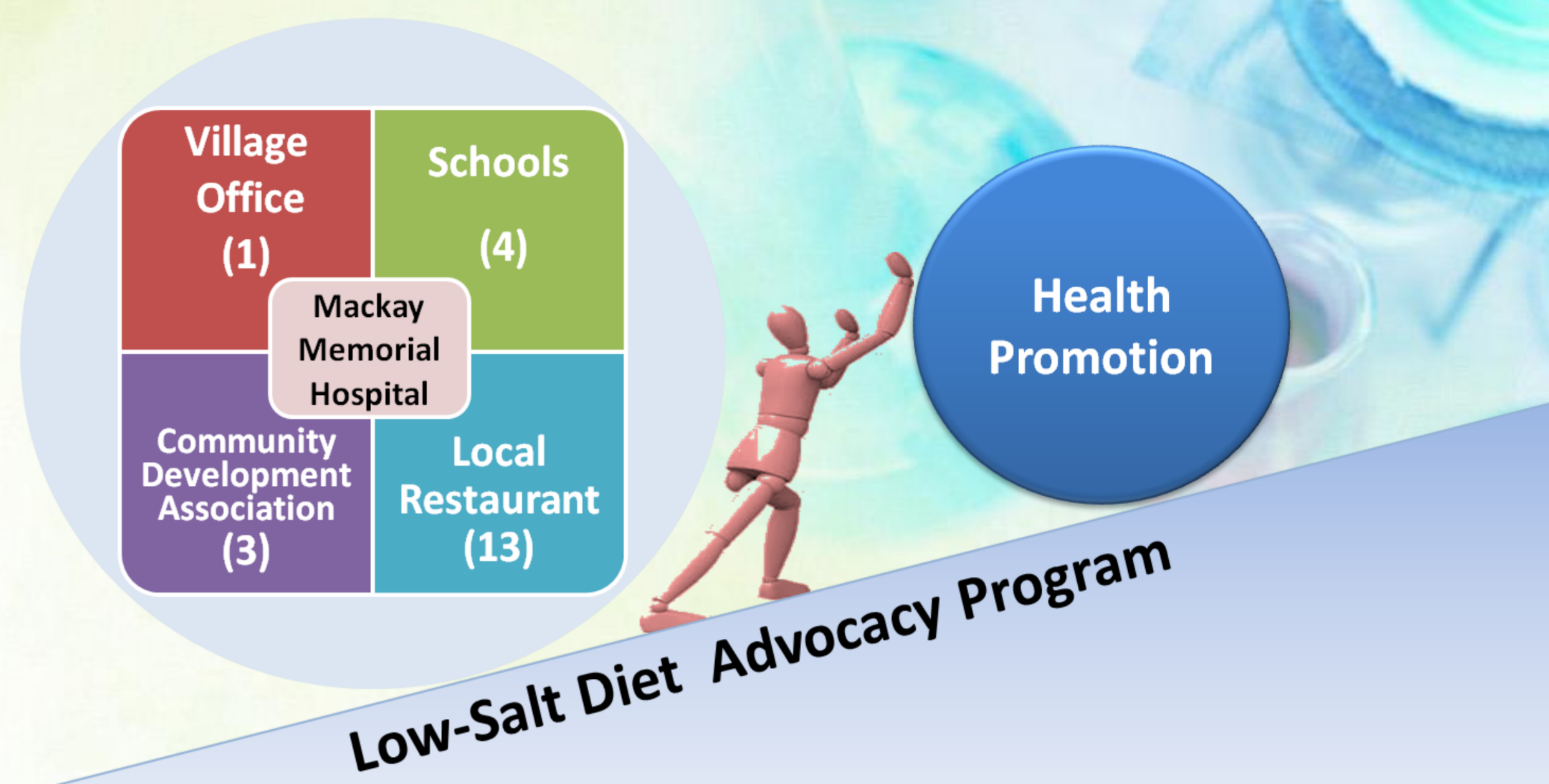


Low Salt Diet, Healthy Life -- The Effectiveness of Salt Reduction

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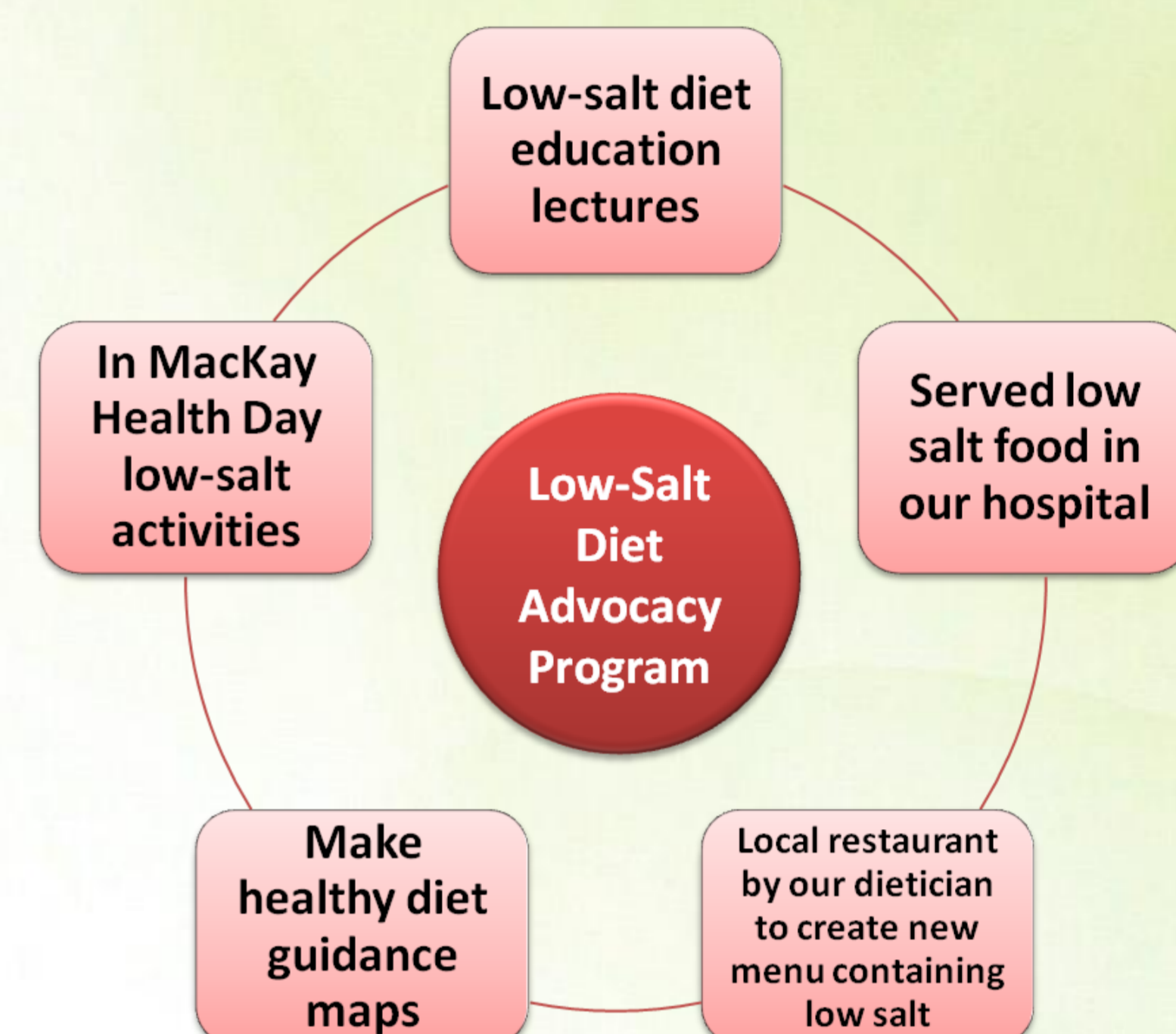
Abstract introduction

High salt intake is the major cause of hypertension and cardiovascular disease. Taiwan general populations have 1.5 fold higher daily salt consumption than recommendation. MacKay Memorial Hospital together with community school, restaurant, and village office promote salt reduction education program by multiple strategies. We hope these activities can establish good diet concept and habit in community populations.



Purpose / Methods

We promote this education program from May to November 2015. We held education lectures and served low salt food in our hospital. Local restaurant were directed by our dietician to create new menu containing low salt. In order to increase awareness, we placed posters in restaurant about sodium amount in each dish and healthy diet guidance maps in village office. In MacKay Health Day activities, we demonstrate fresh healthy food and offer cooking counsel.

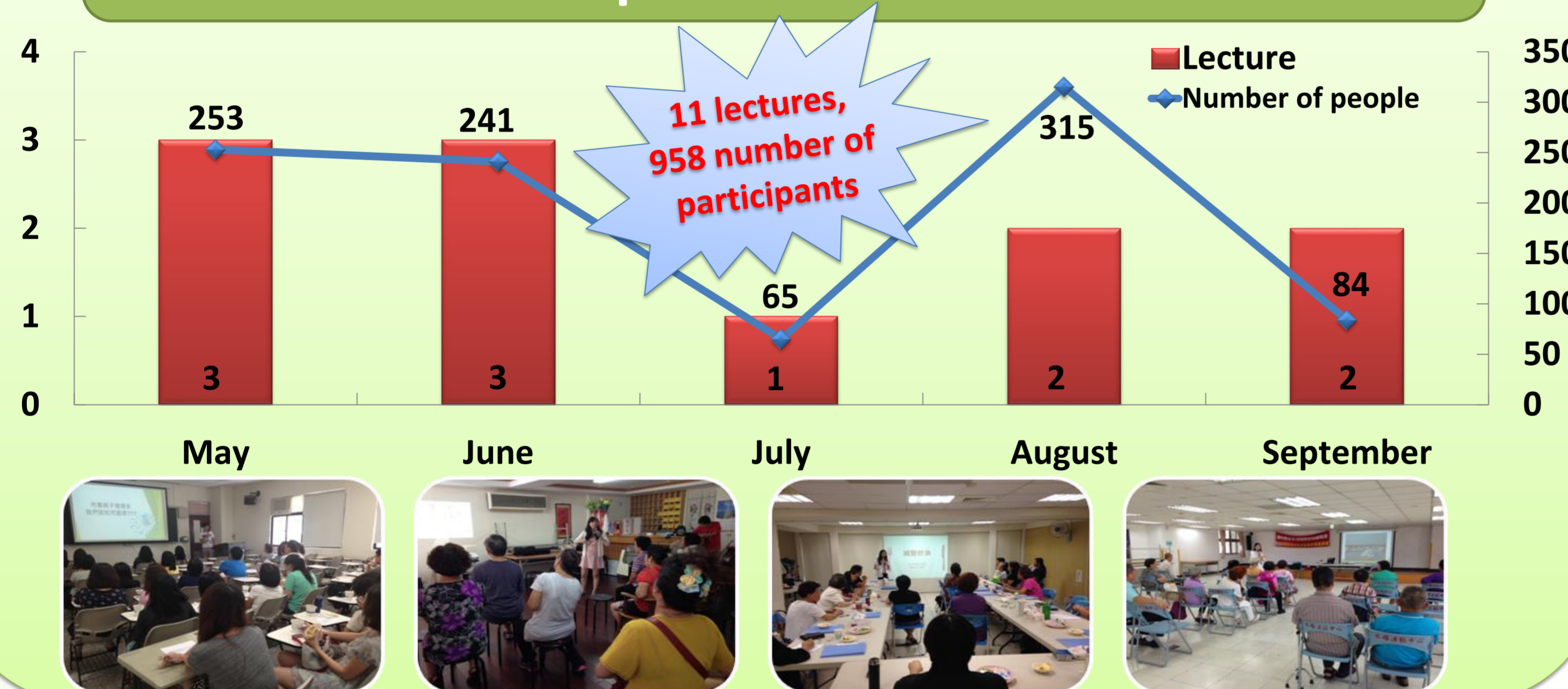


Results

We held eleven low salt diet lectures with 958 participants. It achieved up to 97% awareness rate post lectures. Thirteen restaurants and 51 new recipes were directed by our dietician. People had 92.3% satisfied rate ordering low salt menu by our poster and maps promotion. 335 people joined our Health Day low salt activities. We also awarded cooperated restaurant at the end of year.

2015 May – November

Number of Participants In Low Salt Diet Lectures



Mackay Healthy Day Low-Salt Activities



Conclusions

In modern society, people prefer eating outside than cooking by themselves. We create new strategies together with local restaurant and village office to establish healthy low salt diet habit in community. We hope these activities can help people having a healthy life.

Low -Salt diet Poster

51 new recipes

Satisfaction 92.3%

Low-Salt Menu Maps