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## Media Release

### **WASH comment on The BMJ paper 25<sup>th</sup> Nov 2009:**

#### **“Salt intake, stroke, and cardiovascular disease: meta-analysis of prospective studies” – Professor Pasquale Strazzullo and colleagues.**

Commenting on the work of by Professor Pasquale Strazzullo at the University of Naples, Italy and Professor Francesco Cappuccio at the University of Warwick, UK, and colleagues, Professor Graham MacGregor, Chairman of World Action on Salt and Health said:

"Blood pressure is the biggest cause of death in the world through the strokes and heart attacks it causes. Salt slowly puts up our blood pressure and as this important study clearly demonstrates, is directly responsible for many hundreds of thousands of strokes, heart attacks and heart failure deaths each year in the world.

The public health benefits of reducing salt have long been known, and the UK are leading the way in salt reduction and the rest of the world needs to follow. The onus is now on the global food industry to save these lives by slowly removing the salt that they currently add to manufactured foods and to reduce salt intake worldwide if we are to save the maximum number of lives.

The WHO maximum recommended daily intake for salt intake is 5g/day, however this study clearly demonstrates that a greater reduction in salt intake would have a much greater benefit "

Professor MacGregor is available for further comment on [g.macgregor@qmul.ac.uk](mailto:g.macgregor@qmul.ac.uk) phone: 07946 405617

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