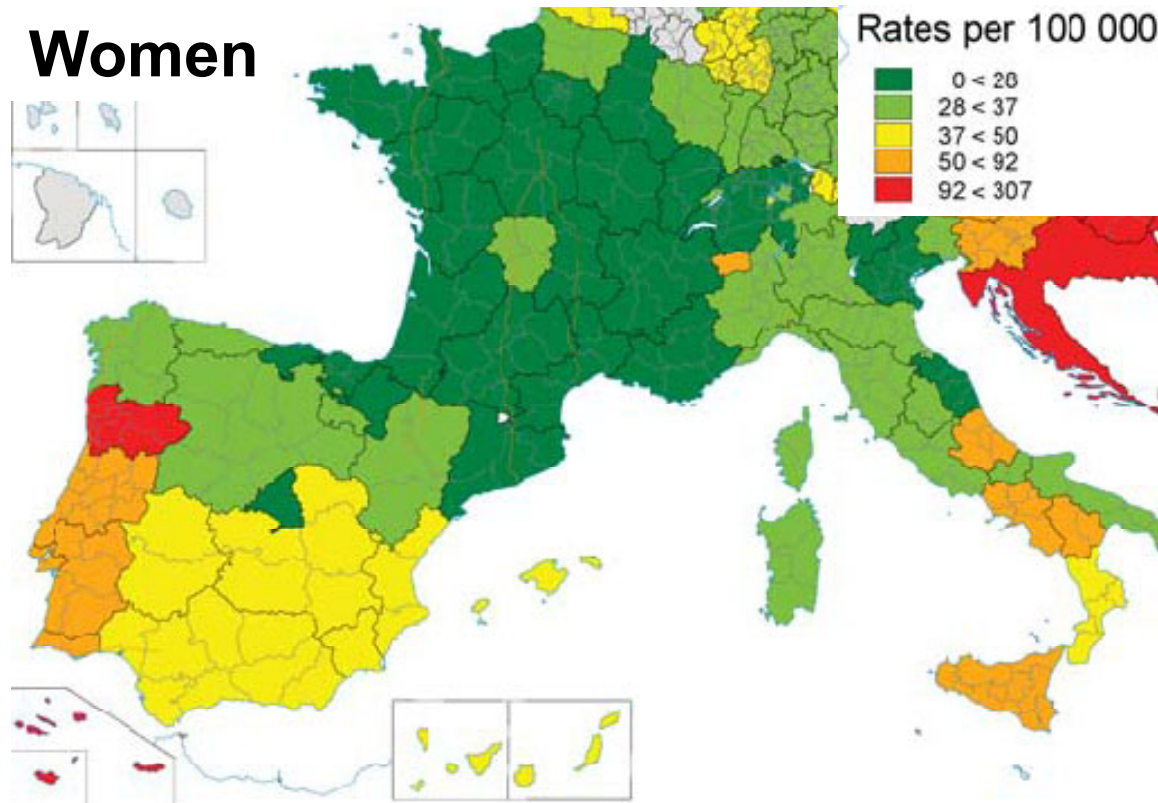
Switzerland: 158 [149-167]
Portugal: 132 [123-141]

WOMEN

Switzerland: 43 [39-48]
Portugal: 50 [45-55]

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Current status – stroke (2000)



MEN

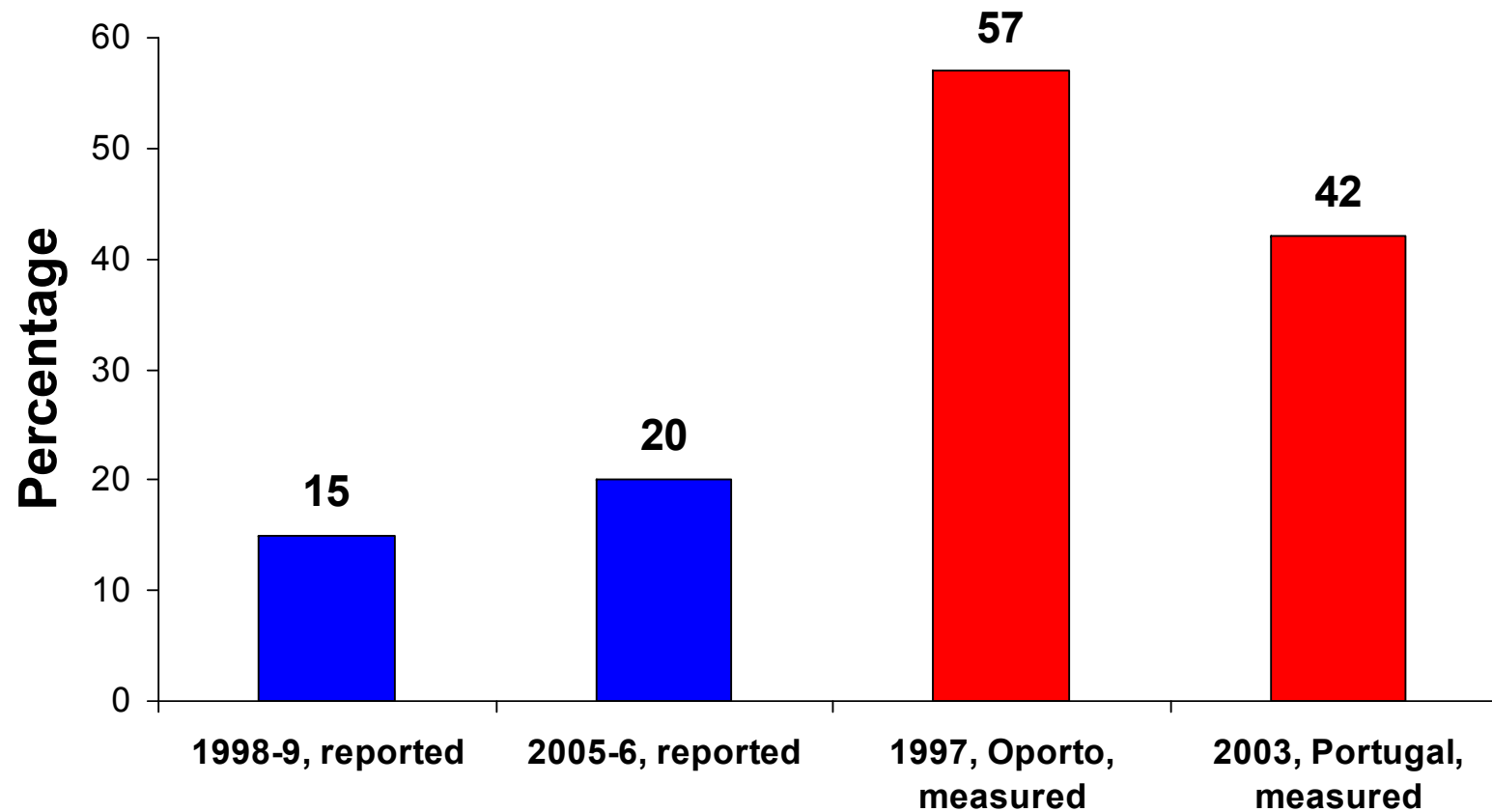
Switzerland: 34 [30- 38]
Portugal: 159 [150-168]

WOMEN

Switzerland: 21 [17-24]
Portugal: 89 [82-96]

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Portugal – hypertension



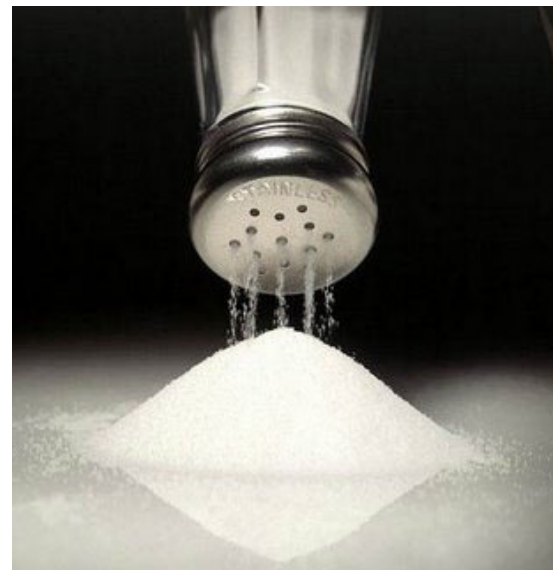
Espiga de Macedo et al., *Rev Port Cardiol*, 2007;26:21-39
Von Hafe et al. *Rev Port Cardiol*, 1997;16:683-690

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Portugal – salt consumption

Average salt consumption:

- 15 to 21 g/day in 1989
- 12.3 g/day (range 5.2 – 24.8) in 2006
- 9 g/day in Oporto (higher in younger subjects)



Viegas *Rev Factores Risco*, 2008, Vol. 3, Nº 10, pág. 12-18
Polónia et al. *Rev Port Cardiol.* 2006;25:801-17
Lopes et al. *Consumo alimentar no Porto*. Report 2006.
Vieira et al. *Rev Aliment Humana*, 2007;13:97-103
Rev Port Diabetes, 2007;2:43-44

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Portugal – sources of salt

Main sources of salt

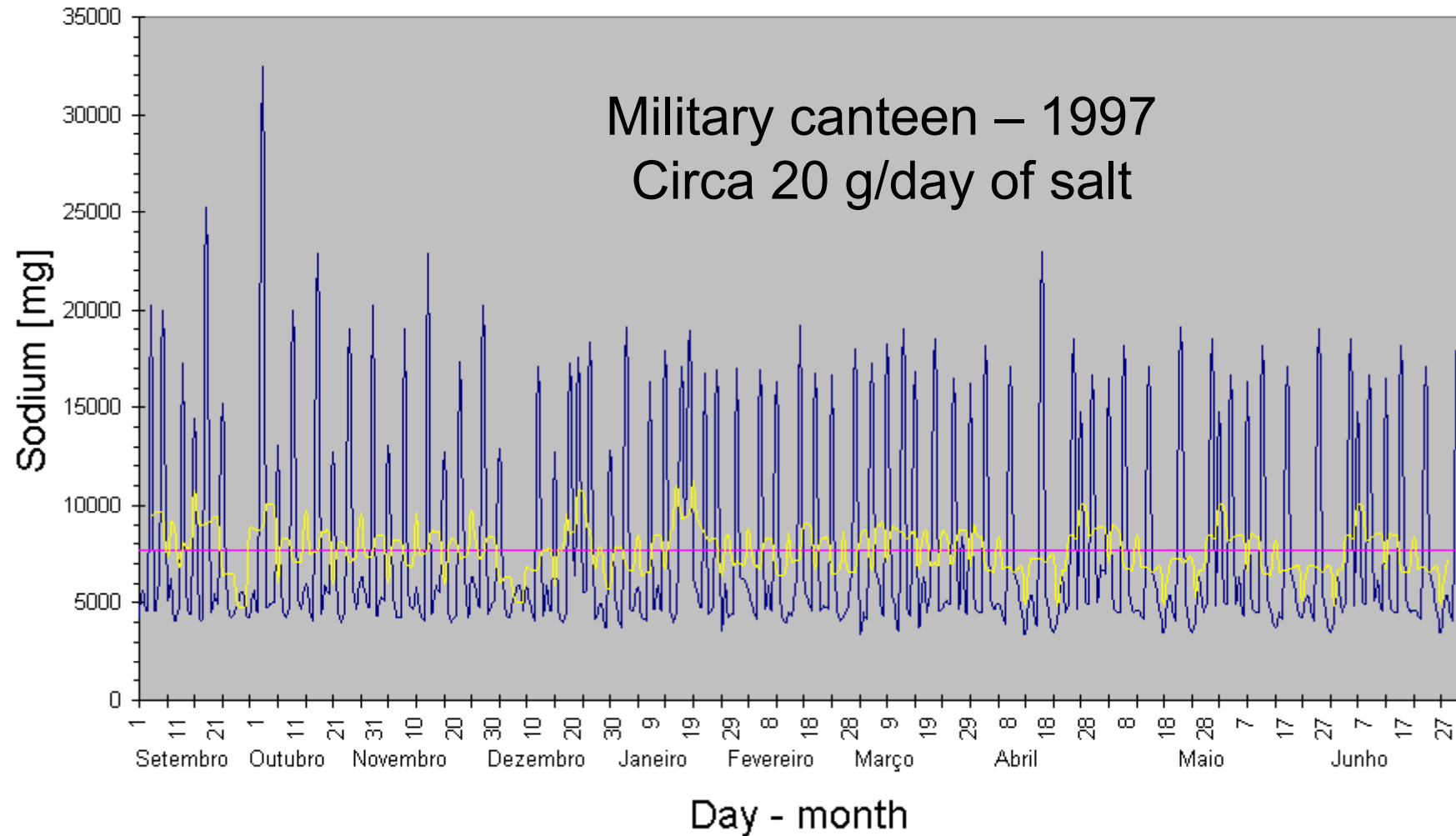
- Bread: 13 g/kg (range 9 – over 20)
- Codfish: from 12 to over 16% salt
- Military food allowance: 1.2 kg salt/month!



Vieira et al. *Rev Aliment Humana*, 2007;13:97-103
Decreto-Lei n.º 25/2005, June; Decreto-lei n.º 329-G/75, June
Decreto-Lei n.º 167/2004, July

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Portugal – sodium consumption



Portugal – prevention

National Health Plan 2004-2010:

- Reduce stroke mortality rates among <65 years from 17.9 to 12/100.000
- Reduce IHD mortality rates among <65 years from 16.1 to 11/100.000



Programa Nacional de Prevenção e Controlo das Doenças Cardiovasculares

Portugal – prevention

National programs

- Prevention and control of cardiovascular disease.
- Healthy lifestyles

Interventions (among others)

- Target: whole population
- Promote healthy eating
- Reduce salt consumption <5 g/day
- Monitoring of CVD morbidity, hypertension prevalence and treatment
- *Exame Periódico de Saúde*: regular health examinations, namely for subjects over 50

Portugal – prevention

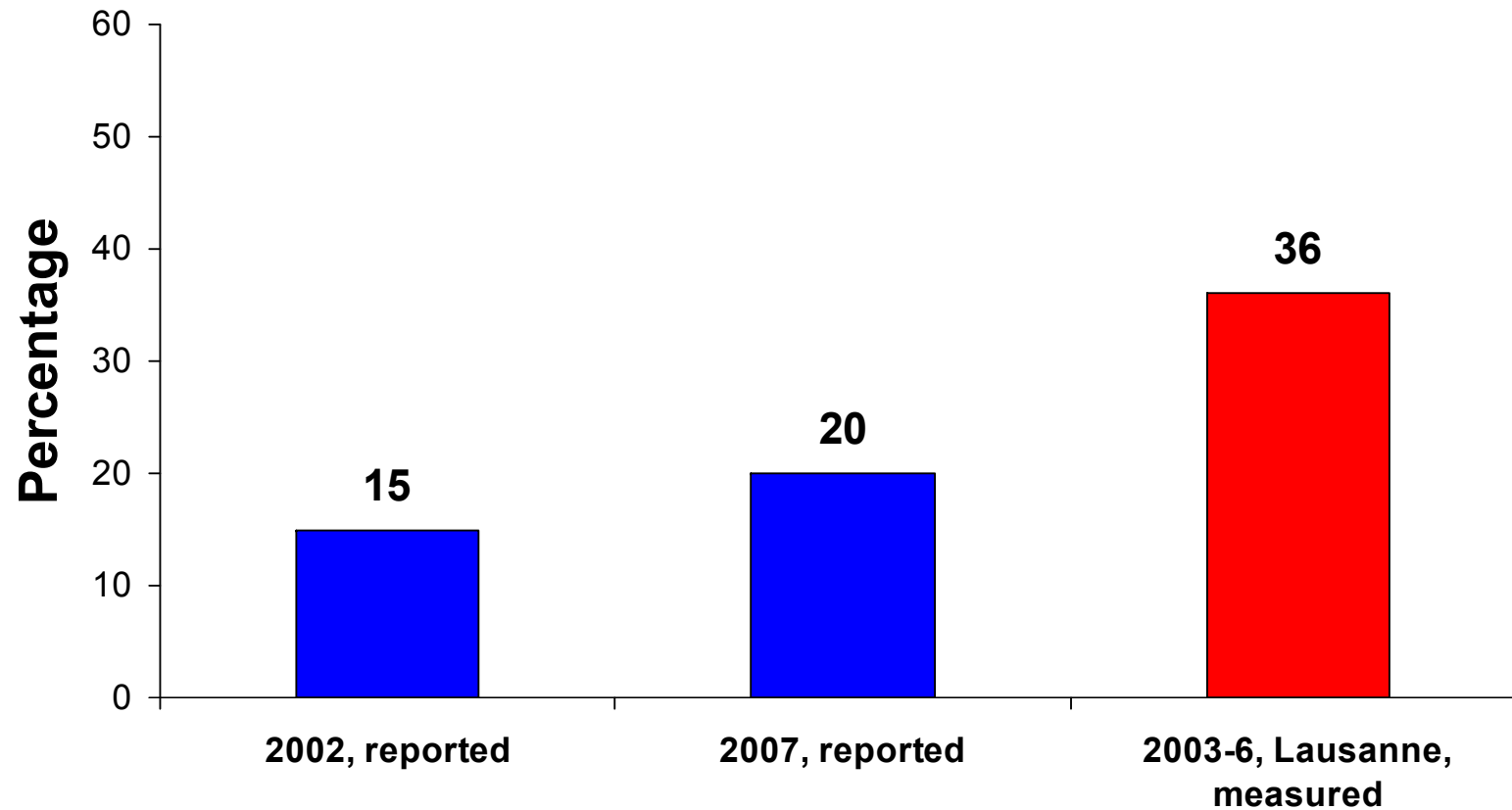
Educational material:

- Directorate-General for Health (DGS)
- Portuguese Heart Foundation
- Portuguese Society of Cardiology

Low salt bread in schools of the Coimbra region

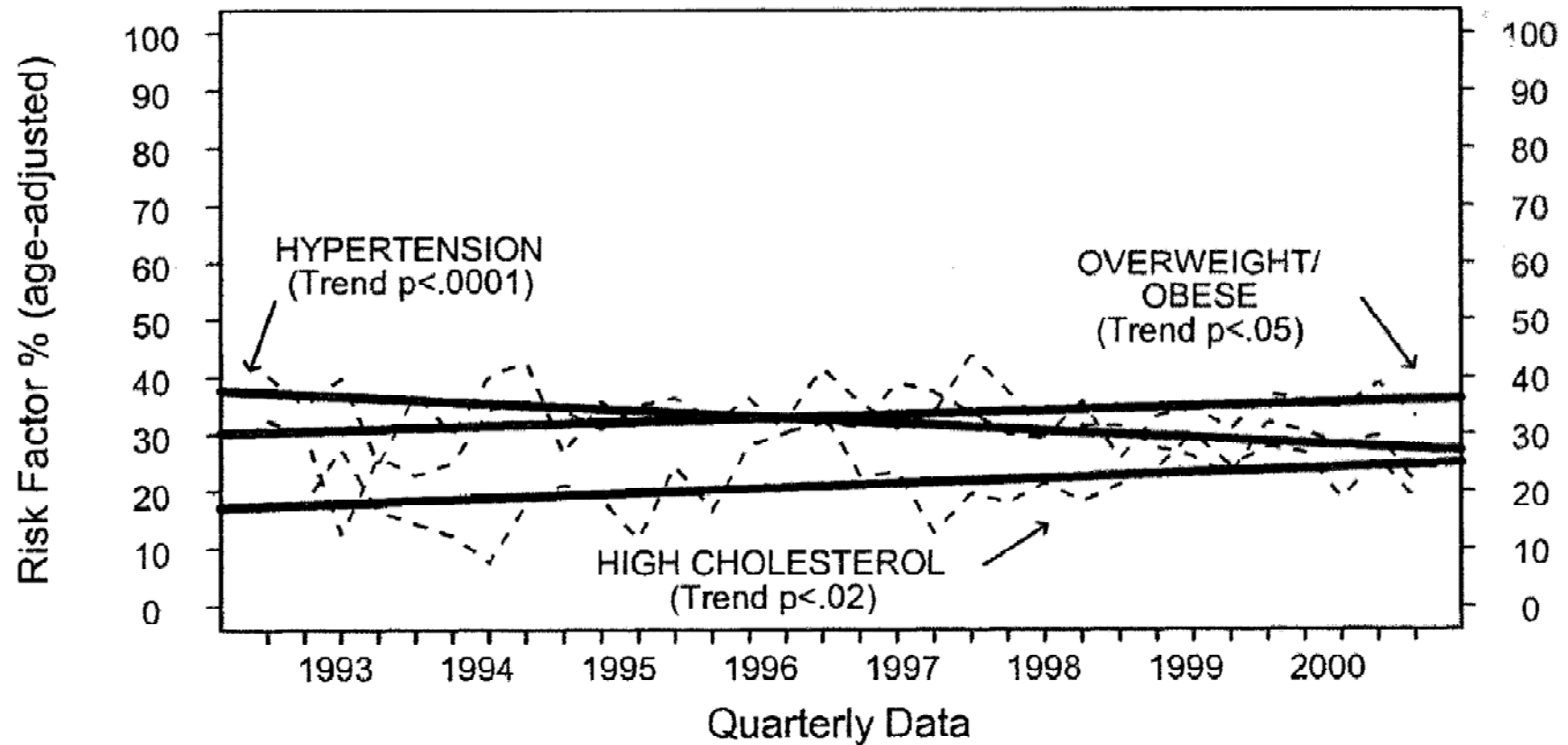
March 2009: legislation limiting the amount of salt in bread to 14 g/kg, and indication of salt content in the label.

Switzerland – hypertension

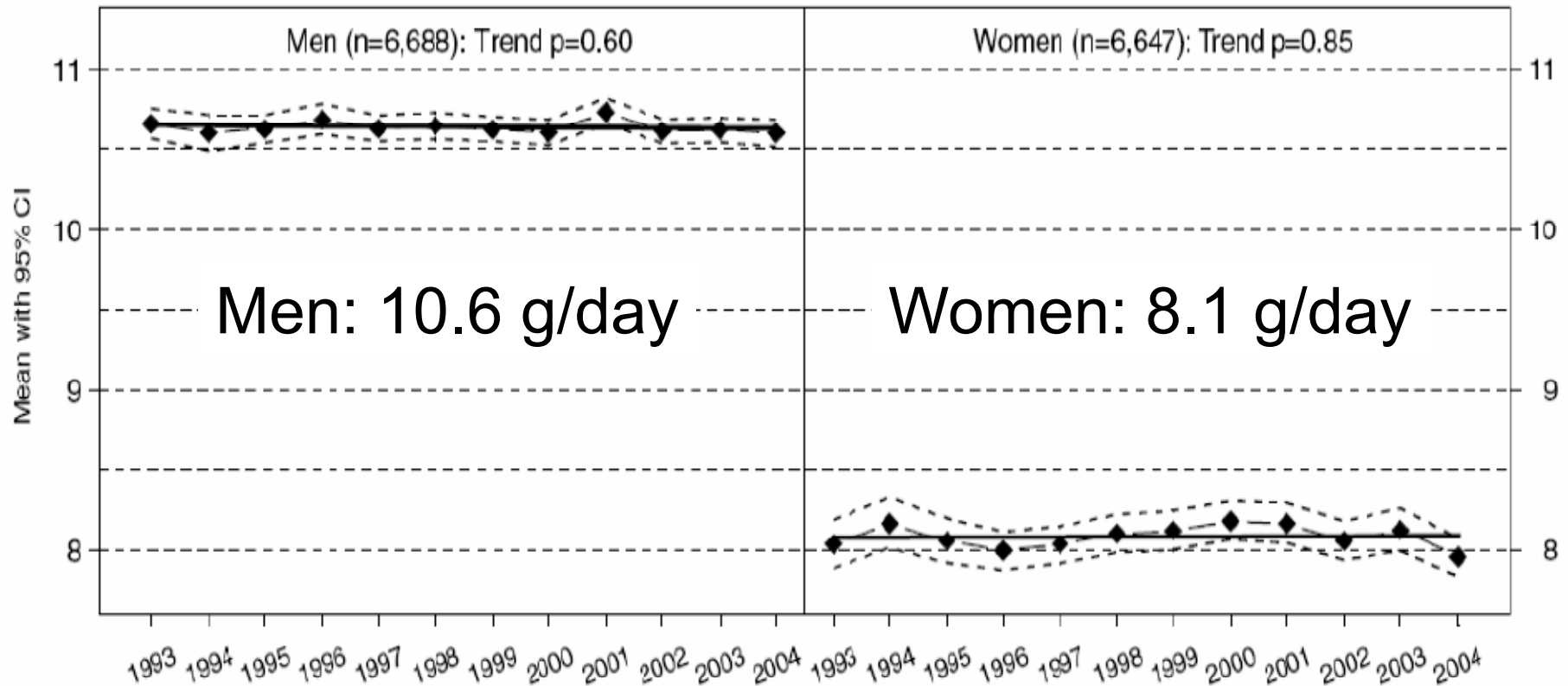


Geneva – hypertension

B

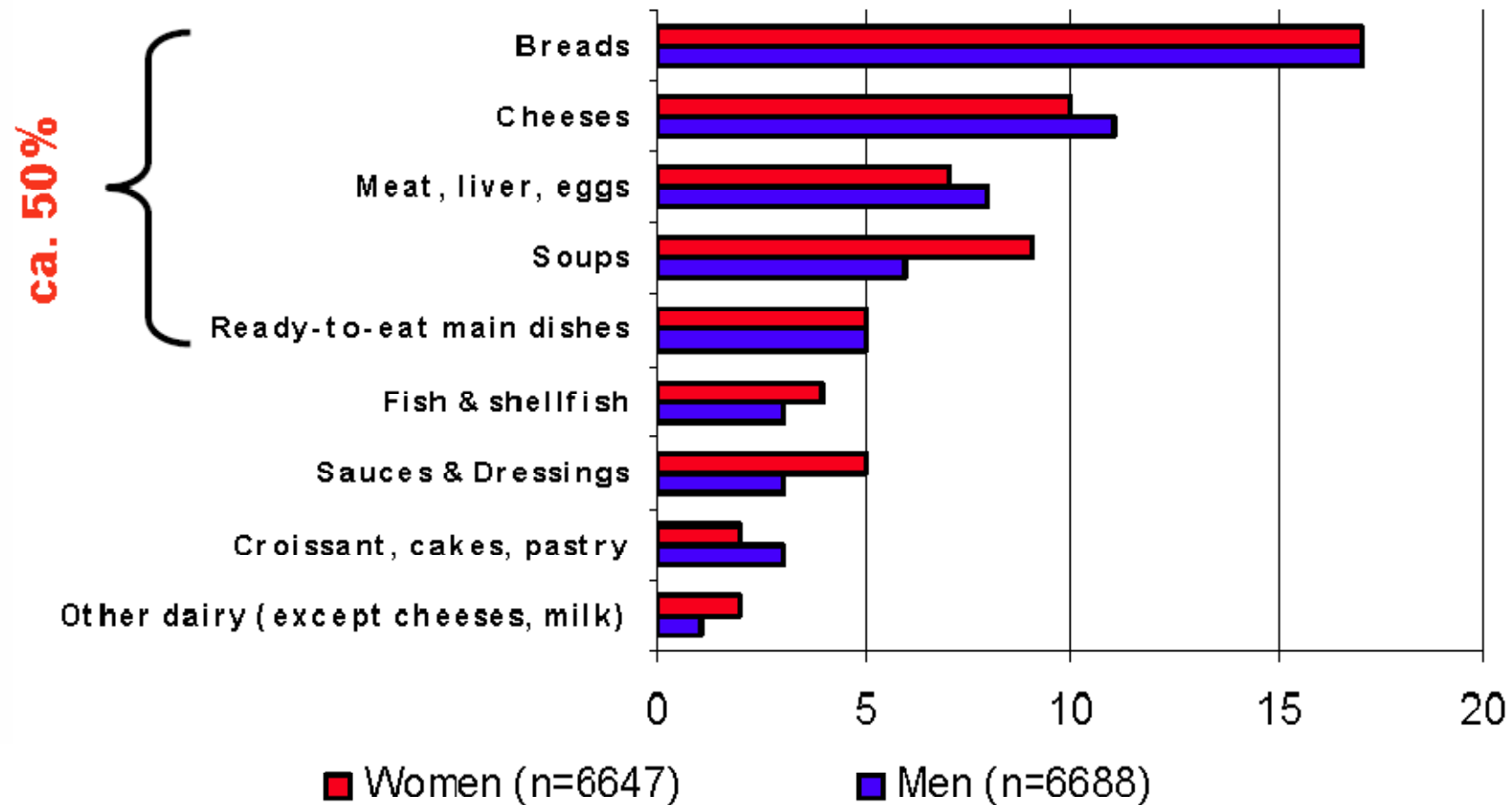


Geneva – salt consumption



Very stable salt consumption

Geneva – sources of salt



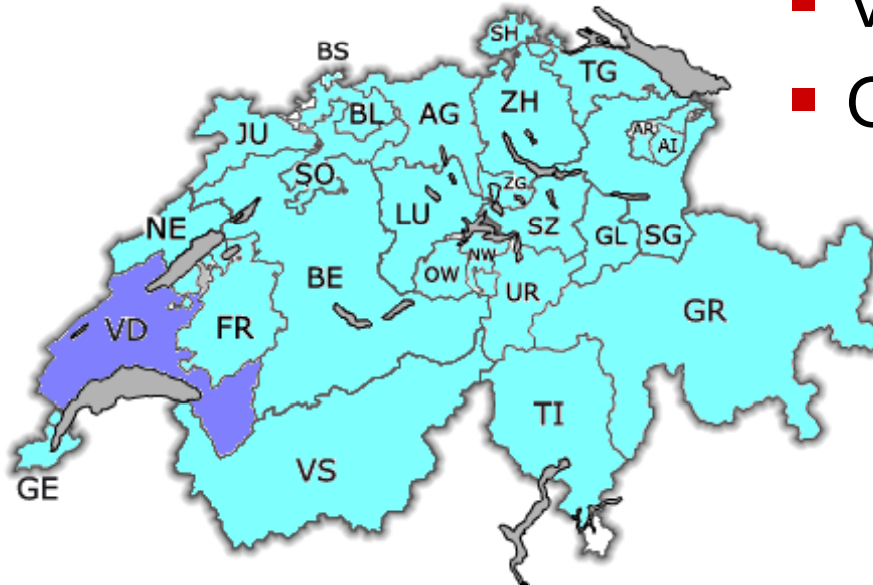
Switzerland – prevention

Federal Government: *food* and *food safety*

Each canton is responsible for *health*

Salt monopoly:

- Vaud: salines de Bex
- Other: salines du Rhin



Switzerland – prevention

National programmes

- PNAAP 2008–12: healthy eating and physical activity

No specific legislation (to be proposed end 2009)

Interventions (among others)

- Target: whole population
- Reduce salt consumption <5 g/day
- Swiss health promotion, Swiss heart foundation : healthy eating, no specific topic on salt reduction.
- Cantonal screening/education campaigns

Switzerland – prevention

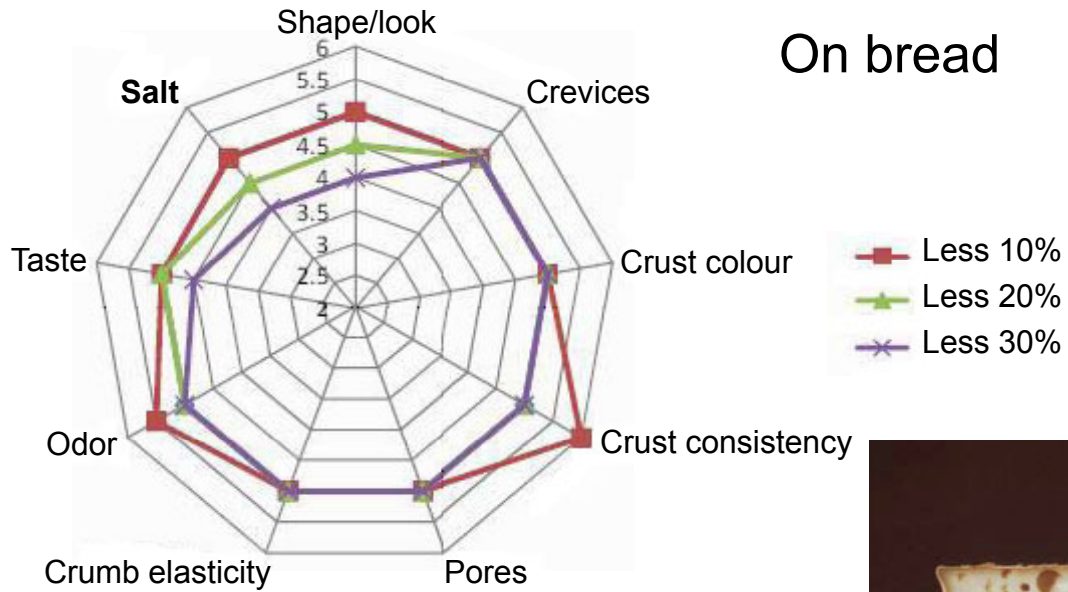
No date has been set to reach the goal of <5 g/day and no national survey exists to estimate dietary salt intake in all Swiss regions.

March 2008: meeting with the industry at the Federal Office of Public Health regarding salt reduction and labeling.

Is it achievable to reduce salt content of processed foods, namely bread and cheese?

Yes in some cases, needs to be progressive.

Switzerland – prevention



On cheese



http://www.bag.admin.ch/themen/ernaehrung_bewegung/05207/05216/05227/index.html?lang=fr

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Switzerland – industry initiatives



NÄHRWERTINFORMATIONEN INFORMATIONS NUTRITIONNELLES	Pro/Par 100 g	Pro/Par Portion (280 g)	% GDA*
Energiewert / Valeur énergétique	610 kJ 140 kcal	1220 kJ 280 kcal	14%
Eiweiss / Protéines	13 g	24 g	52%
Kohlenhydrate / Glucides davon Zucker / dont sucre	7,5 g 1,1 g	0,7 g	3%
Fett / Lipides davon gesättigte Fettsäuren / dont acides gras saturés	0,9 g 3,9 g	1,7 g	25%
Nahrungsfasern / Fibres alimentaires	0,1 g	0,2 g	1%
Natrium / Sodium	0,3 g	0,6 g	25%
Kochsalz / Sel de cuisine	0,5 g	1,0 g	17%

*GDA (Guideline Daily Amount):
Richtwerte für die Tageszufuhr basierend auf 2000 kcal. Der persönliche
Bedarf variiert je nach Alter, Geschlecht, Gewicht, Aktivität, etc.
Repères Nutritionnels: Journaliers basés sur un apport de 2000 kcal. Les besoins
nutritionnels varient selon l'âge, le sexe, le poids, l'activité physique, etc.

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FOODPROFILE		→ www.coop.ch		
Nährwerte Ø Valeurs nutritives moyennes	100g	1 Packung (250g) 1 paquet (250g)	% ETB* % RNJ*	ETB* RNJ*
Energie/énergie	640 kJ (153 kcal)	380 kcal	19%	2000 kcal
Eiweiss/protéines	8g	20g	40%	50g
Kohlenhydrate/glucides davon Zucker/dont sucres	25g 1,5g	62,5g 3,8g	23% 4%	270g 90g
Fett/lipides davon gesättigte Fettsäuren/ dont acides gras saturés	2g 0,9g	5g 2,3g	7% 12%	70g 20g
Nahrungsfasern/ fibres alimentaires	5g	12,5g	50%	25g
Natrium/sodium	0,27g	0,68g	28%	2,4g
Kochsalz/sel de cuisine	0,7g	1,8g	30%	6g

Conclusion – salt strategies

Portugal

High mortality, medium/high prevalence of hypertension, high salt consumption

Major health issue

National programs

Strategy:

- Mainly public information
- Little specific intervention
- Labeling: EU / Pt-specific?
- Little monitoring (one study *EPIPorto*, no national surveys with measures)

Switzerland

Very low mortality, average prevalence of hypertension, medium salt consumption

Not a major health issue

No specific programs

Strategy:

- Mainly public information
- No specific intervention
- Industry initiatives for labeling
- Little monitoring (one study *Bus santé*, no national surveys with measures)

Thank you for your attention

Switzerland

- Murielle Bochud
- Sigrid Beer-Bost

Portugal

- Maria Daniel Vaz de Almeida
- Jorge Polónia