

Reduction of Salt Consumption is One of the Essential Recommendations for Georgian Population

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High salt intake is associated with significantly increased risk of stroke and total cardiovascular diseases. Among the major environmental determinants of high blood pressure are dietary factors, in particular salt and potassium intake.

Methods: The results of the surveys conducted in Georgia in 2007-09 were analyzed.

Results: 56% of respondents never add salt to their meals, 32% add salt when food isn't salty enough and 12% add salt before testing. Only 14% of surveyed were advised to decrease salt consumption during the last year. 13% of survey participants had attempted and 5% managed to decrease salt consumption during the last year.* According the Georgian Society of Hypertension's monitoring project one of the rarely used recommendations of family doctors is salt reduction.□



* NCD Risk-factors survey
(WHO/NCDC/CINDI-Georgia)
www.ncdc.ge

□ Eurasia Partnership
Foundation/Georgian Society of
Hypertension; The reform monitoring
project at the Primary Health Care
level

Conclusion: Large numbers of population based intervention studies and clinical trials have shown that it is possible to achieve significant reductions in blood pressure with reduced salt intake in people with and without hypertension. The studies in 1990's demonstrated the high threshold of the salt concentration in Georgian population which could explain the high hypertension prevalence in the country.

Non-pharmacological dietary interventions promoting low salt intake in the prevention and management of hypertension is not adequately assessed by the Ministry of Labor, Health and social Affaires even the situation in Georgia regarding the prevalence of hypertension and its risk factors is quite significant.