

Mapping Dietary Salt/Sodium Reduction Policies and Initiatives in the Region of the Americas



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Abbreviations and Acronyms

CVD	cardiovascular disease
FOPL	front-of-pack label
LAC	Latin America and the Caribbean
NCD	noncommunicable disease
TAG	technical advisory group

Summary

Objectives: This study has four main objectives. First, it aims to map existing country policies and initiatives addressing population dietary salt/sodium reduction in the Region of the Americas. Second, it seeks to identify policy gaps in the Region, following what is outlined in the World Health Organization (WHO) “Best Buys” most cost-effective recommendations for the prevention and control of diet-related noncommunicable diseases (NCDs). Third, it attempts to make available a repository of policies, laws, and regulations to reduce population salt/sodium intake in the Americas. Last, it endeavors to use the data acquired on policy gaps to discuss priorities for future work in the Region.

Methods: This study used mixed methods to analyze data from 34 countries. The data were collected through a structured review of mainly national official sources to identify the current policies and initiatives for reducing population salt/sodium intake.

Key sources included: responses from the online Survey on National Initiatives for Salt/Sodium Reduction in the Americas carried out by the Pan American Health Organization (PAHO) in 2016; databases from the 2017 and 2019 PAHO Country Capacity Survey for NCDs and Risk Factors; the repositories of legislation of the PAHO REGULA Initiative as at 2018; electronic searches between January 2018 and April 2019 of official websites from the ministries of health, education, and agriculture, the library of national congress in each country, and government regulatory gazettes. Additionally, information from a meeting in early 2016 of the Technical Advisory Group (TAG) guiding Phase 3 of the regional salt reduction initiative was included.

The data were organized into a matrix describing the general and specific objectives of the policy or intervention, the recommendation or goal to reduce salt/sodium intake, and the source of the document. Measures in the review included:

1. Whether a goal or a recommendation was included in policies that ranged from control and prevention of NCDs, and prevention of overweight and obesity, to a more specific national policy for the reduction of salt/sodium intake;
2. Whether the country had other regulatory measures that involved salt/sodium (e.g., taxes on high-salt/sodium foods, restrictions on marketing foods high in salt/sodium to children, and nutritional labeling that included salt/sodium);
3. Whether the country adopted a policy or intervention in line with one of the WHO “Best Buys” most cost-effective recommendations for the prevention and control of diet-related NCDs, and monitoring.

Finally, country profiles were prepared and sent to each country's public health agency for validation and comments.

Results: Seventy percent (n=24/34) of all countries in the Region included a recommendation to reduce salt intake in policies related to the control and prevention of NCDs. Most of these recommendations are aligned with the WHO guidance to consume less than 5 g of salt (2 g of sodium) per day. However, only six countries had a specific and comprehensive national policy to reduce salt/sodium intake that includes at least three out of the four WHO “Best Buys,” and only one country (Argentina) had a national law to specifically reduce population salt/sodium intake.

Adoption of WHO “Best Buys,” the most cost-effective interventions for the prevention and control of diet-related NCDs in national policies, included: reformulating food products with voluntary (n=11/34) and mandatory (n=2/34) targets; establishing a supportive environment in public institutions (n=13/34); consumer awareness programs (n=26/34); behavior change communication and mass-media campaigns at the national level (n=0/34); and implementing front-of-pack labeling (n=5/34).

Some countries have implemented regulations restricting the marketing of foods high in salt/sodium to children (n=5/34), and make use of nutritional labeling that includes sodium content, be it voluntary (n=9/34) or mandatory (n=10/34). No country has yet specifically imposed taxes on high-salt/sodium foods.

Conclusions: The past decade has witnessed significant advances in policies and interventions to reduce salt/sodium intake in the Region. However, this review identified that the level of implementation in practice is complex to assess and quite heterogeneous. It is widely recognized that reducing salt/sodium consumption is a cost-effective intervention that can save many lives by reducing the burden of diet-related NCDs. Therefore, it is critical that governments accelerate efforts to meet the 2025 global target of a 30% relative reduction in mean population intake of salt/sodium in order to be on track to achieve Sustainable Development Goal Target 3.4. Last, implementation and evaluation research are much needed in the Region to assess and improve regulations, policies, programs, and interventions to reduce salt/sodium intake.

1. Introduction

Noncommunicable diseases (NCDs) are the leading cause of death worldwide, responsible for an estimated 40.5 million (71%) of the world's 56.8 million deaths in 2016. Cardiovascular diseases (CVDs) were the leading cause of NCD mortality and responsible for 17.8 million deaths, about 44% of all deaths related to NCDs (1).

In the Region of the Americas, NCDs are responsible for more than 80% of all deaths. CVDs account for nearly 35% of all NCD-related deaths and are the leading cause of death in almost all countries. Every year, an estimated 1.9 million people in the Region die from these diseases, and more than half a million are premature deaths (younger than 70 years of age) (1).

High blood pressure is the main metabolic risk factor for developing CVDs. It was responsible for 10.2 million deaths (18% of all deaths) globally in 2016, and accounted for 1.1 million deaths in the Region. More than half of CVD deaths in the Region are attributable to high blood pressure (2).

There is clear evidence that excessive consumption of salt/sodium adversely affects blood pressure (3). WHO recommends a population-based daily intake of less than 5 g of salt (< 2 g of sodium) per adult from all sources as the target for dietary salt/sodium reduction initiatives (4). Salt/sodium consumption in the Region is well above the recommended level, based on findings from 10 countries in the Region with data as at 2015. Daily salt intake, per person, ranged from 8.5 g to 15 g (5).

As early as 1983, a WHO technical report stated that it was “prudent” to reduce the sodium content in the usual diet to 5 g of salt per adult per day, especially in populations with a high prevalence of high blood pressure and high salt intake (6). In 2012, WHO published *Guideline: Sodium Intake for Adults and Children*, which recommended maximum levels of intake of 2 g/day sodium for adults; the intake was to be adjusted downward based on the energy requirements of children relative to those of adults (4). Since then, and most importantly since the Political

Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases in 2011, reducing the overconsumption of salt/sodium has been recognized as a “Best Buy,” particularly for low- and middle-income countries (7, 8).

Aligned with the Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013–2020 (9), the PAHO Plan of Action for the Prevention and Control of Noncommunicable Diseases 2013–2019 (10) proposed a relative target of a 30% reduction in mean population intake of salt/sodium intake by 2025. This target is more feasible within the time frame of the action plans and consistent with the observed linear relationship between sodium intake and blood pressure.

WHO identifies reducing dietary salt/sodium intake at population level as a “Best Buy.” It is cost-effective (11), with the potential for measurable and meaningful impact on NCD rates. It is estimated that a strategy that combines mass-media awareness campaigns with regulating the salt content in processed foods would cost US\$ 0.04–0.32 per person per year. Over 10 years, the strategy is predicted to avert 8.5 million deaths worldwide, mostly from CVDs (12, 13). Moreover, it has been estimated that every US\$ 1 invested in reducing dietary salt/sodium intake at population level would yield a return of US\$ 13–19 (14, 15).

2. Reducing Salt/Sodium Intake in the Region of the Americas

Since 2009, PAHO has supported Member States in efforts to reduce the consumption of salt/sodium. For example, it launched the initiative Preventing Cardiovascular Disease by Reducing Dietary Salt Intake Population-Wide. This initiative was accompanied by a technical expert group that was brought together to translate evidence into policy and action. This expert group comprised researchers, public authorities, and civil society representatives from within the Region and beyond (16, 17). Implementing the expert group's plans involved three phases. At the start of each phase, PAHO administered questionnaires to Member States to understand their actions regarding dietary salt/sodium reduction and how best to support them, first in 2009, then in 2011, and most recently in early 2016.

The first phase, which lasted from 2009 to 2012, focused on policy development. The technical expert group prepared a policy statement intended to mobilize policymakers and decisionmakers in government, leaders in nongovernmental organizations (representing consumers, and health, scientific, and health care professionals), civil society, the food industry (including food processors, distributors, importers, and exporters), and in PAHO offices to take action to reduce population salt/sodium intake (17–24). In the second phase, a technical advisory group (TAG) was formed to guide the PAHO initiative from 2013 to 2015. The TAG focused its efforts on policy awareness and policy support. The TAG prepared guidelines and position papers, and produced a series of technical reports and protocols to assist Member States in taking action (21, 25, 26). These materials were based on experiences from within the Region and elsewhere, and served to inform and provide scientific evidence for salt/sodium reduction (27, 28). The initiative finalized its third phase (2016–2018), with a TAG that focused its efforts on policy implementation and monitoring.

This publication provides an overview of the advances in and challenges to dietary salt/sodium reduction initiatives in the Region. The objectives are to:

1. Map existing country policies and initiatives addressing population dietary salt/sodium reduction in the Region;
2. Identify policy gaps in the Region, following what is outlined in the WHO “Best Buys” most cost-effective interventions for the prevention and control of diet-related NCDs (11);
3. Make available a repository of policies, laws, and regulations to reduce salt/sodium population intake in the Region;
4. Use the data on policy gaps to discuss priorities for future work in the Region.

These data also serve as part of regular PAHO activities to monitor country commitments to implementing salt/sodium reduction initiatives included in the Plan of Action for the Prevention and Control of Noncommunicable Diseases 2013–2019 (10).

While the information has been taken from countries that report some activity, the intention is for the discussion to apply to countries yet to take action. With PAHO support, the goal is for all countries in the Region to be in the best possible position, within their national contexts, to achieve the 2025 target of a 30% relative reduction in salt/sodium intake (9, 10).

3. Methods

3.1 Data Sources

This study used mixed methods to analyze data from 34 countries.¹ Initially, the policy mapping was conducted for only 12 Latin American countries (which participated in the online 2016 PAHO survey), with results presented in October 2017 at the second meeting during Phase 3 of the TAG on Preventing Cardiovascular Disease by Reducing Dietary Salt Intake Population-Wide. Following up on a TAG recommendation from the meeting, the policies in the remaining countries in the Region were also mapped in order to have a complete assessment of the situation that could serve as a baseline for monitoring progress.

A review of different databases informed the mapping, including: responses from the online Survey on National Initiatives for Salt/Sodium Reduction in the Americas carried out by PAHO in 2016; database from the 2017 and 2019 PAHO Country Capacity Survey for NCDs and Risk Factors; and the repositories of legislation of the PAHO REGULA Initiative as at 2018 (29). Research in these databases was complemented by electronic searches on official websites from the ministries of health, education, and agriculture, and the library of national congress in each country. Additionally, where available, government regulatory gazettes were reviewed.

The final source of information was a meeting in early 2016 of the TAG guiding Phase 3 of the regional initiative. The TAG discussed momentum, issues, and opportunities (international, regional, and subregional) on which to base a workplan for future activity in the Region. The key points made at the meeting (2016), the resulting workplan with the responses to the questionnaire (2017), and the policy mapping (2018–2019) were combined to create a body of information on which the discussion is based.

1 Antigua and Barbuda, Argentina, Bahamas, Barbados, Belize, Bolivia (Plurinational State of), Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, United States of America, Uruguay, and Venezuela (Bolivarian Republic of).

3.2 Data Extraction and Analysis

The online PAHO survey contained categories of inquiry and questions that were pre-defined and taken from previous surveys, as well as some new aspects added to reflect current issues. The survey had four general areas of inquiry: (i) the status of a national initiative for salt/sodium reduction, including coordination mechanisms; (ii) general descriptions of the national initiative, including target population, and whether fiscal measures, marketing regulations, or food procurement policies were in place; (iii) action areas of the national initiative, including consumer education and social marketing strategies, reformulation of the food supply, surveillance, research, and iodine fortification; and (iv) a ranking of technical support needs that would have the most benefit going forward. The survey also provided spaces so that countries could attach materials and links to supporting documentation.

PAHO circulated the questionnaire in January–February 2016 to authorities in 18 Member States in Latin America and the Caribbean (LAC), and in Canada and the United States of America – countries known to have dietary salt/sodium reduction activities under way. Seventeen countries responded (Latin America: 12; English-speaking Caribbean: 4; and the United States of America).

Quality assurance was performed during the structured review by first checking materials attached to country survey responses. Most survey responses did not contain links to official documents, although in some cases respondents did report which institution was responsible for oversight or implementation. The Noncommunicable Diseases and Mental Health Department within PAHO was also able to confirm data reported relating to labeling, marketing regulations, and taxation in the Region. The 2017 and 2019 PAHO Country Capacity Survey for NCDs and Risk Factors database, and the repositories of legislation of the PAHO REGULA Initiative (29) were then used as other sources for additional data. This information was used to guide the structured Internet searches performed to validate and complement the review.

The Internet searches began with: ministries of health, education, and agriculture websites; bibliographic references in official government documents; libraries of national congress; government regulatory gazettes; and documents from United Nations agencies' websites.

Additionally, structured Google searches were performed country by country using keywords in Spanish and in English. Searches for Spanish-speaking countries included: “plan nacional” or “estrategia nacional” or “plan de acción” or “estrategia” or “campana” and “reducción consumo de sal” or “reducción consumo de sodio” or “enfermedades no transmisibles” or “hipertensión arterial” or “enfermedad cardiovascular” or “diabetes” or “obesidad” and (country); “etiquetado nutricional” or “ingesta de sal” or “ingesta de sodio” or “guía alimentaria” or “comedor” or “cantina” or “soda” or “kiosco” or “escuela saludable” and (country). Keywords utilized for English-speaking countries included: “national plan” or “national strategy” or “action plan” or

“strategy” or “campaign” and “salt reduction” or “sodium reduction” or “noncommunicable diseases” or “hypertension” or “cardiovascular disease” or “diabetes” or “obesity” and (country); and “nutrition labeling” or “salt intake” or “sodium intake” or “dietary guidelines” or “dinner room” or “canteen” or “soda” or “kiosk” or “healthy school” and (country).

Country efforts were analyzed and categorized in a structured manner, useful for comparison against one another, and organized in a matrix. Moreover, these efforts are in line with WHO “Best Buys” (11) and the WHO SHAKE technical package for salt reduction (30), which, combining implementation of its components, is most effective. Therefore, it was first determined whether the official document was a:

- **Government policy** related to national development, public health, control and prevention of NCDs, nutrition, prevention of overweight and obesity that contains an objective or recommendation on the reduction of salt/sodium intake; or a comprehensive and specific national policy for the reduction of salt/sodium population intake;
- **Legislation/regulation** on taxes on high-salt/sodium foods, restrictions on marketing foods high in salt/sodium to children, and nutritional labeling that includes sodium content;
- **Policy in line with the WHO “Best Buys”** four most cost-effective interventions for the prevention and control of diet-related NCDs (1);

WHO “Best Buys” to reduce unhealthy diet

- Reduce salt intake through the **reformulation of food products** to contain less salt, and the setting of target levels for the amount of salt in foods and meals.
 - Reduce salt intake through the **establishment of a supportive environment in public institutions**, such as hospitals, schools, workplaces, and nursing homes, to enable lower sodium options to be provided.
 - Reduce salt intake through a **behavior-change communication and mass-media campaign**.
 - Reduce salt intake through the implementation of **front-of-pack labeling**.
- **Report on surveillance and monitoring** of population salt intake; food reformulation compliance or sodium content in processed foods; or consumer knowledge, attitudes, and behaviors relating to salt/sodium.

Finally, the following information from the identified policies, laws, regulations, and plans or initiatives was reviewed and collated: scope, objective, specific objective to reduce salt/sodium intake, national targets on salt/sodium reduction, and strategies or recommendations to reduce population salt/sodium intake.

3.3 Data Validation

Country profiles containing links to all the cited documents were prepared ([Annex 1](#)). These country profiles were sent to each country's public health agency to validate the data collected, clarify information, or provide comments if needed. Additionally, a small questionnaire was sent asking about the status of policy implementation; space was provided for further explanation or to attach any other relevant document. At this final step, only 10 countries validated the country profiles and provided further comments (nine Latin American countries and Canada).

4. Results: Strategies in the Region of the Americas

In 2009, two countries in Latin America were taking action at the national level to reduce dietary salt/sodium: Argentina and Brazil (31). In 2012, there were nine countries in the Americas (Argentina, Brazil, Chile, Costa Rica, Cuba, Guatemala, Mexico, Suriname, and Uruguay)² that were doing so (32). In 2015, 14 countries in the Americas were known to have an initiative in place (Argentina, Barbados, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Ecuador, Mexico, Paraguay, Suriname, United States of America, and Uruguay) (5). As at early 2019, and as per findings from this study, 16 countries in the Americas had an initiative directed at dietary salt/sodium reduction that was also in line with at least one of the WHO “Best Buys” most cost-effective interventions for the prevention and control of diet-related NCDs (11): one in the English-speaking Caribbean (Barbados); 13 in Latin America (Argentina, Bolivia [Plurinational State of] [in progress], Brazil, Chile, Colombia, Costa Rica, Ecuador, El Salvador, Mexico, Panama, Paraguay, Peru, and Uruguay); and Canada and the United States of America. Other countries had activities related to public awareness campaigns (communication and educational materials) and monitoring. These are detailed in [Table 1](#).

² This study was not able to find current national policies in line with WHO “Best Buys” most cost-effective interventions for the prevention and control of diet-related NCDs in Cuba, Guatemala, and Suriname.

Table 1. Summary of Policies to Reduce Population Salt/Sodium Intake in the Americas

Country	Government policies						Legislation/regulation				WHO “Best Buys”					Public awareness program: communication/ educational materials	Monitoring			Food-based dietary guidelines	
	Development	Public health	NCDs		Overweight and obesity prevention	Nutrition	Specific policy for the reduction of salt/sodium intake	Taxes	Marketing restrictions	Food labeling (including sodium content)		Reformulation of food products		Establishment of a supportive environment in public institutions	Behavior change communication and mass-media campaign		Front-of-pack labeling	Population salt intake	Consumer knowledge, attitudes, and behaviors		Salt/sodium product content reformulation
			Prevention and control of NCDs	Specific (CVDs hypertension, or diabetes)						Voluntary	Mandatory	Voluntary	Mandatory								
Antigua and Barbuda	X	X	●	○	X	●	X	X	X	X	X	X	X	X	X	●	X	X	X	●	
Argentina	X	X	●	●	●	X	●	X	X	X	●	●	●	X	X	●	●	●	●	●	
Bahamas	X	X	○	○	X	X	X	X	X	X	X	X	X	X	X	●	X	X	X	●	
Barbados	X	X	●	○	●	X	X	X	X	X	●	X	●	X	X	●	●	●	●	●	
Belize	X	X	●	●	○	○	○	X	X	●	X	X	X	X	X	●	X	X	X	●	
Bolivia (Plurinational State of)	X	X	X	X	X	X	X	X	▶	X	X	X	X	▶	X	▶	●	X	●	X	●
Brazil	●	●	●	●	●	●	X	X	X	X	●	●	X	●	X	●	●	●	●	●	
Canada	X	X	●	●	●	●	●	X	X	X	●	●	X	X	X	●	●	X	●	●	
Chile	X	●	●	●	●	●	●	X	●	X	●	●	X	●	X	●	●	X	●	●	
Colombia	X	●	●	●	●	●	●	X	X	X	●	●	X	X	X	●	X	●	●	●	
Costa Rica	●	●	●	●	●	●	●	X	X	●	X	●	X	●	X	●	●	●	●	●	
Cuba	X	●	X	●	●	●	X	X	X	●	X	X	X	X	X	●	X	●	●	●	
Dominica	X	X	○	●	X	●	X	X	X	X	X	X	X	X	X	●	X	●	X	●	
Dominican Republic	X	X	●	●	●	○	○	X	X	●	X	X	X	X	X	●	X	X	●	●	
Ecuador	X	X	●	●	X	X	X	X	●	X	●	●	X	●	X	●	●	X	●	●	
El Salvador	X	X	●	●	○	○	○	X	X	●	X	X	X	●	X	●	X	●	X	●	
Grenada	X	X	●	○	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	●	
Guatemala	X	X	●	●	○	●	○	X	X	●	X	X	X	X	X	●	X	X	●	●	
Guyana	X	X	●	●	X	●	X	X	X	X	X	X	X	X	X	X	X	X	X	●	
Honduras	X	X	X	X	●	○	○	X	X	●	X	X	X	X	X	X	X	X	●	●	
Jamaica	X	X	●	●	X	●	X	X	X	●	X	X	X	X	X	●	X	X	●	●	
Mexico	●	X	X	●	●	●	X	X	●	X	●	●	X	●	X	●	●	X	●	●	
Nicaragua	X	X	X	X	○	○	○	X	X	●	X	X	X	X	X	X	X	X	●	X	X
Panama	X	X	●	●	○	●	○	X	●	X	X	X	X	●	X	●	X	X	●	●	
Paraguay	X	X	●	●	●	X	X	X	X	X	●	●	●	●	X	●	●	●	●	●	
Peru	X	X	●	●	X	X	X	X	●	X	X	X	X	●	X	●	●	X	●	●	
Saint Kitts and Nevis	X	X	●	○	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	●	
Saint Lucia	X	X	○	●	X	X	X	X	X	X	X	X	X	X	X	X	X	X	●	●	
Saint Vincent and the Grenadines	X	X	●	○	X	X	X	X	X	X	X	X	X	X	X	●	X	●	X	●	
Suriname	X	X	●	○	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Trinidad and Tobago	X	X	●	○	X	X	X	X	X	X	X	X	X	X	X	X	X	X	●	X	
United States of America	X	X	●	●	●	●	●	X	X	X	●	●	X	●	X	●	●	X	●	●	
Uruguay	X	●	X	●	X	X	X	X	X	X	●	●	X	●	X	●	●	X	●	●	
Venezuela (Bolivarian Republic of)	X	●	X	X	X	X	X	X	X	X	X	X	X	X	X	●	X	X	X	●	

● National level ○ Subregional level ▶ In progress X No policy

Note: Highlighted in blue are countries that have initiatives specific to dietary salt/sodium reduction that address at least one of the four key broad strategies recommended by WHO “Best Buys” most cost-effective recommendations for the prevention and control of diet-related NCDs (Argentina, Barbados, Bolivia (Plurinational State of), Brazil, Canada, Chile, Colombia, Costa Rica, Ecuador, El Salvador, Mexico, Paraguay, Panama, Peru, United States of America, and Uruguay).

Other Central American countries (Belize, Dominican Republic, Guatemala, Honduras, and Nicaragua) and Jamaica are in the planning stages of their initiatives. For instance, in January 2019, a Regional Strategy for the Reduction of Salt and Sodium Consumption in Central America and the Dominican Republic was approved. This effort demonstrates consensus among Member States on the importance of addressing high salt/sodium consumption among the population. It is also an opportunity for countries to develop and implement their own national policies following the lines of action of the regional strategy in accordance with their contexts. Meanwhile, Jamaica has plans to determine baseline data on salt/sodium consumption in the population, as well as salt/sodium content in packaged foods ([Annex 1](#)).

Furthermore, a consortium of institutions in the region worked collaboratively in this area. Argentina, Brazil, Costa Rica, Paraguay, and Peru were part of the project Scaling Up and Evaluating Salt Reduction Policies and Programs in Latin American Countries, supported by the International Development Research Centre. As part of this project, work was conducted in areas such as: monitoring salt/sodium content in processed foods, fast foods, and artisanal and street foods; developing a regional social marketing strategy to reduce salt/sodium consumption; and estimating the health and economic benefits of reducing population salt/sodium intake (33).

In addition, in 2018, the Action Network on Strategies for Reducing Salt Consumption for the Prevention and Control of Cardiovascular Disease in the Americas was formed (34). The network is a regional forum for countries to collaborate and exchange experiences with the aim of developing, improving, implementing, and evaluating strategies to reduce population salt/sodium intake.

[Table 1](#) presents a summary by country of all government policies that include a message or recommendation to reduce salt/sodium intake. These include policies and initiatives related to: national development; public health; control and prevention of NCDs; nutrition; prevention of overweight and obesity; a specific national policy for reducing salt/sodium intake; legislation/regulations on taxes; restrictions on marketing; nutritional labeling that includes sodium content; policies or interventions in line with the WHO “Best Buys” (11); public awareness campaigns; monitoring programs; and food-based dietary guidelines that include a message to reduce salt/sodium intake. Moreover, to facilitate access to each policy, country profiles that use the same structure detailed above are available in [Annex 1](#). In addition, to enable visualization of these data and make available a repository of policies, laws, and regulations to reduce population salt/sodium intake in the Americas, PAHO developed an interactive tool.³

3 This tool is available on the PAHO Salt/Sodium Intake Reduction Policies web page: <https://www.paho.org/en/noncommunicable-diseases-and-mental-health/noncommunicable-diseases-and-mental-health-data-29>

4.1 Government Policies and Regulation

In their national development policies, three countries (Brazil, Costa Rica, and Mexico) include a recommendation to reduce salt/sodium in the food supply. Specifically, they recommend setting up agreements to advance proposed targets to reduce sodium content in packaged food products, and to promote and facilitate children's access to healthy foods that are low in sodium and other critical nutrients of public health concern.

Seven countries⁴ include a recommendation for daily salt/sodium intake in their national public health policies and actions to gradually decrease the salt/sodium content in food products, monitor salt/sodium intake, and/or reformulate food products. Twenty-four countries⁵ specifically include a recommendation to reduce salt/sodium intake in a comprehensive national policy to prevent and control NCDs.

Only six countries (Argentina, Canada, Chile, Colombia, Costa Rica, and the United States of America) have a comprehensive and specific national policy for reducing salt/sodium intake. Of these, only Argentina's takes the form of a national law. These policies include a wide variety of components, such as: gradually reducing salt content in processed foods (reformulation); providing salt/sodium content information and warning messages in nutrition labeling; supporting different educational campaigns; and actions that create an enabling environment (e.g., restricting the use of salt on restaurant tables and offering low-salt/sodium food options in public institutions). They also emphasize the importance of intersectoral collaboration to achieve the proposed objectives.

Only Canada, the United States of America, and eight Latin American countries (Argentina, Brazil, Chile, Colombia, Ecuador, Mexico, Paraguay, and Uruguay) require that nutritional labels on packaged foods include salt/sodium content per serving or 100 g of food product. In nine other countries (Belize, Costa Rica, Cuba, Dominican Republic, El Salvador, Guatemala, Honduras, Jamaica, and Nicaragua), the declaration of critical nutrients in nutrition facts labels, such as fats, sugar, and sodium, is voluntary. Peru has recently implemented front-of-pack labeling (FOPL). This requires "high in" warning labels for food products that exceed established thresholds for sodium, sugar, and saturated fats, and a warning label for food products containing trans fats. However, declaration of these critical nutrients in nutrition facts label is not yet mandatory ([Annex 1](#)).

As far as is known, no country in the Region has a fiscal policy specifically targeting food products with high salt/sodium content. However, in 2014, Mexico put in place an 8% tax on nonessential foods with high caloric density (≥ 275 kcal/100 g) that includes salty snacks

4 Brazil, Chile, Colombia, Costa Rica, Cuba, Uruguay, and Venezuela (Bolivarian Republic of).

5 Antigua and Barbuda, Argentina, Barbados, Belize, Brazil, Canada, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Jamaica, Panama, Paraguay, Peru, Saint Kitts and Nevis, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, and United States of America.

(Annex 1). Globally, only three countries (Fiji, Hungary, and Portugal) (5) have implemented a tax on high salt/sodium foods; these country experiences could be used as guidance for fiscal policy changes in the Americas. Moreover, developing tax/fiscal policy to address high population salt/sodium intake was identified in the 2016 survey as one of the top six priorities for country technical support.

Regarding policies that restrict marketing and advertising foods and non-alcoholic beverages to children, only five countries (Chile, Ecuador, Mexico, Panama, and Peru) have implemented this measure. All include limits on salt/sodium, but the scope of restrictions varies; some countries apply the policies to open and restricted television, movie theaters, or school settings.

Sixteen countries have initiatives specific to dietary salt/sodium reduction that address at least one of the four key broad strategies recommended by WHO “Best Buys” most cost-effective recommendations for the prevention and control of diet-related NCDs (11). The 16 countries are Argentina, Barbados, Brazil, Bolivia (Plurinational State of), Canada, Chile, Colombia, Costa Rica, Ecuador, El Salvador, Mexico, Paraguay, Panama, Peru, the United States of America, and Uruguay.

4.2 Reformulation of Food Products

Twelve countries have initiatives in place to work with the private sector to reformulate food products and gradually reduce salt/sodium content in most consumed and key food categories.

Sodium reduction target levels in food products are voluntary in 11 countries (Argentina, Barbados, Brazil, Canada, Chile, Colombia, Costa Rica, Ecuador, Mexico, the United States of America, and Uruguay), while two countries (Argentina and Paraguay) have mandatory targets for specific food categories. Argentina is setting voluntary targets for products that do not yet have regulated targets, and Paraguay has established targets for bread products.

Of the 11 countries that report voluntary targets, most include targets for bread. The next most common categories are biscuits and cookies, and processed meats. In Chile, all food categories are affected by Law 20.606, which requires processed foods that exceed established limits for certain critical nutrients (sodium, sugar, and saturated fats) to be labeled with a “high in” warning (35).

Nine countries that have targets to reduce salt/sodium in processed foods monitor whether industry is adopting the agreements. The nine countries are Argentina, Brazil, Canada, Chile, Costa Rica, Mexico, Paraguay, the United States of America, and Uruguay.

Approaches taken by Argentina and Brazil are worth noting. In 2009, Argentina started with voluntary agreements to reduce salt/sodium in bread by 25%. Then, in 2011, as part of the National Campaign *Menos Sal, Mas Vida* (Less Salt, More Life) (36), voluntary agreements with

the food industry aimed to reduce salt/sodium content in four categories: meat products and their derivatives; cookies, baked goods, and snacks; dairy products, including a wide variety of cheese types; and soups, dressings, and preserves. Argentina then approved a law and regulation to reduce population sodium intake in 2013 and 2017, respectively (37, 38). The first phase achieved salt/sodium reductions of 5–18% in foods (36). Currently, Argentina is beginning the second phase of its plan to reduce salt/sodium levels in packaged foods.

In Brazil, voluntary food reformulation agreements with industry have been in place since 2011; between 2011 and 2017, the sodium content of processed foods was reduced by 8–34%. A transition to regulatory limits is expected to enforce the existing voluntary targets across the entire food supply and to allow for more stringent targets (39).

4.3 Creating an Enabling Environment – Public Institutions

Thirteen countries have policies and/or initiatives that aim to create environments that reduce salt/sodium consumption: one Caribbean country (Barbados), 11 in Latin America (Argentina, Brazil, Chile, Costa Rica, Ecuador, El Salvador, Mexico, Panama, Paraguay, Peru, and Uruguay), and the United States of America. Initiatives include school feeding programs, and guidelines for food served in school cafeterias and around schools and university campuses, and in workplaces, hospitals, prisons, and restaurants. Only Argentina has policies or initiatives that address schools, workplaces, and restaurants, in addition to universities and municipalities. Moreover, Argentina's law to reduce salt/sodium consumption requires that restaurants remove saltshakers from their tables and add low-salt options to their menus, and that smaller-sized individual sachets of salt (maximum 0.5 g) be made available (37).

Responses from the online PAHO survey indicate that progress in other segments of the private sector is limited. While some countries reported meetings with restaurants, other countries reported initiatives at the municipal level to remove saltshakers from tables in restaurants (e.g., Mexico, Paraguay, and Uruguay).

4.4 Consumer Awareness Programs – Behavior Change Communication and Mass-media Campaigns

Most countries (n=26/34) in the Region have consumer awareness campaigns to improve population health that include a message to reduce salt/sodium intake (Table 1). In most cases, communication and educational materials are part of a health campaign to prevent and control NCDs, CVDs, and hypertension, or to promote healthy diets. Additionally, in most countries, a recommendation to reduce salt/sodium intake is included in food-based dietary guidelines.

National public health authorities are most often the primary organizers and sponsors of these campaigns. For instance, national campaigns such as *Menos Sal, Mas Vida* in Argentina and the implementation of FOPL in Chile have received important media coverage and have included reducing salt/sodium intake as one of their main messages.

This analysis could not find evidence of national strategies that specifically targeted salt/sodium reduction and that were aimed at influencing behavior (using approaches such as social marketing). However, there has been collaboration between PAHO and the University of South Florida WHO Collaborating Center for Social Marketing and Social Change to Address Non-Communicable Diseases, with support from the American Heart Association and the International Development Research Centre, to build country capacity on using social marketing to reduce population salt/sodium intake in eight countries (four in Latin America and four in the Caribbean) (40). According to country participants, it has been challenging for countries to secure resources to implement these strategies at the national level.

As part of its ongoing efforts to provide technical cooperation to Member States, in July 2020, PAHO developed and launched the online Social Marketing for Public Health program (41). The program is a joint effort between PAHO and the University of South Florida WHO Collaborating Center for Social Marketing and Social Change to Address Non-Communicable Diseases and is supported by the American Heart Association and the Universal Health Coverage Partnership. The program consists of five online (self-learning and tutored) courses, includes modules on healthy eating and how to apply strategies to reduce population salt/sodium intake, and provides tools to achieve behavioral change for social good. The objective of the program is to teach participants how to apply social marketing techniques to their public health programs and effectively manage a social marketing program (41).

4.5 Implementation of Front-of-pack Labeling

FOPL systems have the potential to help consumers make healthier food choices at the point of purchase (42, 43). They can also be an incentive to food companies to reformulate their products, supporting a healthier food environment (42).

Five Latin American countries (Chile, Ecuador, Mexico, Peru, and Uruguay) have adopted nutrient-specific FOPL systems that provide information to consumers on one or more critical nutrients of public health concern (fats, sodium, sugar) and/or calories. The nutrient-specific FOPL systems are either interpretative, such as: the traffic light label implemented in Ecuador, and the warning label or “high in” symbols implemented in Chile, Mexico, and Peru, and approved in Uruguay (Annex 1); or non-interpretative, such as the previous Guideline Daily Amount labels used in Mexico, that provided nutritional information but without any interpretation or recommendation. However, in March 2020, Mexico approved the implementation of a mandatory front-of-pack “high in” label system (45, 46). In Brazil and Canada, mandatory front-of-pack “high in” warning

labels have been proposed. At the time of drafting this report, these were pending regulatory approval (46–48). Moreover, Bolivia (Plurinational State of) has a law promoting healthy eating (2016) that contemplates an FOPL system. This is awaiting final regulation ([Annex 1](#)).

4.6 Surveillance and Monitoring

Responses from the PAHO online survey show that, to estimate salt/sodium intake, two countries (Barbados and Paraguay) used 24-hour urine sampling representative of the whole population, and four countries (Argentina, Brazil, Chile, and Mexico) used spot-urine sampling. Six countries (Colombia, Costa Rica, Cuba, Dominican Republic, Saint Vincent and the Grenadines, and Uruguay) reported using other methods, the most common being 24-hour dietary recall surveys representative of the whole population. Other reported methods include food frequency questionnaires for either the whole population or sentinel groups, or 24-hour dietary recall surveys of sentinel groups. One country reported intake data from the 1988 Intersalt study, and two reported using data from household income and expense surveys.

Ten countries have reported on the main sources of salt/sodium in national diets, the most common protocol used being food frequency questionnaires and 24-hour dietary recall surveys. Sources have also been identified through household income and expense surveys.

Seven of the 10 countries with data on sources provide a breakdown of salt/sodium intake from processed packaged foods; five have data on the salt/sodium from foods or meals eaten outside the home and from foods specific to national culture or region; and four have data on the amounts attributable to discretionary use at the table and in cooking.

Additionally, salt iodization programs were reported in 13 countries, all from Latin America; of these, six have held joint meetings on salt reduction and salt fortification programs.

This analysis found that at least eight countries (Argentina, Barbados, Brazil, Canada, Chile, Costa Rica, Paraguay, and the United States of America) monitor population salt/sodium intake. Moreover, at least 19 countries have monitoring data on the content of sodium in packaged food products (Argentina, Barbados, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, Guatemala, Honduras, Jamaica, Mexico, Panama, Paraguay, Peru, Trinidad and Tobago, and the United States of America) ([Annex 1](#)).

4.7 Technical Support of Most Benefit to Countries in the Americas

The 2016 online PAHO survey identified the types of technical support that were a priority for participating countries. PAHO and TAG support for surveillance of salt/sodium intake and main sources had the highest tally from the combined responses from LAC. The Latin American respondents gave top ranking to three types of technical support: (i) integration with broader nutrition and NCD agendas; (ii) interpretive labels on food packages, such as FOPL; and (iii) coordination of salt reduction and salt fortification programs. Countries of the Caribbean reported that their top priorities for support were surveillance of salt/sodium intake and the identification of main food sources.

All 17 countries that responded to the online PAHO survey identified support from PAHO for enabling policy implementation and assistance with corresponding barriers as a top priority. Those barriers included health authorities and policymakers prioritizing other issues, the lack of sustained commitment to a single issue, and, according to TAG members, the influence of trade organizations and the food industry on national policies.

Additionally, for Caribbean respondents, a top priority identified for technical support was demonstrating the economic benefits of reducing dietary salt/sodium—in other words, making the case for political agreement to take further action.

5. Priorities for Future Work

This analysis synthesized countries' information from the online PAHO survey and structured reviews of mainly national official sources. This information has been the basis for discussions and plans to prioritize future actions in concert with WHO's "Best Buys" most cost-effective interventions for the prevention and control of diet-related NCDs (11).

5.1 Government sector actions

- **Continue and/or increase efforts to achieve a 30% relative reduction in average population salt/sodium intake**

PAHO and WHO are calling on countries to strive for a 30% relative reduction in average salt/sodium intake by 2025. In the next phase of PAHO's regional initiative, its efforts in supporting Member States should be directed toward interventions that are most likely to make a substantive impact on population-level salt/sodium intake.

- **Enable and strengthen policies to protect and promote healthy diets**

Government policies that protect and promote healthy diets are, by definition, multisectoral and integrate diet-related risk factors for NCDs. Multiple policies need to be under a single policy umbrella or implemented in a coordinated manner.

TAG spoke of the INFORMAS Food Epi model (49) – an instrument and protocol with standard indicators – for countries to use to evaluate the policy environments in their national context relative to international benchmarks.

For Latin American countries that indicated an intention to integrate their salt/sodium reduction initiatives with broader nutrition and NCD agendas, assessing their policy environments can highlight where there is opportunity or common ground for greater

integration and could lead to more sustainable initiatives. Similarly, the food policy environments of the Caribbean countries warrant examination, particularly from the international trade perspective, as these countries rely heavily on imported food products.

As noted, Caribbean respondents are at earlier stages in their initiatives than are Latin American countries. As such, one of their top priorities is for technical support in how to make the economic argument for reducing dietary salt/sodium. This suggests that the subregion still needs to make the case for investment in the other strategies (i.e., reformulation of food products, social marketing, enabling environments, and monitoring) for a more comprehensive policy approach.

Most Central American countries remain further behind the countries of LA and is the most in need of technical support for implementing strategies for salt/sodium reduction.

- **Develop regulatory models and taxation/fiscal policies for food products**

Respondents gave high priority to PAHO and TAG support for developing tax and fiscal policies, consistent with the WHO position in the Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020 (10), and reiterated in the 2016 WHO technical report on fiscal policies (50):

... as appropriate to national contexts, countries consider the use of economic tools ... to improve access to healthy dietary choices and create incentives for behaviours associated with improved health outcomes and [that] discourage consumption of less healthy options ...

... trade measures, taxes and subsidies are an important means of guaranteeing access [to] and enabling healthy dietary choices.

TAG members noted that the activities of trade organizations and the food industry influence national policies, and recommended developing regulatory models that include enforcement able to withstand challenges from industry and the World Trade Organization.

TAG members also noted the advantages of using common markets to extend the reach of health-protective policies aimed at reducing diet-related risk factors for NCDs. Trading partners and countries that comprise what the food industry considers a “common market” could agree to coordinate policies and standards for: nutritional labels, interpretive labels or warnings and claims for packaged manufactured foods; limits on advertising and marketing of manufactured foods based on nutrient profiling; and tax and fiscal policies. Again, the recommendation is consistent with the WHO report on fiscal policies (50).

- **Leverage interventions that address the main diet-related risk factors for NCDs**

Combining the key barriers that country respondents identified (i.e., other priorities taking precedence, and a lack of sustained commitment from authorities and politicians) with what countries reported as their top priorities for technical assistance (i.e., integrating salt/sodium with broader nutritional and NCD agendas) shows the need for PAHO to support countries' efforts to link activities for reducing dietary salt/sodium with initiatives for other diet-related risk factors. These include mandatory nutrient labels, FOPL, fiscal policies to improve nutrition, and restrictions on advertising and marketing of unhealthy food products to children (51).

- **Support collaboration between global, regional, and national stakeholders involved in salt reduction with groups working on salt fortification**

Collaboration between salt fortification and salt reduction programs continues to require concerted support, as articulated by Latin American countries. Stakeholders at the global and regional level and countries that have taken steps in this direction need to demonstrate leadership, mediate, and offer guidance on collaborating and coordinating programs. A key resource to consider is the PAHO/TAG *White Paper on Improving Public Health by Optimizing Salt and Iodine Intakes* (52).

- **Private sector – develop conflict-of-interest guidelines**

Increasingly, countries meet and work with food industries to set or adopt targets and timelines for food reformulation. However, only a few countries reported that they were either developing or had already established guidelines to work with the private sector to avoid possible conflicts of interest.

Countries have identified opposition to reformulation from food and salt industries. They should also expect resistance to taxation and other fiscal measures aimed at discouraging consumers from buying and consuming food products that authorities consider unhealthy. However, if countries intend to substantively improve the quality of diets at a population level, resistance from the food industry will have to be dealt with.

Guidelines regarding conflicts of interest can help create a template or generic guidelines that enable countries to operate in a consistent manner when dealing with the food industry. Conversely, they can also provide the food industry with terms for how it can conduct itself. One example is the WHO tool for conflict of interest in nutrition programs, *Approach for the Prevention and Management of Conflicts of Interest in the Policy Development and Implementation of Nutrition Programmes at Country Level* (53).

- **Address street food, small home-based vendors, small food service establishments and local food manufacturers**

Street food and small home-based vendors are a significant component of national food cultures in LAC, where small local restaurants and food manufacturers proliferate. Addressing the discretionary use of table salt and condiments and sauces used in cooking is a key issue, as is the reformulation of these products and commercially prepared wholesale ingredients, such as soup stock, which can have high salt/sodium content.

The TAG indicated that local small- and medium-sized food manufacturers need to be approached on terms that account for their scale and capacities, and they need technical information on how to reformulate their products or source healthier options.

- **Need for more stringent regional targets and a shift to average values for food reformulation targets**

The current regional targets for salt reduction in the Americas are upper limits for key food categories and serve to shift the salt/sodium content of these categories downward. However, to have an impact on population-level intake, reformulation targets need to be average values for food categories.

The TAG also noted that countries need to monitor the targets they apply as they move to strengthen and lower targets. Current regional targets also need to be adjusted (54, 55), as they are considerably less stringent than those endorsed by PAHO in the Nutrient Profile Model (56). However, although PAHO recommends the Nutrient Profile Model targets, it understands that, because of food industry pushback and various policy landscapes, the goals are not realistic for all countries. Even so, a recent study in 14 Latin American and Caribbean countries analyzed nutritional labels to measure sodium levels in packaged foods and concluded that sodium targets need to be more stringent because most products already meet the regional targets (57).

5.2 Consumer Awareness and Empowerment

- **Supply knowledge and market health-promoting behavior**

A saying has it that knowledge is power, and a national mass-media campaign should be a pillar in each national salt/sodium reduction initiative.

The communication/information material prepared by the previous TAG can be promoted more effectively to help countries develop their approaches (58–60).

Where nutrient facts labels and FOPL are required, they do not consistently include salt/sodium content. PAHO needs to encourage countries that do not currently require

salt/sodium on labels to revise them. There is momentum for mandatory nutrient facts labels among the Caribbean respondents, and for interpretive FOP warning labels among Latin American and Caribbean countries. However, the TAG noted that, for Caribbean countries, the environment is particularly complex because large proportions of manufactured foods are imported.

Furthermore, in some countries in the Region, discretionary use of salt/sodium (i.e., added in cooking or at the table) has been identified as a priority for technical assistance, as it can account for a substantial amount of salt/sodium consumed at the population level.

As mentioned above, eight countries (four in Latin America and four in the Caribbean) have received training in social marketing to reduce salt/sodium population intake. PAHO and the TAG can support these countries to implement their strategies and collect and disseminate the lessons learned. PAHO continues to provide technical cooperation in this area and to promote the social marketing framework in the Region. As also mentioned above, PAHO has collaborated with other institutions and recently launched the online Introduction to Social Marketing for Public Health program, a series of courses that are available through the PAHO Virtual Campus for Public Health (41).

Social marketing has the potential to make national awareness and empowerment campaigns more targeted and effective. For example, the application of its key features can help identify motivations and barriers to changing behaviors and consuming less sodium. This approach has proved sustainable and cost-effective in different areas of public health (61, 62). Moreover, social marketing campaigns can be used not only to influence consumer behavior, they can also be designed to target policymakers and raise their awareness about the importance of reducing population salt/sodium intake levels and the health and economic gains of implementing a national salt/sodium reduction strategy.

5.3 Enabling Environments

- **Expand the notion of enabling environments**

An environment that enables and empowers individuals to reduce their discretionary use of salt/sodium would have several components and include a variety of settings. For instance, in public food establishments, saltshakers and high-salt/sodium condiments could be removed from tables. Although condiments and sauces are a subcategory of processed foods that require reformulation targets and timelines. However, their use in cooking is a personal decision, and social marketing campaigns and warning labels on food packages and on store shelves can “nudge” consumers to change their decisions about whether to buy the products and how much to use. Moreover, discretionary use should be measured using whatever instrument is being applied to identify main sources

of salt/sodium (e.g. 24-hour dietary recall, food frequency questionnaires, and food diary).

The SHAKE technical package (30) recommends implementing salt reduction initiatives through community settings, defined as places where people live, work, and play. The technical document highlights the potential for reducing salt/sodium intake when there is an enabling environment (where saltshakers are removed from tables, reduced sodium meals are available, high-sodium products are banned, etc.) in settings such as schools, workplaces, hospitals, and other public institutions (30).

5.4 Monitoring and Surveillance

- **Build capacity**

Surveillance capacity remains critical in the Region. Among the top priorities for technical support identified by the LAC countries, surveillance ranked first. Surveillance data enable government policies. They help justify initiating policies and the monitoring and evaluation of policies' impacts. Baselines for salt/sodium intake (most likely exceeding the recommended level) identify the risk to health and populate economic models that predict the benefits of reducing intake, making the case for interventions. Identifying the foods that are the main sources of salt/sodium indicate where reformulation targets and timelines and social marketing campaigns can have the most impact. Subsequent monitoring of food levels and consumers' knowledge, attitudes, and behavior helps to evaluate the impact of interventions. In the case of voluntary targets, this can demonstrate to stakeholders whether authorities and the food industry sector are complying with the targets.

A small minority of countries reported using 24-hour urine sampling—the most accurate method for measuring population sodium intake—to determine salt/sodium intakes. However, the resources required to use this method in a nationally representative sample remain a barrier.

- **Optimize the use of the most feasible surveillance methods**

The most common surveillance methods are spot-urine sampling, dietary surveys, and alternative instruments such as household budget surveys. While countries should strive to use the most accurate method (24-hour urine sampling), in the meantime they can work to improve the methods they find most feasible. These may include adding subsamples of 24-hour urine collection to nationally representative spot-urine studies, and adding specific food categories to household budget surveys in order to study those

foods in more detail.

However, even countries that report measuring the impact of their interventions as a mean change in salt/sodium intake have not been recognized as having a usable pre-intervention data point or clear starting year for their intervention (5, 63).

With countries being asked to report a relative reduction in salt/sodium intake by 2025, addressing surveillance gaps is imperative. Provided that the method of measurement is consistent across time and includes pre- and post-intervention data points, measurements can be used to show change and assess impact over time (63).

- **Adopt innovative approaches and technology**

There are noteworthy innovative approaches for monitoring the salt/sodium content of packaged food products. One example is teams that use personal devices to collect product-label data. Civil society could play an important role in this approach, and it has good potential for being scaled up, which could help close the gap in monitoring food industry compliance with reformulation targets. An example of this type of instrument is the University of Toronto's Food Label Information Program (64). This data collector app and cloud-based database captures, stores, and analyzes packaged food products data. The app has been tested and is currently in use in Canada (65-70) and four Latin American countries (Argentina, Costa Rica, Paraguay, and Peru) (71, 72). Additional countries have expressed interest in using it to collect and manage their data in the future.

6. Limitations and Strengths

There are some limitations, however. Searches to verify self-reported data from the online PAHO survey were conducted on the Internet; although the searches were conducted in a structured manner, we may have missed policies or documents that were not open-sourced on the web. Additionally, not every country validated its country profile or responded to the online PAHO survey. Lastly, only government-led initiatives were considered; if there were initiatives led by civil society organizations, they were not included.

However, for countries that answered one or both requests, this study captured more precisely their national salt/sodium strategies. Seventeen countries completed the online PAHO survey, while 10 countries validated profiles prepared from this review, and eight responded to both.

Additionally, the PAHO interactive tool developed from information gathered in this review is available as an online resource that can be updated as countries make progress in their efforts to reduce population salt/sodium intake levels.

7. Conclusions and Recommendations

There have been significant advances in policies or interventions to reduce salt/sodium intake in the Region of the Americas. However, no country has fully implemented the WHO “Best Buys,” and few are monitoring the impact of policies or interventions already in place.

Comparing country policies in a region as varied as the Americas is complex, and the scope ranges widely. Some countries have a comprehensive policy that includes clear goals and a description of the government entities responsible for implementing, evaluating, and enforcing the policy. Other countries have broad national policies that recognize the problem and that may include recommendations to reduce the population’s salt/sodium intake, but without a clear implementation and monitoring strategy in place. Additionally, not all countries responded to the survey or validated their country profiles, and not all countries have made their policies available online. These factors all made it difficult to assess the level of implementation of salt/sodium reduction initiatives.

Given countries’ experience and the slow progress toward meeting voluntary targets to reduce sodium content in prepackaged foods, the TAG recommends a transition from voluntary to regulatory approaches. This is much needed in order for countries to be in a better position to achieve the 2025 global target on reducing the mean population intake of salt/sodium.

Interventions should include legislation and regulations related to sodium regarding: (i) labeling; (ii) average content limits in foods; (iii) marketing restrictions; (iv) fiscal policies; (v) supportive environments; (vi) monitoring and enforcement/penalties; and (vii) implications for trade and/or the World Trade Organization, where applicable.

Using fiscal policy to promote healthy foods and, conversely, to discourage the purchase of unhealthy food products could be applied, for example, to condiments and sauces, as it is to sugar-sweetened beverages. Condiments and sauces could be the test case for an excise tax on the numerous products with high salt/sodium content.

Additionally, if the restrictions on advertising and marketing of unhealthy foods were broadened to apply to the general population (rather than just to children), then, by using nutrient profiles on FOPLs, products such as condiments and sauces could be included in the restrictions. By combining taxation with social marketing and adding restrictions to advertising and marketing, the potential for effecting a positive change in consumer behavior would be increased.

Countries need technical support for surveillance of sodium intake and main sources, and for coordinating their activities on salt reduction and salt fortification. The support could be provided by training authorities/researchers to perform secondary analysis of household budget surveys, and by implementing protocols for surveillance of biomarkers for sodium and iodine intake. Moreover, to assess and improve their interventions for salt/sodium reduction, countries need technical support for implementation and evaluation research.

Integrating salt/sodium reduction with the broader agenda on diet-related risk factors for NCDs and nutrition programs should include the development of a regional protocol for collecting data from nutrition labels of packaged food products; this in order to monitor the content of nutrients of public health concern.

This review provides high-level information about salt/sodium reduction initiatives in the Region of the Americas. However, data gathered in this policy mapping could be further analyzed to evaluate the status, progress, facilitators, and barriers to implementing each of the WHO “Best Buys” most cost-effective interventions (11).

Last, reducing salt/sodium consumption is a cost-effective intervention that can save many lives by preventing and reducing the burden of diet-related NCDs (11). It is critical that governments accelerate efforts to meet the 2025 global target of a 30% relative reduction in mean population intake of salt/sodium (9, 10) in order to be on track to achieve Sustainable Development Goal Target 3.4 (73).

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Note: All documents accessed between January and September 2020; URLs checked and updated March 2021.

Annex 1: Country Profiles





ANTIGUA AND BARBUDA

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Antigua and Barbuda non-Communicable Diseases \(NCD\) Policy and Action Plan 2015-2019 \(2015\)](#)

Food and nutrition security policy

- [Antigua and Barbuda Food and Nutrition Security Policy \(2012\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

- [Antigua and Barbuda non-Communicable Diseases \(NCD\) Policy and Action Plan 2015-2019 \(2015\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

Regulation on marketing of foods high in salt to children

- [Antigua and Barbuda Food and Nutrition Security Policy \(2012\)](#)
- [Antigua and Barbuda non-Communicable Diseases \(NCD\) Policy and Action Plan 2015-2019 \(2015\)](#)
Note: These policies recommend the measure, but no evidence of their implementation or any related policy was found.

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Antigua and Barbuda Food and Nutrition Security Policy \(2012\)](#)
- [Antigua and Barbuda non-communicable diseases \(NCD\) Policy and Action Plan 2015-2019 \(2015\)](#)
Note: These policies recommend the measure, but no evidence of their implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions



3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food-Based Dietary Guidelines Antigua & Barbuda \(2013\)](#)
- [Caribbean Salt-Smart Coalition – Social marketing workshop \(2015\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

ARGENTINA*

Government policies

NCD policy

- [Ley 25.501, por la que se establece la prioridad sanitaria del control y prevención de las enfermedades cardiovasculares en todo el territorio nacional \(2001\)](#)
- [Guía de Práctica Clínica Nacional sobre prevención, diagnóstico y tratamiento de la Diabetes Mellitus Tipo 2 para el primer nivel de atención \(2008\)](#)
- [Resolución 1083/2009, por la que se aprueba la Estrategia Nacional para la Prevención y Control de Enfermedades no Transmisibles y el Plan Nacional Argentina Saludable \(2009\)](#)
- [Prevención de las Enfermedades Cardiovasculares: guía de bolsillo para la estimación y el manejo del riesgo cardiovascular \(2009\)](#)
- [Resolución 801/2011, por la que se crea el Programa Nacional de Prevención de las Enfermedades Cardiovasculares \(2011\)](#)
- [Iniciativa Menos Sal, Más Vida \(2013\)](#)
- [Capítulo XVII del Código Alimentario Argentino: alimentos de régimen o dietéticos \(2013\)](#)

Overweight and obesity prevention policy

- [Resolución 732/2016, por la que se crea el Programa Nacional de Alimentación Saludable y Prevención de la Obesidad \(2016\)](#)
- [Plan Nacional de prevención del sobrepeso y la obesidad en niños, niñas y adolescentes \(2019\)](#)

Specific policy for the reduction of salt/sodium intake

- [Ley 26.905 de reducción del consumo de sodio \(2013\)](#)
- [Reglamentación de la Ley 26.905 sobre Promoción de la reducción del consumo de sodio en la población \(2017\)](#)

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Ley 26.905 de reducción del consumo de sodio \(2013\)](#)
Note: This law recommends the measure, but no evidence of its implementation was found.

Nutritional labeling (include sodium content on nutritional panel)

- [MERCOSUR/GMC/RES. N° 26/03, Reglamento técnico MERCOSUR para rotulación de alimentos envasados \(2006\)](#)
- [MERCOSUR/GMC/RES. N° 01/12, Reglamento técnico MERCOSUR sobre información nutricional complementaria \(declaraciones de propiedades nutricionales\) \(2012\)](#)
- [Capítulo V del Código Alimentario Argentino: normas para la rotulación y publicidad de los alimentos \(Resolución Conjunta SPRyRS 149/2005 y SAGPyA 683/2005\) \(2013\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Convenio Marco para la Reducción Voluntaria y Progresiva del Contenido de Sodio en Alimentos Procesados, Ministerio de Salud de la Nación, Secretaría del Ministerio de Agricultura, Ganadería y Pesca, Coordinadora de las Industrias de Productos Alimenticios \(2011\)](#)
- [Información sobre los acuerdos con la industria para la reducción voluntaria y progresiva del contenido de sodio en los alimentos procesados \(2011\)](#)
- [Tabla de Alimentos Procesados seleccionados en los que se realizará una Reducción Voluntaria y Progresiva del Contenido de Sodio \(2012\)](#)
- [Metas de reducción de productos farináceos: acta de adhesión al Convenio Marco para la Reducción Voluntaria y Progresiva del Contenido de Sodio en Alimentos Procesados, período 2013-2015 \(2013\)](#)
- [Ley 26.905 de reducción del consumo de sodio \(2013\)](#)
- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)
- [Guía de recomendaciones para panaderos: ¿cómo y por qué reducir el uso de la sal y no utilizar grasas trans? \(2016\)](#)
- [Estudio panorámico de vigilancia tecnológica e inteligencia competitiva: alimentos saludables \(2016\)](#)
- [Lista de productos incluidos en el proceso de reducción de sodio en alimentos procesados](#)
- [Resolución 732/2016, por la que se crea el Programa Nacional de Alimentación Saludable y Prevención de la Obesidad \(2016\)](#)
- [Resolución Conjunta 1/2018 sobre la actualización de los límites de reducción de sodio en los productos cárnicos y sus derivados, y en el grupo de los farináceos \(2018\)](#)
- [Resolución Conjunta 4/2019 sobre la actualización de los límites de reducción de sodio en el grupo de las sopas, los aderezos y las conservas \(2019\)](#)

2. Establishment of a supportive environment in public institutions

- [Ley 3.704, sobre la alimentación saludable de niños, niñas y adolescentes en edad escolar, Buenos Aires \(2010\)](#)
- [Manual de lugares de trabajo saludables \(2013\)](#)
- [Manual de universidades saludables \(2012\)](#)
- [Acciones municipales de promoción de la alimentación saludable, la actividad física y la lucha contra el tabaco \(2013\)](#)
- [Entornos escolares saludables \(2019\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Mensajes y gráfica de las Guías alimentarias para la población argentina](#)
- [Guías alimentarias para la población argentina \(2015\)](#)
- [Guías alimentarias para la población argentina: resumen ejecutivo \(2015\)](#)
- [Guías alimentarias para la población Argentina: documento técnico metodológico \(2016\)](#)
- [Guía alimentaria para la población argentina: video en YouTube, gráficos \(2016\)](#)
- [Alimentación saludable, sobrepeso y obesidad en Argentina \(material gráfico\)](#)
- [Folletos y volantes sobre la reducción del consumo de sal \(Ministerio de Salud\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

- [Presentación de los resultados de la iniciativa Menos Sal Más Vida 2015 \(2015\)](#)

b. Consumer knowledge, attitude, and behavior

- [Segunda Encuesta Mundial de Salud Escolar \(2012\)](#)
- [Presentación de los principales resultados de la 3.ª Encuesta Nacional de Factores de Riesgo para Enfermedades no Transmisibles \(2013\)](#)
- [Tercera Encuesta Nacional de Factores de Riesgo para Enfermedades no Transmisibles \(2013\)](#)
- [Presentación de los resultados de la iniciativa Menos Sal Más Vida 2015 \(2015\)](#)

c. Salt/sodium content in foods – reformulation

- [Presentación de los resultados de la iniciativa Menos Sal Más Vida 2015 \(2015\)](#)
- [Convenio sobre la reducción de sodio en los alimentos procesados, situación a enero de 2015 \(2015\)](#)
- [Sodium content in processed foods in Argentina: compliance with the national law \(2015\)](#)
- [Monitoring Sodium Content in Processed Foods in Argentina 2017-2018: Compliance with National Legislation and Regional Targets \(2019\)](#)
- [Monitoreo del contenido de sodio en productos procesados de Argentina 2017-2018 \(2019\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.

BAHAMAS

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- Note: Regional strategies

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This regional policy recommends the measure, but no evidence of its implementation or any related national policy was found.

2. Establishment of a supportive environment in public institutions

- Behavior change communication and mass-media campaign (educational materials also included)
- [The new dietary guidelines for the Bahamas](#)
- [Salt/Sodium reduction media communications strategy](#)

3. Implementation of front-of-pack labeling

4. Monitoring

- a. Population salt/sodium intake / Ingesta de sal/sodio de la población
- b. Consumer knowledge, attitudes, and behavior / Conocimiento, actitud y comportamiento del consumidor
- c. Salt/sodium content in foods – reformulation / Contenido de sal/sodio en alimentos - Reformulación

BARBADOS

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019 \(2014\)](#)
- [National Action Plan for the Prevention and Control of Non-communicable Diseases \(NCDs\) 2015-2019 - Ministry of Health Barbados \(2014\)](#)
- [Battling the hidden enemy. National Commission for Chronic Non-Communicable Diseases \(2014\)](#)

Overweight and obesity prevention policy

- [Barbados - National plan of action for childhood obesity prevention and control \(2015-2018\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Barbados - National plan of action for childhood obesity prevention and control \(2015-2018\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019 \(2014\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National NCD Commissions in The Caribbean – Towards a more Effective. Multisectoral Response to NCDs \(2015\)](#)

2. Establishment of a supportive environment in public institutions

- [Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019 \(2014\)](#)
- [Barbados - National plan of action for childhood obesity prevention and control \(2015-2018\)](#)
- [Nutritious & Healthy Foods in Schools - Nutritional & Practical Guidelines for Barbados \(2015\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food based dietary guidelines for Barbados \(2009\)](#)
- [Caribbean Salt-Smart Coalition – Social marketing workshop \(2015\)](#)
- [Healthy Eating: small changes, big difference - National Nutrition Centre Ministry of Health - Pamphlet Nutrition Series \(2017\)](#)
- [Protect your heart: Make Wise Food Choices - National Nutrition Centre Ministry of Health - Pamphlet Nutrition Series \(2017\)](#)
- [Salt awareness week 2019 – Ministry of Health & Wellness, Barbados](#)
- [Sodium adds up a comparison of sample meals plans in Barbados](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

- [The Barbados National Salt Study: Findings from a Health of the Nation sub-study. MoH and Chronic Disease Research Centre \(2015\)](#)

b. Consumer knowledge, attitudes, and behavior

- [The Barbados Health of the Nation Survey: Core findings \(2015\)](#)

c. Salt/sodium content in foods – reformulation

- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)



BELIZE

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [The Central American Diabetes Initiative: Survey of Diabetes, Hypertension and Non-communicable Disease Risk Factors, Belize. MoH. \(2008\)](#)
- [Managing Diabetes in Primary Care in Belize 2010. MoH \(2010\)](#)
- [Managing Hypertension in Primary Care in Belize 2010. MoH \(2010\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [The Belize National Plan of Action for the Prevention and Control of Non-communicable Diseases 2013-2023. MoH \(2013\)](#)

Food and nutrition security policy

- [Política de Seguridad Alimentaria y Nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
Note: Regional strategy.

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia Regional para la reducción del consumo de sal y sodio en Centramérica y Republica Dominicana \(2019\)](#)
Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [The Belize National Plan of Action for the Prevention and Control of Non-communicable Diseases 2013-2023. MoH \(2013\)](#)
- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: These policies recommend the measure, but no evidence of their implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Reglamento técnico centroamericano RTCA 67.01.60:10 Etiquetado nutricional productos alimenticios preenvasados para consumo humano para la población a partir de 3 años \(2011\)](#)
Note: Declaration of critical nutrients (e.g. sodium) is not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [The Belize National Plan of Action for the Prevention and Control of Non-communicable Diseases 2013-2023. MoH \(2013\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: These policies recommend the measure, but no evidence of their implementation or any related national policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food-based Dietary Guidelines for Belize \(2012\)](#)
- [Reduce salt/sodium – MoH Belize \(2019\)](#)
- [Healthy flavors from Southern Belize – MoH Belize](#)
- [High blood pressure is a silent killer, prevent it! – MoH Belize](#)
- [High blood pressure is a silent killer, control it! – MoH Belize](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

BOLIVIA (PLURINATIONAL STATE OF)

Government policies

NCD policy

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Ley N° 775 de promoción de alimentación saludable \(2016\)](#)
Note: Not implemented.

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

2. Establishment of a supportive environment in public institutions

- [Ley N° 775 de promoción de alimentación saludable \(2016\)](#)
Note: Not implemented.

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guía alimentaria para la niña y el niño en edad escolar \(2013\)](#)
- [Guía alimentaria para las y los adolescentes \(2013\)](#)
- [Guía alimentaria para la mujer durante el período de embarazo y lactancia \(2014\)](#)
- [Guía alimentaria para el adulto mayor \(2014\)](#)
- [Bases técnicas de las guías alimentarias para la población boliviana \(2014\)](#)
- [Salud recomienda consumir hasta 5 gramos de sal yodada al día \(2015\)](#)
- [Salud recomienda consumo moderado de sal y azúcar para evitar la enfermedad renal crónica \(2017\)](#)

4. Implementation of front-of-pack labeling

- [Ley N° 775 de promoción de alimentación saludable \(2016\)](#)
Note: Not implemented.

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [Enfermedades No Transmisibles: FACTORES DE RIESGO PERCEPCIONES Y COMPORTAMIENTOS - Diagnóstico en terminales de buses interdepartamentales \(2014\)](#)

c. Salt/sodium content in foods – reformulation



BRAZIL*

Government policies

Development policy

- [Modificaciones del Plan Plurianual 2012-2015 \(2013\)](#)
- [Negociaciones de la Agenda de Desarrollo Pos-2015: Elementos Orientadores de la Posición Brasileña \(2014\)](#)

Public health policy

- [Plan Nacional de Salud 2012-2015 \(2011\)](#)
- [Plan Nacional de Salud 2016-2019 \(2016\)](#)

NCD policy

- [Prevención clínica de enfermedades cardiovasculares, cerebrovasculares y renales crónicas \(2006\)](#)
- [Plan de acción estratégico para combatir las enfermedades crónicas no transmisibles en Brasil 2011-2022 \(2011\)](#)
- [Política Nacional para la Prevención y el Control del Cáncer en la Red de Atención de la Salud de las Personas con Enfermedades Crónicas en el marco del Sistema Único de Salud \(SUS\) \(2013\)](#)
- [Estrategias para el cuidado de las personas con enfermedades crónicas: la hipertensión arterial sistémica \(2013\)](#)
- [Estrategias para el cuidado de las personas con enfermedades crónicas: la diabetes mellitus \(2013\)](#)
- [Estrategias para el cuidado de las personas con enfermedades crónicas: la obesidad \(2014\)](#)
- [Estrategias para el cuidado de las personas con enfermedades crónicas \(2014\)](#)

Overweight and obesity prevention policy

- [Cuadernos de atención básica: obesidad \(2006\)](#)
- [Estrategia Intersectorial de Prevención y Control de la Obesidad: recomendaciones para estados y municipios \(2014\)](#)
- [Estrategia Intersectorial de Prevención y Control de la Obesidad: promoción de estilos de vida y alimentación adecuados y saludables para la población brasileña \(2014\)](#)
- [Perspectivas y desafíos del cuidado de las personas con obesidad: resultados de laboratorio sobre la innovación en el tratamiento de la obesidad en las redes de atención de la salud \(2014\)](#)

Nutrition policy

- [Política Nacional de Alimentación y Nutrición \(2013\)](#)

Specific policy for the reduction of salt/sodium intake



Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Resolución N.º 24/2010 de la Agencia Nacional de Vigilancia Sanitaria sobre la publicidad de los alimentos \(2010\)](#)
Note: Resolution suspended.
- [Política Nacional para la Prevención y el Control del Cáncer en la Red de Atención de la Salud de las Personas con Enfermedades Crónicas en el marco del Sistema Único de Salud \(SUS\) \(2013\)](#)
Note: These policies recommend the measure, but no evidence of their implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Resolución RDC N.º 359, por la que se aprueba el reglamento técnico de porciones de alimentos embalados a los efectos del etiquetado nutricional \(2003\)](#)
- [Resolución RDC N.º 360, por la que se aprueba el reglamento técnico sobre etiquetado nutricional de los alimentos embalados y se hace obligatorio el etiquetado nutricional \(2003\)](#)
- [MERCOSUR/GMC/RES. N.º 26/03, Reglamento Técnico MERCOSUR para Rotulación de Alimentos Envasados \(2006\)](#)
- [MERCOSUR/GMC/RES. N.º 01/12, Reglamento Técnico MERCOSUR sobre información nutricional complementaria \(declaraciones de propiedades nutricionales\) \(2012\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Acuerdo de cooperación técnica entre el Ministerio de Salud y la Asociación Brasileña de Industrias de Alimentos, con el objetivo de reunir esfuerzos y trabajar conjuntamente para llevar a cabo acciones y fomentar estilos de vida saludables, entre ellos una alimentación saludable, equilibrada y nutricionalmente adecuada \(2007\)](#)
- [Ordenanza N.º 3092 del 4 de diciembre de 2007, por la que se crea un grupo técnico con el fin de discutir y proponer acciones conjuntas para poner en práctica a los efectos de mejorar la oferta de productos alimenticios y promover una alimentación saludable \(2007\)](#)
- [Acuerdo social para la reducción del contenido de sodio, azúcar y grasas en los alimentos \(2007\)](#)
- [Nota técnica sobre acciones del Gobierno de Brasil sobre las grasas trans \(2008\)](#)
- [Términos de compromiso N.º 004/2011 firmados entre el Ministerio de Salud, la Asociación Brasileña de Industrias Alimentarias, la Asociación Brasileña de Pastas, la Asociación Brasileña de la Industria del Trigo, y la Asociación Brasileña de la Industria de la Panificación y Confitería con el fin de establecer metas nacionales para la reducción del contenido de sodio en los alimentos procesados de Brasil \(abril de 2011\)](#)
- [Términos de compromiso firmados entre el Ministerio de Salud, la Agencia Nacional de Vigilancia Sanitaria, la Asociación Brasileña de Industrias Alimentarias, la Asociación Brasileña de Pastas, la Asociación Brasileña de la Industria del Trigo, y la Asociación Brasileña de la Industria de la Panificación y Confitería con el fin de establecer estrategias destinadas a vigilar la reducción del contenido de sodio en los alimentos procesados de Brasil \(noviembre 2011\)](#)



- [Términos de compromiso firmados entre el Ministerio de Salud, la Asociación Brasileña de Industrias Alimentarias, la Asociación Brasileña de Pastas, la Asociación Brasileña de la Industria del Trigo, y la Asociación Brasileña de la Industria de la Panificación y la Confeitería con el fin de establecer metas nacionales para la reducción del contenido de sodio en los alimentos procesados de Brasil \(diciembre de 2011\)](#)
- [Términos de compromiso firmados entre el Ministerio de Salud y la Asociación Brasileña de Industrias Alimentarias con el fin de establecer metas nacionales para la reducción del contenido de sodio en los alimentos procesados de Brasil \(agosto de 2012\)](#)
- [Términos de compromiso firmados entre el Ministerio de Salud, la Asociación Brasileña de Industrias Alimentarias, la Asociación Brasileña de la Industria de los Quesos, la Asociación Brasileña de la Industria Productora y Exportadora de Carne de Cerdo, el Sindicato de la Industria de las Carnes y sus Derivados del Estado de San Pablo, y la Unión Brasileña de la Avicultura con el fin de dar continuidad al establecimiento de la metas nacionales para la reducción del contenido de sodio en los alimentos procesados de Brasil \(noviembre de 2013\)](#)
- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)
- [Promoción de la salud y la alimentación adecuada y saludable: reducción del sodio, el azúcar y los ácidos grasos trans \(2017\)](#)
- [Resolución sobre la eliminación de grasas trans industriales - RDC N° 332 \(2019\)](#)

2. Establishment of a supportive environment in public institutions

- [Manual de comedores escolares: promoción de la alimentación saludable \(2010\)](#)
- [Resolución / CD / FNDE n.º 26, del 17 de junio de 2013, por la que se dispone sobre el suministro de alimentación escolar a los alumnos de la educación básica en el ámbito del Programa Nacional de Alimentación Escolar \(PNAE\) \(2013\)](#)
- [Ordenanza N.º 1.274 del 7 de julio de 2016, por la que se dispone sobre las acciones de promoción de la alimentación adecuada y saludable en los ambientes de trabajo \(2016\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guía alimentaria: cómo alimentarse de forma saludable](#)
- [Guía alimentaria para la población brasileña \(2014\)](#)
- [Aprende a sustituir la sal por especias frescas y saludables \(2015\)](#)
- [Promoción de la salud y la alimentación adecuada y saludable: reducción del sodio, el azúcar y los ácidos grasos trans \(2017\)](#)
- [Yo quiero alimentarme mejor](#)

4. Implementation of front-of-pack labeling

- [Informe preliminar sobre el análisis del impacto regulatorio sobre el etiquetado nutricional \(2018\)](#)

Note: Proposed, pending approval.



5. Monitoring

a. Population salt/sodium intake

- [Encuesta de Presupuestos Familiares 2008-2009 \(2011\)](#)
- [Encuesta Nacional de Salud 2013 \(2014\)](#)

b. Consumer knowledge, attitudes, and behavior

- [VIGITEL BRASIL 2007: vigilancia de los factores de riesgo y la protección contra enfermedades crónicas por consulta telefónica \(2009\)](#)
- [Encuesta Nacional de Salud 2013 \(2014\)](#)
- [VIGITEL BRASIL 2013: vigilancia de los factores de riesgo y la protección contra enfermedades crónicas por consulta telefónica \(2014\)](#)
- [VIGITEL BRASIL 2015: vigilancia de los factores de riesgo y la protección contra enfermedades crónicas por consulta telefónica \(2016\)](#)

c. Salt/sodium content in foods – reformulation

- [Términos de compromiso firmados entre el Ministerio de Salud, la Agencia Nacional de Vigilancia Sanitaria, la Asociación Brasileña de Industrias Alimentarias, la Asociación Brasileña de Pastas, la Asociación Brasileña de la Industria del Trigo, y la Asociación Brasileña de la Industria de la Panificación y la Confeitería con el fin de establecer estrategias destinadas a vigilar la reducción del contenido de sodio en los alimentos procesados de Brasil \(2011\)](#)
- [Portal Agencia Nacional de Vigilancia Sanitaria \(ANVISA\) - Resumen: el contenido de sodio en los alimentos procesados, ANVISA \(2012\)](#)
- [Encuesta Nacional de Salud Escolar 2012 \(2013\)](#)
- [Vigilancia del Plan de Reducción del Sodio: los fideos instantáneos, el pan de molde y la *bisnaguinha* \(2013-2014\)](#)
- [Vigilancia del Plan de Reducción del Sodio: las tortas, los bocadillos, la mayonesa y las galletas \(2013-2014\)](#)
- [Vigilancia del Plan de Reducción del Sodio: los productos de los cereales, la margarina, los caldos y las especias \(2015\)](#)
- [Vigilancia del Plan de Reducción del Sodio en los alimentos procesados, los productos lácteos, las comidas listas \(sopas\) y los productos cárnicos](#)
- [Portal Agencia Nacional de Vigilancia Sanitaria \(ANVISA\) - Resumen: El contenido de sodio en los alimentos procesados \(2016\)](#)
- [Promoción de la salud y la alimentación adecuada y saludable: reducción del sodio, el azúcar y los ácidos grasos trans \(2017\)](#)
- [Sodium Reduction in Processed Foods in Brazil: Analysis of Food Categories and Voluntary Targets from 2011 to 2017 \(2017\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.

NCD policy

- [Working Together Globally: Canada's World Health Organization \(WHO\) Collaborating Centre on Chronic Noncommunicable Disease Policy \(2012\)](#)
- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)

Overweight and obesity prevention policy

- [Curbing Childhood Obesity - A federal, provincial and territorial framework for action to promote healthy weights \(2010\)](#)
- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)

Nutrition policy

- [Eating Well with Canada's Food Guide \(2007\)](#)
- [Eating Well with Canada's Food Guide - First Nations, Inuit and Métis \(2010\)](#)
- [Evidence Review for Dietary Guidance: Summary of Results and Implications for Canada's Food Guide \(2015\)](#)
- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)
- [Canada's Food Guide Consultation – Phase 1 What We Heard Report \(2016\)](#)
- [Canada's Food Guide Consultation - Phase 2 What We Heard Report \(2017\)](#)
- [Canada's dietary guidelines \(2019\)](#)

Specific policy for the reduction of salt/sodium intake

- [Sodium Reduction Strategy for Canada \(2010\)](#)
- [Sodium - Government of Canada \(Web portal\)](#)
- [Guidance for the Food Industry on Reducing Sodium in Processed Foods \(2012\)](#)
- [Symposium on Sodium Reduction in Foods Meeting Report \(2016\)](#)
- [Regulations Amending the Food and Drug Regulations \(Nutrition Labeling, Other Labeling Provisions and Food Colours\) \(2016\)](#)
- [Toward Front-of-Package Nutrition Labels for Canadians \(2016\)](#)
- [Call for Information on Sodium Reduction Initiatives in the Canadian Foodservices Sector \(2017\)](#)
- [Front-of-Package Nutrition Labeling: September 18, 2017 Stakeholder Engagement Meeting \(2017\)](#)
- [Regulations Amending Certain Regulations Made Under the Food and Drugs Act \(Nutrition Symbols, Other Labeling Provisions, Partially Hydrogenated Oils and Vitamin D\) \(2018\)](#)
- [Consultation on proposed front-of-package labeling \(2018\)](#)





Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Curbing Childhood Obesity - A federal, provincial and territorial framework for action to promote healthy weights \(2010\)](#)
- [Quebec Consumer Protection Act Implementation Guide \(2012\)](#)
- [Provincial Territorial Healthy/Weight Dashboard \(2013\)](#)
- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)
- [Consultation Report: Restricting Marketing of Unhealthy Food and Beverages to Children in Canada \(2017\)](#)

Note: It has not yet been implemented at the national level.

Nutritional labeling (include sodium content on nutritional panel)

- [Mandatory Nutrition Labeling - Nutrition Facts Label - Government of Canada](#)
- [Nutrition Labeling- core information](#)
- [The Food and Drugs Act \(FDA\), the Food and Drug Regulations \(FDR\)](#)
- [The Consumer Packaging and Labeling Act \(CPLA\), Consumer Packaging and Labeling Regulations \(CPLR\)](#)
- [Regulations Amending the Food and Drug Regulations \(Nutrition Labeling, Other Labeling Provisions and Food Colours\) \(2016\)](#)
- [Toward Front-of-Package Nutrition Labels for Canadians \(2016\)](#)
- [Regulations Amending Certain Regulations Made Under the Food and Drugs Act \(Nutrition Symbols, Other Labeling Provisions, Partially Hydrogenated Oils and Vitamin D\) \(2018\)](#)
- [Front-of-Package Nutrition Labeling: September 18, 2017 Stakeholder Engagement Meeting \(2017\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through

1. Reformulation of food products – voluntary or mandatory targets

- [Regulatory Transparency and Openness Framework and Action Plan](#)
- [Sodium Reduction Strategy for Canada \(2010\)](#)
- [Guidance for the Food Industry on Reducing Sodium in Processed Foods \(2012\)](#)
- [Targets and Timelines for Reducing Salt in Processed Food in the Americas \(2014\)](#)
- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)
- [Symposium on Sodium Reduction in Foods Meeting Report \(2016\)](#)
- [Call for Information on Sodium Reduction Initiatives in the Canadian Foodservices Sector \(2017\)](#)
- [Not-for-Profit Food Processing Facilities Offering Food Product Development Expertise for the Reduction of Sodium and/or Trans Fat - Agriculture and Agri-food Canada \(Web portal\)](#)

2. Establishment of a supportive environment in public institutions

- [Reducing the sodium intake of Canadians: A provincial and territorial report on progress and recommendations for future action \(2012\)](#)



3. Behavior change communication and mass-media campaign (educational materials also included)

- [Sodium Reduction Strategy for Canada \(2010\)](#)
- [Eating well with Canada's Food Guide \(2011\)](#)
- [Sodium in Canada - Educational tools and key messages - Government of Canada \(Web portal\)](#)
- [Canada's dietary guidelines \(2019\)](#)

4. Implementation of front-of-pack labeling

- [Canada's Healthy Eating Strategy - Health Canada \(2016\)](#)
- [Toward Front-of-Package Nutrition Labels for Canadians - Consultation Document - Health Canada \(2016\)](#)
- [Front-of-Package Nutrition Labeling - September 18 Stakeholder Engagement Meeting - Health Canada \(2017\)](#)
- [Consultation on front-of-package nutrition labeling - Health Canada \(Web portal\)](#)
- [Consultation on proposed front-of-package labeling \(2018\)](#)
- [Regulations Amending Certain Regulations Made Under the Food and Drugs Act \(Nutrition Symbols, Other Labeling Provisions, Partially Hydrogenated Oils and Vitamin D\) \(2018\)](#)

Note: Not approved as at July 2019, but proposed for approval (December 2019).

5. Monitoring

a. Population salt/sodium intake

- [Sodium Reduction in Processed Foods in Canada: An Evaluation of Progress toward voluntary targets from 2012 to 2016](#)
- [Canadian Community Health Survey \(2015\)](#)
- [Canadian Health Measures Survey](#)
- [Sodium Intake of Canadians in 2017 \(2017\)](#)

b. Consumer knowledge, attitudes, and behavior

c. Salt/sodium content in foods – reformulation

- [Sodium - Government of Canada \(Portal web\)](#)

* Data validated by government officials.



CHILE*

Government policies

Public health policy

- [Estrategia Nacional de Salud para el Cumplimiento de los Objetivos Sanitarios de la Década 2011-2020 \(2011\)](#)

NCD policy

- [Guía Clínica: Examen Medicina Preventiva \(2008\)](#)
- [Estrategia de Intervención Nutricional a través del Ciclo Vital para la Prevención de Obesidad y otras Enfermedades no Transmisibles \(2010\)](#)
- [Guía Clínica: Diabetes Mellitus Tipo 2 \(2010\)](#)
- [Guía Clínica: Hipertensión Arterial Primaria o Esencial en personas de 15 años y más \(2010\)](#)
- [Implementación del enfoque de riesgo en el Programa de Salud Cardiovascular](#)
- [Estudio de propuesta de política nacional para el control de factores ambientales y alimentarios asociados al cáncer humano \(2011\)](#)
- [Orientaciones y lineamientos Programa Vida Sana: Intervención en Factores de Riesgo de Enfermedades No Transmisibles \(2015\)](#)

Overweight and obesity prevention policy

- [Estrategia de Intervención Nutricional a través del Ciclo Vital para la Prevención de Obesidad y otras Enfermedades No Transmisibles \(2010\)](#)

Nutrition policy

- [Política Nacional de Alimentación y Nutrición \(2017\)](#)

Specific policy for the reduction of salt/sodium intake

- [Estrategia nacional para la reducción del consumo de sal en Chile: Plan de Acción \(2010\)](#)

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Ley núm. 20.606 sobre composición nutricional de los alimentos y su publicidad \(2012\)](#)
- [Ley núm. 20.869 sobre publicidad de los alimentos \(2015\)](#)

Nutritional labeling (include sodium content on nutritional panel)

- [Decreto Supremo N.º 977/96: Reglamento Sanitario de los Alimentos \(1996\)](#)
- [Decreto 13, que modifica el Decreto Supremo N.º 977 de 1996, Reglamento Sanitario de los Alimentos \(2015\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Propuesta de Acuerdo de Producción Limpia: Sector Industria del Pan \(2014\)](#)
- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)
- [Acuerdo de Producción Limpia: Sector Industria del Pan \(2015\)](#)
- [Estrategia voluntaria para disminuir el sodio en el pan \(2016\)](#)
- [Manual de Etiquetado Nutricional de Alimentos \(2017\)](#)
- [Resultados de las “Iniciativas Habilitantes en Calidad e Inocuidad Alimentaria para la Innovación y Competitividad de Alimentos Saludables” de la Agencia Chilena para la Calidad e Inocuidad Alimentaria \(ACHIPIA\) \(2018\)](#)

2. Establishment of a supportive environment in public institutions

- [Orientaciones técnicas para el desarrollo de planes comunales de promoción de la salud: hacia comunas y comunidades saludables \(2015\)](#)
- [Guía de kioscos y colaciones saludables \(2015\)](#)
- [Guía de implementación de kioscos escolares y colaciones saludables \(2015\)](#)
- [Pauta de evaluación de infraestructura, oferta y publicidad de los alimentos del kiosco escolar](#)
- [Orientaciones técnicas sobre la implementación de la Ley 20.606: composición nutricional y su publicidad, en establecimientos educacionales](#)
- [JUNAEB, contra la obesidad infantil \(2016\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Manual de lactancia materna \(1997\)](#)
- [Estudio para revisión y actualización de las guías alimentarias para la población chilena \(2013\)](#)
- [Exenta N.º 260, por la que se aprueba la norma general técnica N.º 148 sobre guías alimentarias para la población \(2013\)](#)
- [Norma técnica para la supervisión de niños y niñas de 0 a 9 años en la atención primaria de salud \(2014\)](#)
- [Estudio para la construcción de una imagen gráfica didáctica que ilustre la información contenida en las guías alimentarias para la población chilena \(2015\)](#)
- [Marco conceptual sobre los factores condicionantes de los entornos alimentarios en Chile \(2016\)](#)
- [Guía de alimentación del niño\(a\) menor de 2 años: guía de alimentación hasta la adolescencia \(2016\)](#)
- [Guías Alimentarias para la Población Chilena](#)
- [Campaña comunicacional en medios masivos y en redes sociales sobre la Ley de Alimentos \(2016\)](#)
- [Prefiera alimentos con menos sellos. Nueva Ley de Alimentos. Afiches \(2016\)](#)
- [Manual operativo de lactancia materna \(2017\)](#)



4. Implementation of front-of-pack labeling

- [Ley núm. 20.606, sobre composición nutricional de los alimentos y su publicidad \(2012\)](#)
- [Estudio sobre evaluación de mensajes de advertencia de nutrientes críticos en el rotulado de alimentos \(2012\)](#)
- [Modifica el Decreto Supremo N.º 977 de 1996, Reglamento Sanitario de los Alimentos \(2015\)](#)
- [Manual gráfico de los descriptores nutricionales “ALTO EN” \(2015\)](#)
- [Directriz para la vigilancia y fiscalización de la composición nutricional de los alimentos y su publicidad, de acuerdo al reglamento sanitario de los alimentos \(2016\)](#)
- [Manual gráfico de “Mensaje que promueve hábitos de vida saludable en la publicidad de alimentos” \(2016\)](#)

5. Monitoring

a. Population salt/sodium intake

- [Encuesta Nacional de Salud ENS Chile 2009-2010 \(2010\)](#)
- [Encuesta Nacional de Consumo Alimentario: Informe Final \(2011\)](#)

b. Consumer knowledge, attitudes, and behavior

c. Salt/sodium content in foods – reformulation

- [Informe de Vigilancia Nutricional: Contenido de Nutrientes Críticos en Alimentos Envasados \(2015\)](#)
- [Informe de Vigilancia Nutricional: Contenido de Nutrientes Críticos en Alimentos Envasados \(2016\)](#)
- [Informe de evaluación de la implementación de la ley sobre composición nutricional de los alimentos y su publicidad \(2017\)](#)
- [Informe de resultados: descripción de las percepciones y actitudes de los/as consumidores respecto a las medidas estatales en el marco de la implementación del Decreto 13/15 \(2017\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.

COLOMBIA

Government policies

Public health policy

- [Resolución N.º 1841 de 2013, por la cual se adopta el Plan Decenal de Salud Pública 2012-2021 \(2013\)](#)
- [Plan Decenal de Salud Pública 2012-2021: la salud en Colombia la construyes tú \(2013\)](#)

NCD policy

- [Resolución número 4003 de 2008, por medio del cual se adopta el Anexo Técnico para el manejo integral de los pacientes afiliados al Régimen Subsidiado en el esquema de subsidio pleno, de 45 años o más con Hipertensión Arterial y/o Diabetes Mellitus Tipo 2](#)
- [Ley 1355 de 2009, por medio de la cual se define la obesidad y las enfermedades crónicas no transmisibles asociadas a esta como una prioridad de salud pública y se adoptan medidas para su control, atención y prevención \(2009\)](#)
- [Texto aprobado en sesión plenaria al proyecto de ley 151 de 2013 Senado \(2014\)](#)
- [Guía de práctica clínica para la prevención, diagnóstico, tratamiento y rehabilitación de la falla cardíaca en población mayor de 18 años clasificación B, C y D \(2016\)](#)
- [Guía de práctica clínica para el diagnóstico y tratamiento de la enfermedad renal crónica \(2016\)](#)
- [Guía de práctica clínica para el manejo de la hipertensión arterial primaria \(HTA\) \(2017\)](#)

Overweight and obesity prevention policy

- [Guía de práctica clínica para la prevención, diagnóstico y tratamiento del sobrepeso y la obesidad en adultos \(2016\)](#)

Nutrition policy

- [Documento guía Alimentación Saludable, MinSalud \(2013\)](#)

Specific policy for the reduction of salt/sodium intake

- [Estrategia Nacional para la reducción del consumo de sal/sodio en Colombia 2012-2021 \(2015\)](#)
- [Herramientas para la implementación y gestión de la estrategia de reducción de sal/sodio \(2016\)](#)

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

- [Resolución número 288 de 2008, por la cual se establece el reglamento técnico sobre requisitos de rotulado o etiquetado nutricional que deben cumplir los alimentos envasados para consumo humano \(2008\)](#)
- [Texto aprobado en sesión plenaria al proyecto de ley 151 de 2013, Senado \(2014\)](#)
- [Resolución número 333 del Ministerio de la Protección Social, por la cual se establece el reglamento técnico sobre los requisitos de rotulado o etiquetado nutricional que deben cumplir los alimentos envasados para consumo humano \(2011\)](#)
- [Guía para los consumidores sobre rotulado nutricional de alimentos envasados \(2010\)](#)
- [Guía para las manipuladoras de alimentos \(2016\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Texto aprobado en sesión plenaria al proyecto de ley 151 de 2013 Senado \(2014\)](#)
- [Documento técnico sal/sodio \(2015\)](#)
- [Plan piloto nacional del sector gastronómico: protocolo aplicado y resultados del análisis sensorial \(Ministerio de Salud y Protección Social\) \(2015\)](#)
- [Guía para la ejecución del plan piloto, en la reformulación del contenido de sal en el ajíaco y sus componentes, y en la reformulación del contenido de sal en la bandeja paisa y sus componentes \(2015\)](#)
- [Contenidos máximos de sodio en alimentos priorizados \(2015\)](#)

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Texto aprobado en sesión plenaria al proyecto de ley 151 de 2013 Senado \(2014\)](#)
- [Guías alimentarias basadas en alimentos para la población colombiana mayor de 2 años \(2015\)](#)
- [ABC del consumo de sal-sodio en Colombia \(Ministerio de Salud y Protección Social\)](#)
- [La sal en la alimentación: guía para el consumo sano de sal](#)
- [Sazonadores naturales: especias, hierbas y frutas \(Ministerio de Salud y Protección Social\) \(2014\)](#)
- [Plan piloto nacional del sector gastronómico: protocolo aplicado y resultados del análisis sensorial \(Ministerio de Salud y Protección Social\) \(2015\)](#)
- [Guía para la ejecución del plan piloto, en la reformulación del contenido de sal en el ajíaco y sus componentes, y en la reformulación del contenido de sal en la bandeja paisa y sus componentes \(2015\)](#)
- [Bajo consumo de sal: altas probabilidades de tener una mejor salud. Publicación Digital de Educación para la Salud, Dirección de Promoción y Prevención, Ministerio de Salud y Protección Social \(2014\)](#)
- [Documento guía: alimentación saludable \(2013\)](#)
- [Por su salud reduzca el consumo de sal/sodio](#)
- [Estrategia de Información, Educación y Comunicación en Seguridad Alimentaria y Nutricional para Colombia, Programas de Implementación \(2016\)](#)
- [ABC de la SAL](#)
- [Documento técnico sal/sodio](#)
- [Estrategia Nacional para la reducción del consumo de sal/sodio en Colombia 2012-2021 \(2015\)](#)
- [Guía para los consumidores sobre rotulado nutricional de alimentos envasados \(2010\)](#)
- [Colombia busca frenar la prevalencia de enfermedades cardiovasculares \(2014\)](#)
- [ABECÉ de la alimentación saludable \(2016\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [Encuesta Nacional de Situación Nutricional de Colombia \(ENSIN\) \(2015\)](#)

c. Salt/sodium content in foods – reformulation

- [Contenido de sodio en alimentos procesados comercializados en Colombia, según el etiquetado nutricional \(2014\)](#)
- [Nutrition Quality of Packaged Foods in Bogotá, Colombia: A Comparison of Two Nutrient Profile Models \(2019\)](#)

COSTA RICA*

Government policies

Development policy	<ul style="list-style-type: none">• Plan Nacional de Desarrollo y de Inversión Pública del Bicentenario 2019-2022 de Costa Rica (2019)
Public health policy	<ul style="list-style-type: none">• Plan Nacional de Ciencia y Tecnología en Salud 2012-2016 (2012)• Política Nacional de Salud (2015)• Plan Nacional de Salud 2016-2020 (2016)
NCD policy	<ul style="list-style-type: none">• Guías para la detección, diagnóstico y tratamiento de la hipertensión arterial en el primer nivel de atención (2002)• Estrategia Nacional de Abordaje Integral de las Enfermedades Crónicas no Transmisibles y Obesidad, 2013-2021 (2014)• Vigilancia de los factores de riesgo cardiovascular (2014)• Guía para la prevención de las enfermedades cardiovasculares (2015)
Overweight and obesity prevention policy	<ul style="list-style-type: none">• Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 (2014)• Plan para el abordaje integral del sobrepeso y la obesidad en la niñez y la adolescencia (2017)• Carta de compromiso para el abordaje integral del sobrepeso y la obesidad en la niñez y la adolescencia costarricense en el marco del bicentenario de la República de Costa Rica y de la Agenda 2030 para el Desarrollo Sostenible en Costa Rica (2018)
Food and nutrition security policy	<ul style="list-style-type: none">• Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 (2013)• Plan Nacional de Seguridad Alimentaria y Nutricional 2011-2015 (2011)• Política Nacional de Seguridad Alimentaria y Nutricional 2011-2021 (2011)
Specific policy for the reduction of salt/sodium intake	<ul style="list-style-type: none">• Plan Nacional para la Reducción del Consumo de Sal/Sodio en la población de Costa Rica 2011-2021 (OPS, INCIENSA y Ministerio de Salud Costa Rica) (2011)• Declaratoria de interés público y nacional del “Programa para Reducir el Consumo de Sal/Sodio en Costa Rica” (2013)• Estrategia Regional para la Reducción del Consumo de Sal y Sodio en Centroamérica y República Dominicana (2019)

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia Nacional de Abordaje Integral de las Enfermedades Crónicas no Transmisibles y Obesidad 2013-2021 \(2014\)](#)
- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Directrices sobre etiquetado nutricional \(1985\)](#)
- [RTCR: 135:2002 Etiquetado nutricional de los alimentos preenvasados \(2002\)](#)
- [Resolución N.º 277-2011 \(COMIECO-LXI\) del 2 de diciembre de 2011 y su anexo: Reglamento Técnico Centroamericano RTCA 67.01.60:10 Etiquetado Nutricional Productos Alimenticios Preenvasados para Consumo Humano para la población a partir de 3 años \(2011\)](#)

Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Plan Nacional para la Reducción del Consumo de Sal/Sodio en la Población de Costa Rica 2011-2021 – \(Ministerio de Salud de Costa Rica, INCIENSA y OPS\) \(2011\)](#)
- [Plan Nacional de Seguridad Alimentaria y Nutricional 2011-2015 \(2011\)](#)
- [Estrategia Nacional de Abordaje Integral de las Enfermedades Crónicas no Transmisibles y Obesidad 2013- 2021 \(2014\)](#)
- Alianza público-privada entre el Ministerio de Salud y la Cámara Costarricense de la Industria Alimentaria (CACIA) para implementar acciones y fomentar estilos de vida saludable, asociados particularmente al sodio, que incluyen una alimentación saludable y equilibrada, nutricionalmente adecuada (2016)
- [Comunicado de prensa del Ministerio de Salud: Salud y CACIA firman alianza para reducción de sodio en alimentos \(2016\)](#)
- [Comunicado de prensa del Ministerio de Salud: Ministerio de Salud y CACIA renuevan alianza para reducir sodio en productos procesados \(2019\)](#)

2. Establishment of a supportive environment in public institutions

- [Decreto Ejecutivo 36910: reglamento para el funcionamiento y administración del servicio de soda en los centros educativos públicos \(2011\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guías alimentarias para Costa Rica \(2011\)](#)
- [Semana Nacional de la Nutrición \(2015\)](#)
- [Comunicado de prensa del Ministerio de Salud: Costa Rica consume más del doble de la sal recomendada \(2018\)](#)
- [Programa para la Reducción del Consumo de Sal/Sodio en Costa Rica](#)
- [Video en YouTube: ¿Conoce la importancia de un consumo adecuado de sal y sodio para la salud?](#)
- [Video en YouTube: ¿Cómo reducir el consumo de sal y sodio?](#)
- [Plan for the dissemination of open educational resources \(OER\) of the project IDRC* 108167 “Scaling-up and evaluating salt reduction policies and programs in Latin America” on world heart day \(2019\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

- [Baseline and Estimates Trends of Sodium Availability and Food Sources in the Costa Rican Population during 2004-2005 and 2012 and 2013 \(2017\)](#)

b. Consumer knowledge, attitudes, and behavior

- [Conocimientos, percepciones y comportamientos relacionados con el consumo de sal, la salud y el etiquetado nutricional en Argentina, Costa Rica y Ecuador \(2012\)](#)
- [Percepciones y conocimientos acerca de la sal, el sodio y la salud en adultos de clase media de la provincia de San José, Costa Rica \(2014\)](#)

c. Salt/sodium content in foods – reformulation

- [Avances en la reducción del consumo de sal y sodio en Costa Rica \(2012\)](#)
- [The salt content of products from popular fast-food chains in Costa Rica \(2014\)](#)
- [Sodio en panes y snacks de mayor consumo en Costa Rica. Contenido basal y verificación del etiquetado nutricional \(2015\)](#)
- [An Evaluation of the Sodium Content and Compliance with the National Sodium Reduction Targets among Packaged Foods Sold in Costa Rica in 2015 and 2018 \(2019\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.



CUBA

Government policies

Public health policy

- [Proyecciones de la Salud Pública en Cuba para el 2015 \(2006\)](#)

NCD policy

- [Programa Nacional de Prevención, Diagnóstico, Evaluación y Control de la Hipertensión Arterial \(1998\)](#)
- [Programa Nacional de Diabetes \(2000\)](#)
- [Acciones para la prevención, el diagnóstico y el tratamiento de la enfermedad renal crónica \(2005\)](#)
- [Guía cubana para la prevención, diagnóstico y tratamiento de la hipertensión arterial \(2006\)](#)
- [Enfermedades cerebrovasculares: guía de práctica clínica para la prevención primaria, el manejo en la fase aguda y la prevención secundaria del ictus \(2007\)](#)
- [Hipertensión arterial: guía para la prevención, diagnóstico y tratamiento \(2008\)](#)
- [Programa Nacional de Prevención, Diagnóstico, Evaluación, Tratamiento y Rehabilitación de la Cardiopatía Isquémica \(2015\)](#)

Overweight and obesity prevention policy

- [Plan Integral de Cultura Alimentaria y Prevención y Control de la Obesidad \(2008\)](#)

Nutrition policy

- [Plan de Acción Cultura Alimentaria \(2006\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

- [Norma General para el Etiquetado de los Alimentos Preenvasados \(2012\)](#)
 - [Registro Sanitario de alimentos, cosméticos, juguetes y otros productos de interés sanitario: regulaciones e indicadores \(2012\)](#)
- Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**



3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guías alimentarias para niñas y niños cubanos hasta 2 años de edad \(documento técnico para los equipos de salud\) \(2009\)](#)
- [Guías alimentarias para la población cubana mayor de 2 años de edad \(2009\)](#)
- [Guías alimentarias para la población cubana mayor de 2 años de edad \(2016\)](#)
- [Acciones de Cuba para reducción del consumo de sal \(2014\)](#)
- [Ponle menos sal: no se trata de eliminar, sino de reducir su consumo, y sobre todo elegir los productos previo conocimiento de la cantidad de sal que pueden contener \(2014\)](#)
- [Los dilemas de la sal: no superar los cinco gramos de sal al día es lo que recomienda la Organización Mundial de la Salud, sin embargo, en Cuba se estima un consumo promedio de diez gramos por persona al día \(2015\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [III Encuesta Nacional de factores de riesgo y actividades preventivas de enfermedades no transmisibles, Cuba 2010-2011 \(2014\)](#)
- [Marco Integrado de Vigilancia de Enfermedades no Transmisibles de Cuba \(2014\)](#)

c. Salt/sodium content in foods – reformulation

- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

DOMINICA

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Manual for the Management of Hypertension and Diabetes in Dominica. MoH \(2011\)](#)

Food and nutrition security policy

- [The Food and Nutrition Security Policy Commonwealth of Dominica \(2013\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Dominica Food Based Dietary Guidelines. MoH \(2007\)](#)
- [Caribbean Wellness Day, Dominica \(2010\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
 - [Dominica Global School Health Survey Report \(2009\)](#)
- c. Salt/sodium content in foods – reformulation



DOMINICAN REPUBLIC*

Government policies

NCD policy

- [Diabetes Mellitus Tipo 2: guía de intervenciones en el primer nivel de atención \(2012\)](#)
- [Plan estratégico para el control integrado de las enfermedades crónicas no transmisibles 2014/2017 \(2014\)](#)
- [Reglamento Técnico para la Promoción, Prevención y Control de las Enfermedades no Transmisibles \(2015\)](#)
- [Guía Diagnóstica y de Tratamiento de las Unidades de Atención Primaria -UNAP- \(2016\)](#)

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
- [Plan intersectorial para la prevención de la obesidad en la niñez y adolescencia 2017-2021 \(2017\)](#)

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
- Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)
- Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
- Note: This policy recommends the measure, but government officials confirmed it had not yet been implemented.

Nutritional labeling (include sodium content on nutritional panel)

- [Requisito Técnico Dominicano 53: Etiquetado General de los Alimentos Previamente Envasados \(Preenvasados\) \(2009\)](#)
- Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**
3. **Behavior change communication and mass-media campaign (educational materials also included)**
 - [Pilón de la alimentación y nutrición \(2009\)](#)
 - [Llaman a población a bajar consumo de sal para prevenir enfermedades \(2016\)](#)



4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation
 - Contenido de sodio en alimentos procesados comercializados en Republica Dominicana, según el etiquetado nutricional (datos no publicados/unpublished data)

* Data validated by government officials.



ECUADOR

Government policies

NCD policy

- [Plan estratégico nacional para la prevención y control de las enfermedades crónicas no transmisibles-ECNT \(2011\)](#)
- [Prevención, diagnóstico y tratamiento de la enfermedad renal crónica: Guía de Practica Clínica \(2018\)](#)
- [Hipertensión arterial: Guía de Practica Clínica \(2019\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Acuerdo No. 40: Reglamento autorización publicidad y promoción de alimentos procesados \(2011\)](#)

Nutritional labeling (include sodium content on nutritional panel)

- [Norma Técnica Ecuatoriana. NTE INEN 1334-1:2014. Cuarta revisión. Rotulado de productos alimenticios para consumo humano. Parte 1. Requisitos \(2014\)](#)
- [Norma Técnica Ecuatoriana. NTE INEN 1334-2:2011. Segunda revisión. Rotulado de productos alimenticios para consumo humano. Parte 2. Rotulado nutricional. Requisitos \(2011\)](#)
- [Norma Técnica Ecuatoriana. NTE INEN 1334-3: 2011. Rotulado de productos alimenticios para consumo humano. Parte 3. Requisitos para declaraciones nutricionales y declaraciones saludables \(2011\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)

2. Establishment of a supportive environment in public institutions

- [Acuerdo N.º 0004-10: Reglamento sustitutivo para el funcionamiento de bares escolares del sistema nacional de educación \(2010\)](#)
- [Guía para bares escolares \(2011\)](#)
- [Acuerdo N.º 0005-14: Reglamento para el control del funcionamiento de bares escolares del sistema nacional de educación \(2014\)](#)
- [Acuerdo N.º 0001-15: Instructivo de operativización reglamento control de bares escolares \(2015\)](#)
- [Acuerdo Ministerial N.º 0026-2017: Reconocimiento de responsabilidad nutricional en restaurantes y cafeterías \(2017\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Etiquetado de alimentos: “Elige bien para vivir bien”](#)
- [Documento técnico de las Guías Alimentarias Basadas en Alimentos \(GABA\) del Ecuador \(2018\)](#)
- [Ministerio de Salud continuamente emprende acciones para prevenir la hipertensión arterial](#)



4. Implementation of front-of-pack labeling

- [Acuerdo Ministerial N.º 5103: Reglamento de etiquetado de alimentos procesados para consumo humano \(2014\)](#)

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation
 - [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

EL SALVADOR

Government policies

NCD policy

- [Guías Clínicas de Medicina Interna \(2012\)](#)
- [Plan estratégico 2010-2014. Programa Nacional de Promoción de la Salud. Prevención y control de las enfermedades crónicas no transmisibles \(2014\)](#)
- [Política nacional para la prevención y control del cáncer \(2015\)](#)
- [Guías de buenas prácticas clínicas para la atención de pacientes con diabetes mellitus, hipertensión arterial y enfermedad renal crónica \(2015\)](#)
- [Plan estratégico nacional multisectorial para el abordaje integral de las enfermedades no transmisibles \(2017\)](#)

Overweight and obesity prevention policy

- [Estrategia para la prevención de sobrepeso y obesidad en la niñez y adolescencia de Centroamérica y República Dominicana 2014-2025 \(2014\)](#)

Note: Regional strategy.

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)

Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)

Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención de sobrepeso y obesidad en la niñez y adolescencia de Centroamérica y República Dominicana 2014-2025 \(2014\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Reglamento Técnico Centroamericano. NTON 03 092-10/RTCA 67.01.60:10. Etiquetado nutricional de productos alimenticios preenvasados para consumo humano para la población a partir de 3 años de edad \(2010\)](#)

Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

2. Establishment of a supportive environment in public institutions

- [Decreto N.º 166. Reformas a la Ley General de Educación \(2015\)](#)
- [Acuerdo N.º 15-0733, por el que se dicta la normativa de tiendas y cafetines escolares saludables \(2017\)](#)
- [Guía para tiendas y cafetines escolares](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guía alimentaria para las familias salvadoreñas \(2012\)](#)
- [Campaña Consumo Saludable y Seguro para un Buen Vivir del Ministerio de Salud \(2015\)](#)

4. Implementation of front-of-pack labeling

- [Plan Operativo Institucional Enero-Diciembre 2017 del Ministerio de Salud \(2017\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [Resultados relevantes de la Encuesta Nacional de Enfermedades Crónicas no Transmisibles en Población Adulta de El Salvador, ENECA-ELS 2015 \(2015\)](#)

c. Salt/sodium content in foods – reformulation



GRENADA

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [WHO STEPS - Chronic Disease Risk Factor Surveillance \(2011\)](#)
- [National Chronic Non-Communicable Disease Policy and Multisectoral Action Plan for Grenada 2013-2017 \(2013\)](#)
- [Grenada's Chronic Non-Communicable Disease \(CNCD\) Multi-sectoral Action Plan \(2016-2019\) \(2015\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [National Chronic Non-Communicable Disease Policy and Multisectoral Action Plan for Grenada 2013-2017 \(2013\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

- [National Chronic Non-Communicable Disease Policy and Multisectoral Action Plan for Grenada 2013-2017 \(2013\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food-Based Dietary Guidelines for Grenada \(2006\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

GUATEMALA

Government policies

NCD policy

- [Norma de atención en salud integral: adulto\(a\)/adulto\(a\) mayor \(2010\)](#)
- [Guías para la prevención, detección, evaluación y tratamiento de las enfermedades crónicas no transmisibles \(2011\)](#)
- [Guía de prevención y atención integral de cáncer \(2016\)](#)
- [Guía de Atención Integral de Hipertensión Arterial para el primero y segundo nivel de atención](#)
- [Guía de Bolsillo de Atención Integral para Hipertensión](#)
- [Guía de Bolsillo de Atención Integral de la Diabetes para el primero y segundo nivel de atención](#)
- [Guía de bolsillo para la Atención Integral de la Enfermedad Renal Crónica para el primero y segundo nivel de atención \(2014\)](#)
- [Guía de Atención Integral de la Enfermedad Renal Crónica para el primero y segundo nivel de atención \(2015\)](#)
- [Plan Estratégico Nacional para la Prevención de Enfermedades No Transmisibles 2015-2020 \(2015\)](#)
- [Situación de Enfermedades no Transmisibles \(2016\)](#)

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: Regional strategy.

Nutrition policy

- [Metas nutricionales para Guatemala: documento base para la revisión de las Guías Alimentarias \(2012\)](#)

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)
Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Reglamento Técnico Centroamericano. NTON 03 092-10/RTCA 67.01.60:10. Etiquetado nutricional de productos alimenticios preenvasados para consumo humano para la población a partir de 3 años de edad \(2010\)](#)
Note: Listing of critical nutrients (e.g., sodium) not mandatory.



WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**
3. **Behavior change communication and mass-media campaign (educational materials also included)**
 - [Guías Alimentarias para Guatemala \(2012\)](#)
 - [¿Por qué debemos limitar nuestro consumo de sal?](#)
4. **Implementation of front-of-pack labeling**
5. **Monitoring**
 - a. **Population salt/sodium intake**
 - b. **Consumer knowledge, attitudes, and behavior**
 - c. **Salt/sodium content in foods – reformulation**
 - [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

GUYANA

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Strategic Plan 2013-2020: Integrated prevention and control of Non-communicable disease in Guyana \(2013\)](#)
- [Standard treatment guidelines for primary care - Ministry of Public Health \(2015\)](#)

Nutrition policy

- [National Nutrition Strategy 2011-2015 \(2011\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Strategic Plan 2013-2020: Integrated prevention and control of Non-communicable disease in Guyana \(2013\)](#)

Note: These policies recommend the measure, but no evidence of their implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food-Based Dietary Guidelines for Guyana \(2004\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

HONDURAS

Government policies

NCD policy

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
- [Plan Estratégico Nacional para la Prevención del Sobrepeso y Obesidad en Honduras 2015-2025 \(2015\)](#)

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)
Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Reglamento Técnico Centroamericano. NTON 03 092-10/RTCA 67.01.60:10. Etiquetado nutricional de productos alimenticios preenvasados para consumo humano para la población a partir de 3 años de edad \(2010\)](#)
Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**
3. **Behavior change communication and mass-media campaign (educational materials also included)**
 - [Guía Alimentaria para Honduras \(2013\)](#)
4. **Implementation of front-of-pack labeling**
5. **Monitoring**
 - a. Population salt/sodium intake
 - b. Consumer knowledge, attitudes, and behavior
 - c. Salt/sodium content in foods – reformulation
 - [Contenido de azúcar, grasa y sodio en alimentos comercializados en Honduras, según el etiquetado nutricional: prueba para la regulación de alimentos procesados y ultraprocesados \(2018\)](#)

JAMAICA

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National Strategic and Action Plan for the Prevention and Control of Noncommunicable Diseases in Jamaica 2013-2018 \(2013\)](#)
- [Guidelines for the management of hypertension - Ministry of Health Jamaica \(2014\)](#)

Nutrition policy

- [Food and Nutrition Security Policy 2013 \(2013\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Food and Nutrition Security Policy 2013 \(2013\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Jamaican Standard Specification for Labeling of pre-packaged foods \(2010\)](#)
Note: Declaration of salt/sodium is not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National Strategic and Action Plan for the Prevention and Control of Noncommunicable Diseases in Jamaica 2013-2018 \(2013\)](#)

Note: These policies recommend the measure, but no evidence of their implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food Based Dietary Guidelines for Jamaicans \(2015\)](#)
- [Caribbean Salt-Smart Coalition – Social marketing workshop \(2015\)](#)

4. Implementation of front-of-pack labeling



5. Monitoring

a. Population salt/sodium intake

- [Health Ministry to investigate salt consumption in Jamaica \(2019\) – In progress](#)

b. Consumer knowledge, attitudes, and behavior

c. Salt/sodium content in foods – reformulation

- [Health Ministry to investigate salt consumption in Jamaica \(2019\) – In progress](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

MEXICO

Government policies

Development policy

- [Plan Nacional de Desarrollo 2013-2018. Programa Sectorial de Salud \(2013\)](#)

NCD policy

- [Modificación a la Norma Oficial Mexicana NOM-030-SSA2-1999, Para la prevención, tratamiento y control de la hipertensión arterial, para quedar como Norma Oficial Mexicana NOM-030-SSA2-2009, Para la prevención, detección, diagnóstico, tratamiento y control de la hipertensión arterial sistémica \(2009\)](#)
- [Norma Oficial Mexicana NOM-015-SSA2-2010 - Para la prevención, tratamiento y control de la diabetes mellitus \(2010\)](#)
- [Norma Oficial Mexicana NOM-037-SSA2-2012 - Para la prevención, tratamiento y control de las dislipidemias \(2012\)](#)
- [Encuesta Nacional de Salud y Nutrición 2012. Evidencia para la política pública en salud. Hipertensión arterial en adultos mexicanos: importancia de mejorar el diagnóstico oportuno y el control \(2012\)](#)
- [Prevención y control de la diabetes mellitus 2013-2018 \(2014\)](#)
- [Guía de práctica clínica: tratamiento de la diabetes mellitus tipo 2 en el primer nivel de atención \(2014\)](#)
- [Guía de práctica clínica: diagnóstico y tratamiento de la hipertensión arterial en el primer nivel de atención \(2014\)](#)
- [Hipertensión arterial: guía para pacientes](#)

Nutrition policy

- [Programa de Acción Específico: Alimentación y Actividad Física 2013-2018 \(2014\)](#)

Overweight and obesity prevention policy

- [Acuerdo Nacional para la Salud Alimentaria: estrategia contra el sobrepeso y la obesidad \(2010\)](#)
- [Bases técnicas del Acuerdo Nacional para la Salud Alimentaria: estrategia contra el sobrepeso y la obesidad \(2010\)](#)
- [Encuesta Nacional de Salud y Nutrición 2012. Evidencia para la política pública en salud. Obesidad en adultos: los retos de la cuesta abajo \(2012\)](#)
- [Estrategia Nacional para la prevención y el control del sobrepeso, la obesidad y la diabetes \(2013\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

- [Ley de Impuesto Especial sobre Producción y Servicios \(2013\)](#)
Note: 8% tax on nonessential foods with high caloric density (≥ 275 kcal/100 g), which includes salty snacks.



Regulation on marketing of foods high in salt to children

- [Lineamientos por los que se dan a conocer los criterios nutrimentales y de publicidad que deberán observar los anunciantes de alimentos y bebidas no alcohólicas para publicitar sus productos en televisión abierta y restringida, así como en salas de exhibición cinematográfica, conforme a lo dispuesto en los artículos 22 Bis, 79, fracción X y 86, fracción VI, del Reglamento de la Ley General de Salud en Materia de Publicidad \(2014\)](#)

Nutritional labeling (include sodium content on nutritional panel)

- [Norma Oficial Mexicana NOM-086-SSA1-1994, Bienes y servicios. Alimentos y bebidas no alcohólicas con modificaciones en su composición. Especificaciones nutrimentales \(1996\)](#)
- [Modificación a la Norma Oficial Mexicana NOM-030-SSA2-1999, para la prevención, tratamiento y control de la hipertensión arterial, para quedar como Norma Oficial Mexicana NOM-030-SSA2-2009, para la prevención, detección, diagnóstico, tratamiento y control de la hipertensión arterial sistémica \(recomendaciones sobre cómo interpretar el etiquetado nutricional\) \(2009\)](#)
- [Norma Oficial Mexicana NOM-247-SSA1-2008, Productos y servicios. Cereales y sus productos. Cereales, harinas de cereales, sémolas o semolinas. Alimentos a base de: cereales, semillas comestibles, de harinas, sémolas o semolinas o sus mezclas. Productos de panificación. Disposiciones y especificaciones sanitarias y nutrimentales. Métodos de prueba \(2009\)](#)
- [Modificación de los numerales 2.7.16 y apéndice normativo B de la Norma Oficial Mexicana NOM-086-SSA1-1994, Bienes y servicios. Alimentos y bebidas no alcohólicas con modificaciones en su composición. Especificaciones nutrimentales \(2010\)](#)
- [Modificación de los numerales 3.5, 4, 7.10 y 11.7 y la eliminación de los numerales 7.10.1, 7.10.2, 7.10.3, 7.11, 7.12, 7.13, 7.14, 7.15, 11.6.2, 11.7.1, 11.7.2 y 11.7.3 de la Norma Oficial Mexicana NOM-086-SSA1-1994, Bienes y servicios. Alimentos y bebidas no alcohólicas con modificaciones en su composición. Especificaciones nutrimentales \(2012\)](#)
- [Norma Oficial Mexicana NOM-131-SSA1-2012, Productos y servicios. Fórmulas para lactantes, de continuación y para necesidades especiales de nutrición. Alimentos y bebidas no alcohólicas para lactantes y niños de corta edad. Disposiciones y especificaciones sanitarias y nutrimentales. Etiquetado y métodos de prueba \(Continúa en la Quinta Sección\) \(2012\)](#)
- [Reglamento de Control Sanitario de Productos y Servicios \(2016\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Acuerdo por el que se recomienda la disminución del uso de sal común o cloruro de sodio en la elaboración de pan como una medida de prevención de enfermedades cardiovasculares, y otras crónico-degenerativas \(2012\)](#)
- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)
- [Avances en la reducción de la ingesta de sodio en México – Instituto Nacional de Salud Pública \(2019\)](#)

2. Establishment of a supportive environment in public institutions

- Programa de Acción Específico 2007-2012: Escuela y Salud (2008)
- [Acuerdo Nacional para la Salud Alimentaria: Estrategia contra el Sobrepeso y la Obesidad. Programa de Acción en el Contexto Escolar \(2010\)](#)
- [Acuerdo mediante el cual se establecen los lineamientos generales para el expendio y distribución de alimentos y bebidas preparados y procesados en las escuelas del Sistema Educativo Nacional \(2014\)](#)
- [Lineamientos por los que se dan a conocer los criterios nutrimentales y de publicidad que deberán observar los anunciantes de alimentos y bebidas no alcohólicas para publicitar sus productos en televisión abierta y restringida, así como en salas de exhibición cinematográfica, conforme a lo dispuesto en los artículos 22 Bis, 79, fracción X y 86, fracción VI, del Reglamento de la Ley General de Salud en Materia de Publicidad \(2014\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Norma Oficial Mexicana NOM-043-SSA2-2005, Servicios básicos de salud. Promoción y educación para la salud en materia alimentaria. Criterios para brindar orientación \(2006\)](#)
- [Guía para reforzar la orientación alimentaria. Basada en la NOM-043-SSA2-2005, Servicios básicos de salud. Promoción y educación para la salud en materia alimentaria. Criterios para brindar orientación \(2006\)](#)
- [Norma Oficial Mexicana NOM-043-SSA2-2012, Servicios básicos de salud. Promoción y educación para la salud en materia alimentaria. Criterios para brindar orientación \(2013\)](#)
- [Guía de Orientación Alimentaria \(2008\)](#)
- [Guía de Alimentos para la Población Mexicana \(2010\)](#)
- [Guías Alimentarias y de Actividad Física \(2015\)](#)
- [Nuevo Etiquetado Frontal Nutrimental: ¿Cómo comparar los productos?, Envases Familiares, Porcentajes de los Nutrientes, Suma los porcentajes y NO te pases de 100%, Compara etiquetado de los productos](#)
- [Conoce la nueva #EtiquetaFrontal nutrimental para #bebidas y #alimentos envasados \(varios videos en YouTube\)](#)
- [Campaña Menos Sal, Más Salud](#)
- [Reducir grasas, azúcares y sales, clave para la alimentación saludable \(2014\)](#)
- [Día Mundial de los Derechos del Consumidor: derecho a una alimentación saludable \(2015\)](#)
- [¿Por qué debemos consumir menos sodio? \(2016\)](#)
- [El derecho a una alimentación saludable \(2016\)](#)



4. Implementation of front-of-pack labeling

- [Norma Oficial Mexicana NOM-051-SCFI/SSA1-2010, Especificaciones generales de etiquetado para alimentos y bebidas no alcohólicas preenvasados. Información comercial y sanitaria \(2010\)](#)
- [Estrategia Nacional para la prevención y el control del sobrepeso, la obesidad y la diabetes \(2013\) \(hace referencia al etiquetado y el etiquetado frontal\)](#)
- [Modificación de la Norma Oficial Mexicana NOM-051-SCFI/SSA1-2010, Especificaciones generales de etiquetado para alimentos y bebidas no alcohólicas preenvasados \(2014\)](#)
- [Acuerdo por el que se emiten los Lineamientos a que se refiere el artículo 25 del Reglamento de Control Sanitario de Productos y Servicios que deberán observar los productores de alimentos y bebidas no alcohólicas preenvasadas para efectos de la información que deberán ostentar en el área frontal de exhibición, así como los criterios y las características para la obtención y uso del distintivo nutrimental a que se refiere el artículo 25 Bis del Reglamento de Control Sanitario de Productos y Servicios \(2014\)](#)
- [Manual de Etiquetado Frontal Nutrimental](#)
- [Proyecto de modificación a la Norma Oficial Mexicana NOM-051-SCFI/SSA1-2010, Especificaciones generales de etiquetado para alimentos y bebidas no alcohólicas preenvasados, información comercial y sanitaria, publicada el 5 de abril de 2010 \(2019\)](#)
- [Modificación a la Norma Oficial Mexicana NOM-051-SCFI/SSA1-2010, Especificaciones generales de etiquetado para alimentos y bebidas no alcohólicas preenvasados, información comercial y sanitaria, publicada el 5 de abril de 2010 \(2020\)](#)

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [Sistema de Indicadores para Monitorear los Avances de la Estrategia Nacional para la Prevención y el Control del Sobrepeso, la Obesidad y la Diabetes \(ENPCSOD\). Reporte de Resultados \(2015\)](#)

c. Salt/sodium content in foods – reformulation

- [Sistema de Indicadores para Monitorear los Avances de la Estrategia Nacional para la Prevención y el Control del Sobrepeso, la Obesidad y la Diabetes \(ENPCSOD\). Reporte de Resultados \(2015\)](#)
- [Comparación de Indicadores por Entidad Federativa \(2015\)](#)
- [Sodium Content of Processed Foods Available in the Mexican Market \(2018\)](#)
- [Avances en la reducción de la ingesta de sodio en México, Instituto Nacional de Salud Pública \(2019\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

NICARAGUA

Government policies

NCD policy

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: Regional strategy.

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
Note: Regional strategy.

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)
Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [Reglamento Técnico Centroamericano. NTON 03 092-10/RTCA 67.01.60:10. Etiquetado nutricional de productos alimenticios preenvasados para consumo humano para la población a partir de 3 años de edad \(2010\)](#)
Note: Listing of critical nutrients (e.g., sodium) not mandatory.

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**
3. **Behavior change communication and mass-media campaign (educational materials also included)**
4. **Implementation of front-of-pack labeling**
5. **Monitoring**
 - a. Population salt/sodium intake
 - b. Consumer knowledge, attitudes, and behavior
 - [Encuesta de Diabetes, Hipertensión y Factores de Riesgo de Enfermedades Crónicas \(2010\)](#)
 - c. Salt/sodium content in foods – reformulation



PANAMA*

Government policies

NCD policy

- [Guía para la atención integral de las personas con diabetes mellitus \(2009\)](#)
- [Guía para la atención integral de las personas con hipertensión arterial \(2009\)](#)
- [Guía Médica de Atención Integral del Adulto Mayor \(2011\)](#)
- [Plan estratégico nacional para la prevención y el control integral de las enfermedades no transmisibles y sus factores de riesgo, 2014-2025 \(2014\)](#)

Overweight and obesity prevention policy

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)

Note: Regional strategy.

Food and nutrition security policy

- [Política de seguridad alimentaria y nutricional de Centroamérica y República Dominicana 2012-2032 \(2013\)](#)
- [Plan Nacional de Seguridad Alimentaria y Nutricional, Panamá 2017-2021 \(2017\)](#)

Specific policy for the reduction of salt/sodium intake

- [Estrategia regional para la reducción del consumo de sal y sodio en Centroamérica y República Dominicana \(2019\)](#)

Note: Regional strategy.

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Estrategia para la prevención del sobrepeso y obesidad en la niñez y adolescencia en Centroamérica y República Dominicana 2014-2025 \(2014\)](#)
- [Resolución N.º 049, del 30 de enero de 2018, por la que se adopta la guía básica para la oferta de alimentos saludables en kioscos y cafeterías de centros educativos \(2018\)](#)

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

2. Establishment of a supportive environment in public institutions

- [Resolución N.º 726, del 18 de junio de 2015, por la cual se adopta la guía básica del servicio de alimentación para las personas privadas de libertad \(2015\)](#)
- [Ley N.º 75, del 15 de noviembre de 2017, que establece medidas para promover la alimentación adecuada y estilo de vida saludable en los centros educativos \(2017\)](#)
- [Resolución N.º 049, del 30 de enero de 2018, por la que se adopta la guía básica para la oferta de alimentos saludables en kioscos y cafeterías de centros educativos \(2018\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Guías alimentarias para Panamá \(recomendación\) \(2013\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation
 - [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.

PARAGUAY*

Government policies

NCD policy

- [Guía para la prevención, detección, evaluación y tratamiento de los factores de riesgos cardiovasculares en la niñez y en la adolescencia \(2012\)](#)
- [Guía para el manejo práctico de hipertensión arterial y enfermedades cardiovasculares en adultos \(2013\)](#)
- [Plan Nacional de Acción para la Prevención y el Control de las Enfermedades Crónicas no Transmisibles 2014-2024 \(2014\)](#)
- [Ley N.º 5372/14, de prevención y atención integral a la diabetes \(artículo 14\) \(2014\)](#)
- [Consenso Paraguayo de Hipertensión Arterial \(2015\)](#)
- [Estrategia Nacional para la Prevención y el Control de la Obesidad 2015-2025 \(2015\)](#)
- [Manual de manejo de enfermedades crónicas no transmisibles desde atención primaria de salud \(2015\)](#)

Overweight and obesity prevention policy

- [Estrategia Nacional para la Prevención y el Control de la Obesidad 2015-2025 \(2015\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Ley N°5372/14, de prevención y atención integral a la diabetes \(artículo 14\) \(2014\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related national policy was found.

Nutritional labeling (include sodium content on nutritional panel)

- [MERCOSUR/GMC/RES. N° 26/03, Reglamento Técnico MERCOSUR para Rotulación de Alimentos Envasados \(2006\)](#)
- [MERCOSUR/GMC/RES. N° 01/12, Reglamento técnico MERCOSUR sobre información nutricional complementaria \(declaraciones de propiedades nutricionales\) \(2012\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Resolución Ministerial N.º 248/2013, por la cual se reglamenta el contenido de sal \(cloruro de sodio\) en productos panificados de consumo masivo \(2013\)](#)
- [Targets and timelines for reducing salt in processed food in the Americas \(2014\)](#)
- [Resolución Ministerial N.º 792/2015, por la cual se reglamenta el contenido de sal \(cloruro de sodio\) en productos panificados de consumo masivo \(2015\)](#)

2. Establishment of a supportive environment in public institutions

- [Se aprueba la “ordenanza para el consumo responsable de sal dentro de establecimientos y puestos gastronómicos” en la ciudad de Asunción \(2018\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Resolución Ministerial N.º 270/2003, por la cual se aprueban las “Guías alimentarias del Paraguay”, “Guías alimentarias para las niñas y niños menores de dos años del Paraguay” y los documentos técnicos N.º 1, N.º 2 y N.º 3 que fundamentan dichas guías, así como los materiales de apoyo \(cartilla, tríptico y afiche\) y se los declara de interés para la salud pública \(2003\)](#)
- [Guías Alimentarias del Paraguay \(2015\)](#)
- [Manual de la familia saludable \(2016\)](#)
- [Programa Nacional de Prevención Cardiovascular](#)
- [Menos sal, más salud. Corazones saludables](#)
- [Guías Alimentarias del Paraguay: tríptico educativo \(2015\)](#)
- [Guías Alimentarias del Paraguay: afiche \(2015\)](#)
- [Menos Sal, Más Salud, Paraguay. Campaña anual en redes sociales con motivo de la Semana Mundial de Sensibilización sobre la Sal](#)
- [Reducción del consumo de sal, Ministerio de Salud](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

- [Patrones de excreción urinaria de sodio en población adulta en muestras de orina espontánea \(2017\)](#)

b. Consumer knowledge, attitudes, and behavior

- [Primera encuesta nacional de factores de riesgo para enfermedades no transmisibles en población indígena \(2011\)](#)
- [Primera encuesta nacional de factores de riesgo de enfermedades no transmisibles en población general \(2012\)](#)
- [Análisis de la situación de las enfermedades crónicas no transmisibles \(2014\)](#)

c. Salt/sodium content in foods – reformulation

- [Estrategia de reducción de contenido de sal en panificados de consumo masivo](#)
- [Contenido de sodio en productos panificados de consumo masivo \(2014\)](#)
- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.

PERU*

Government policies

NCD policy

- [Ley N.º 30021 de Promoción de la Alimentación Saludable para los Niños, Niñas y Adolescentes \(2013\)](#)
- [Resolución Ministerial N.º 162-2015-MINSA, por la que se aprueba el Documento técnico: “Consulta Nutricional para la Prevención y Control de la Diabetes Mellitus Tipo 2 de la Persona Joven, Adulta, y Adulta Mayor” \(2015\)](#)
- [Resolución Ministerial N.º 031-2015-MINSA, por la que se aprueba la “Guía Técnica: Guía de Práctica Clínica para el Diagnóstico, Tratamiento y Control de la Enfermedad Hipertensiva” \(2015\)](#)
- [Resolución Ministerial N.º 229-2016-MINSA, por la que se aprueba el Documento Técnico: “Lineamientos de Políticas y Estrategias para la Prevención y Control de Enfermedades no Transmisibles \(ENT\) 2016-2020” \(2016\)](#)
- [Resolución Ministerial N.º 039-2017-MINSA, por la que se aprueba la Guía Técnica: “Guía de Práctica Clínica para el Diagnóstico, Manejo y Control de Dislipidemia, Complicaciones Renales y Oculares en Personas con Diabetes Mellitus Tipo 2” \(2017\)](#)
- [Resolución Ministerial N.º 1120-2017-MINSA, por la que se aprueba la “Guía Técnica para la Identificación, Tamizaje y Manejo de Factores de Riesgo Cardiovasculares y de Diabetes Mellitus Tipo 2” \(2017\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [Ley N.º 30021 de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes \(2013\)](#)
- [Decreto supremo N.º 017-2017-SA, por el que se aprueba el Reglamento de la Ley N.º 30021, Ley de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes \(2017\)](#)
- [Resolución Ministerial N.º 195-2019-MINSA, por la que se aprueba el Documento Técnico: Lineamientos para la Promoción y Protección de la Alimentación Saludable en las Instituciones Educativas Públicas y Privadas de la Educación Básica \(2019\)](#)

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

2. Establishment of a supportive environment in public institutions

- [Ley N.º 30021 de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes \(2013\)](#)
- [Resolución Ministerial N.º 524-2016-MINSA, por la que se dispone que la Oficina General de Comunicaciones efectúe la publicación del proyecto de Reglamento de la Ley N.º 30021, Ley de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes y el proyecto de Decreto Supremo que lo aprueba, en el Portal Institucional del Ministerio de Salud \(2016\)](#)
- [Decreto supremo N.º 017-2017-SA, por el que se aprueba el Reglamento de la Ley N.º 30021, Ley de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes \(2017\)](#)
- [Resolución Ministerial N.º 195-2019-MINSA, por la que se aprueba el Documento Técnico: Lineamientos para la Promoción y Protección de la Alimentación Saludable en las Instituciones Educativas Públicas y Privadas de la Educación Básica \(2019\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Campaña de prevención y control de la hipertensión \(2015\)](#)
- [Se alerta sobre alto contenido de sodio en productos industrializados presentes en la lonchera escolar - Portal Ministerio de Salud \(2016\)](#)
- [75% de sodio en exceso proviene de productos envasados y servidos en restaurantes - Portal Ministerio de Salud \(2016\)](#)
- [Minsa recomienda una alimentación baja en sal para controlar niveles de hipertensión arterial - Portal Ministerio de Salud \(2016\)](#)
- [Minsa: Diagnóstico precoz es clave para reducir complicaciones por hipertensión. Se realizó campaña gratuita de despistaje en Independencia por el Día Mundial de la Hipertensión - Portal Ministerio de Salud \(2017\)](#)
- [Mide tu presión y ayuda a tu corazón \(2017\)](#)
- [Guías Alimentarias para la Población Peruana \(2019\)](#)

4. Implementation of front-of-pack labeling

- [Decreto supremo N.º 017-2017-SA, por el que se aprueba el Reglamento de la Ley N.º 30021, Ley de Promoción de la Alimentación Saludable para Niños, Niñas y Adolescentes \(2017\)](#)
- [Decreto Supremo N.º 012-2018-SA, por el que se aprueba el Manual de Advertencias Publicitarias en el marco de lo establecido en la Ley N.º 30021, Ley de promoción de la alimentación saludable para niños, niñas y adolescentes \(2018\)](#)

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [Encuesta Nacional de Indicadores Nutricionales, Bioquímicos, Socioeconómicos y Culturales Relacionados con las Enfermedades Crónico Degenerativas, Ministerio de Salud \(2006\)](#)

c. Salt/sodium content in foods – reformulation

- [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

* Data validated by government officials.



SAINT KITTS AND NEVIS

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National Policy & Plan for Noncommunicable Diseases \(NCDs\) Prevention and Control 2013-2017 \(2014\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food Based Dietary Guidelines for St Kitts and Nevis \(2010\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring /

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

SAINT LUCIA

Government policies

NCD policy

- [Managing Diabetes in Saint Lucia \(2006\)](#)
- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Food based dietary guidelines for Saint Lucia \(2007\)](#)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
 - [WHO STEPS Chronic Disease Risk Factor Surveillance - Data book for St. Lucia 2012 \(2012\)](#)
- c. Salt/sodium content in foods – reformulation

SAINT VINCENT AND THE GRENADINES

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [Ministry of Health, Wellness & the Environment St. Vincent & The Grenadines -National Action Plan for the Prevention and Control of Non-Communicable Diseases 2017-2025](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Dietary Guidelines for St Vincent and the Grenadines \(2006\)](#)
- [Using less sodium - Nutrition Unit Presentation - Ministry of Health, Wellness and the Environment \(2015\)](#)
- [Caribbean Salt-Smart Coalition – Social marketing workshop \(2015\)](#)
- [Brief for radio address - Official launch of nutrition awareness week 2015 - Honorable Minister of Health, Wellness and the Environment, Mr. Clayton Burgin \(2015\)](#)
- [Less salt healthier life - Radio and TV messages – MoH grocery shopping](#)
- [Less salt healthier life - Radio and TV messages – MoH school](#)
- [Less salt healthier life - Radio and TV messages – MoH supermarket](#)
- [Less salt healthier life - Radio and TV messages – MoH school1](#)



4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
 - National Health & Nutrition Survey – Non-Communicable Disease Risk Factor Surveillance (2015)
- c. Salt/sodium content in foods – reformulation



SURINAME

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National Action Plan for the Prevention and Control of NCDs 2012-2016 \(2012\)](#)
- [National health research Suriname - to the extent of dissemination of risk factors with regard to chronic diseases \(2014\)](#)
- [National Action Plan for the Prevention and Control of Non-communicable Diseases 2015-2020 \(2015\)](#)

Specific policy for the reduction of salt

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)

Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

3. Behavior change communication and mass-media campaign (educational materials also included)

4. Implementation of front-of-pack labeling

5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
- c. Salt/sodium content in foods – reformulation

TRINIDAD AND TOBAGO

Government policies

NCD policy

- [Managing Diabetes in Primary Care in the Caribbean \(2006\)](#)
- [Managing Hypertension in Primary Care in the Caribbean \(2007\)](#)
- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
- [National Strategic Plan for the Prevention and Control of NCDs: Trinidad and Tobago 2017-2021 \(2017\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

- [National Strategic Plan for the Prevention and Control of NCDs: Trinidad and Tobago 2017-2021 \(2017\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015 \(2011\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

2. Establishment of a supportive environment in public institutions

- [National Strategic Plan for the Prevention and Control of NCDs: Trinidad and Tobago 2017-2021 \(2017\)](#)
Note: This policy recommends the measure, but no evidence of its implementation or any related policy was found.

3. Behavior change communication and mass-media campaign (educational materials also included)

4. Implementation of front-of-pack labeling



5. Monitoring

- a. Population salt/sodium intake
- b. Consumer knowledge, attitudes, and behavior
 - [Trinidad and Tobago chronic non-communicable disease risk factor survey \(2012\)](#)
- c. Salt/sodium content in foods – reformulation
 - [Sodium Levels in Packaged Foods Sold in 14 Latin American and Caribbean Countries: A Food Label Analysis \(2019\)](#)

UNITED STATES OF AMERICA

Government policies

NCD policy

- [The Seventh Report of the Joint National Committee on prevention, Detection, Evaluation, and Treatment of High Blood Pressure \(2004\)](#)
- [Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents \(2005\)](#)
- [New public-private sector initiative aims to prevent 1 million heart attacks and strokes in five years - U.S. Department of Health and Human Services \(2011\)](#)
- [National Prevention Strategy - American's plan for better health and wellness \(2011\)](#)
- [Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents \(2012\)](#)
- [Million Hearts - Building strong partnerships for progress \(2012\)](#)
- [Preventing 1 million Heart Attacks and Strokes - A turning point for impact \(2014\)](#)
- [Million Hearts: Meaningful Progress 2012-2016 \(2017\)](#)

Nutrition policy

- [Healthy People 2020 Objectives \(2017\)](#)

Overweight and obesity prevention policy

- [Solving the problem of childhood obesity within a generation - White House task force on childhood obesity report to the President \(2010\)](#)

Specific policy for the reduction of salt/sodium intake

- [Strategies to Reduce Sodium Intake in the United States – IOM \(2010\)](#)
- [National Salt Reduction Initiative \(NSRI\) - Goal and Summary factsheet \(2010\)](#)
- [National Salt Reduction Initiative \(NSRI\) - Packaged food categories and targets \(2010\)](#)
- [National Salt Reduction Initiative \(NSRI\) - Restaurant food categories and targets \(2010\)](#)
- [Sodium Warning Labels for Chain Restaurants \(2015\)](#)
- [CDC Sodium Reduction Initiative](#)

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

- [Code of Federal Regulations - Title 21](#)
- [Food Labeling: Revision of the Nutrition and Supplement Facts Labels AGENCY: Food and Drug Administration, HHS. ACTION: Final rule. \(2016\)](#)
- [Food Labeling: Serving Sizes of Foods That Can Reasonably Be Consumed At One Eating Occasion; Dual-Column Labeling; Updating, Modifying, and Establishing Certain Reference Amounts Customarily Consumed; Serving Size for Breath Mints; and Technical Amendments – FDA \(2016\)](#)



WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Targets and Timelines for Reducing Salt in Processed Food in the Americas \(2014\)](#)
- [National Salt Reduction Initiative Corporate Achievements \(2015\)](#)
- [Draft Guidance for Industry: Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods \(2016\)](#)
- [Sodium Reduction - FDA](#)
- [Funding Opportunity Announcement \(FOA\) DP16-1607: Sodium Reduction in Communities Program \(2016\)](#)
- [Sodium Reduction in Communities Program \(SRCP\) – CDC \(2017\)](#)
- [Connecting Public Health and the Food Industry to Reduce Sodium - Sodium reduction videos series \(2017\)](#)
- [Sodium Reduction in Communities Program - Outcome Evaluation Kit](#)
- [Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners](#)

2. Establishment of a supportive environment in public institutions

- [Under Pressure - Strategies for sodium reduction in worksites – CDC \(2010\)](#)
- [Under Pressure - Strategies for Sodium Reduction in the Hospital Environment – CDC \(2010\)](#)
- [Nutrition Standards in the National School Lunch and School Breakfast Programs \(2012\)](#)
- [Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010 \(2016\)](#)
- [School Meals - Tools for Schools: Reducing Sodium – USDA \(2017\)](#)
- [Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements - Interim final rule - Food and Nutrition Service \(USDA\) \(2017\)](#)
- [Finale Rule: Child Nutrition Program Flexibilities for Milk, Whole Grains and Sodium Requirements \(2018\)](#)
- [Nutrition Standards for School Meals \(USDA\)](#)

3. Behavior change communication and mass-media campaign (educational materials also included)

- [Dietary Guidelines for Americans \(2010\)](#)
- [Chronic Kidney Disease & Nutrition - NIH educational materials \(2010\)](#)
- [Reducing Sodium in Children’s Diets \(Infographic\) – CDC \(2014\)](#)
- [Sodium reduction in food service: A resource for public health professionals partnering with food service providers - Webinar and tips sheets - National Network of Public Health Institutes, CDC, the Culinary Institute of America \(2015\)](#)
- [Dietary Guidelines for Americans 2015-2020 \(2015\)](#)
- [Sodium Infographics – CDC \(2016\)](#)
- [Sodium Reduction Toolkit: A Global Opportunity to Reduce Population-Level Sodium Intake – materials in English and Spanish - CDC \(2016\)](#)
- [New sodium \(salt\) warning rule: what food service establishments need to know \(2016\)](#)
- [Low Sodium Foods: Shopping List - U.S. Department of Health and Human Services \(2017\)](#)
- [Eat Less Sodium: Quick Tips - U.S. Department of Health and Human Services \(2017\)](#)
- [Recipes for a Heart-Healthy Lifestyle \(2017\)](#)
- [Million Hearts 2022 \(2017\)](#)
- [Use the nutrition facts label to reduce your intake of sodium in your diet – materials in English and Spanish - FDA \(2018\)](#)



- [Sodium reduction fact sheets – CDC \(2018\)](#)
- [Sodium reduction guides and strategies for health professionals – CDC \(2018\)](#)
- [Healthy Eating Communications Kit – CDC \(2019\)](#)
- [Sodium reduction podcasts – CDC](#)
- [Salt - CDC](#)
- [ChooseMyPlate – Sodium - USDA](#)
- [Resources for School Nutrition Professionals \(USDA\)](#)
- [Million Hearts – website \(protocols, reports, fact sheets in English and Spanish\)](#)
- [Eating right for Chronic Kidney Disease \(NIH\)](#)
- [Chronic Kidney Disease \(CKD\) and Nutrition – website: assessment, management, and treatment, educational materials in English and Spanish](#)
- [National Heart, Lung, and Blood Institute - Online Catalog](#)
- [High Sodium Warning Label: Why it Matters](#)
- [Sodium on the Nutrition Facts Label - FDA](#)
- [Sodium Reduction - FDA](#)

4. Implementation of front-of-pack labeling

5. Monitoring

a. Population salt/sodium intake

- [Vital Signs: Sodium Intake Among U.S. School-Aged Children – 2009–2010 \(2014\)](#)
- [What We Eat in America, NHANES 2013-2014 \(2015\)](#)
- [Million Hearts: Meaningful Progress 2012-2016 \(2017\)](#)
- [Healthy People 2020 - Data Source: National Health and Nutrition Examination Survey \(NHANES\); Centers for Disease Control and Prevention, National Center for Health Statistics \(CDC/NCHS\)](#)

b. Consumer knowledge, attitudes, and behavior

c. Salt/sodium content in foods – reformulation

- [National Salt Reduction Initiative Corporate Achievements \(2015\)](#)
- [Early outcomes for Sodium Reduction in Communities Program \(2016\)](#)
- [US Food Industry Progress During the National Salt Reduction Initiative: 2009–2014 \(2016\)](#)



URUGUAY*

Government policies

Public health policy

- [Objetivos Sanitarios Saludables 2020 \(2015\)](#)

NCD policy

- [Guía de práctica clínica de diabetes mellitus tipo 2 para la atención en el ámbito ambulatorio \(2017\)](#)
- [Recomendaciones para el abordaje de la hipertensión arterial sistémica en el primer nivel de atención \(2017\)](#)

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

- [MERCOSUR/GMC/RES. N° 26/03. Reglamento Técnico MERCOSUR para Rotulación de Alimentos Envasados \(2006\)](#)
- [MERCOSUR/GMC/RES. N° 01/12. Reglamento técnico MERCOSUR sobre información nutricional complementaria \(declaraciones de propiedades nutricionales\) \(2012\)](#)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. Reformulation of food products – voluntary or mandatory targets

- [Acuerdo de trabajo entre el Ministerio de Salud Pública, la Comisión Honoraria para la Salud Cardiovascular y el Centro de Industriales Panaderos del Uruguay \(2013\)](#)
- [Campaña Nacional: Menos Sal, Más Salud. Estrategia para la Prevención de las Enfermedades Cardiovasculares \(2014\)](#)
- [Decreto 330/014, sobre la derogación y modificación del Reglamento Bromatológico Nacional. Bebidas para deportistas. Alimentos modificados. Suplementos para deportistas. Alimentos para fines especiales \(2014\)](#)

2. Establishment of a supportive environment in public institutions

- [Ley N.º 19.140 sobre la alimentación saludable en los centros de enseñanza \(2013\)](#)
- [Decreto Municipal IM - N° 34.952 sobre retiro de saleros de la mesa de restaurantes \(2013\)](#)
- [Decreto N.º 60/014 de reglamentación de la Ley 19.140 relativo a la protección de la salud de la población infantil y adolescente a través de la promoción de hábitos alimenticios saludables](#)
- [Ordenanza Ministerial N.º 116/2014: listado de grupo de alimentos recomendados para su oferta en las cantinas y/o quioscos de las instituciones educativas y criterios nutricionales de referencia \(2014\)](#)
- [Lineamientos para la venta y publicidad de alimentos en centros de enseñanza primaria y secundaria públicos y privados del país \(2014\)](#)
- [Recomendaciones de buenas prácticas para la implementación de cantinas y quioscos saludables en las instituciones educativas \(2014\)](#)
- [Resolución N° 1694/14, por la que se aprueba el reglamento del artículo 1.º del Decreto N.º 34.952, de la Junta Departamental de Montevideo, sancionado el 20 de febrero de 2014, por el que se adoptan medidas con el objetivo de reducir el uso excesivo de sal y condimentos con alto contenido en sodio \(2014\)](#)
- [Manual para cantinas saludables en centros educativos \(2020\)](#)



3. Behavior change communication and mass-media campaign (educational materials also included)

- [Derecho a la Alimentación, Seguridad Alimentaria y Nutricional: Logros y Desafíos de Uruguay \(2015\)](#)
- [Guía Alimentaria para la población uruguaya: para un alimentación saludable, compartida y placentera \(2016\)](#)
- [Campaña Menos Sal, Más Salud \(2017\)](#)
- [Un 30% menos de sal para 2025 \(2019\)](#)

4. Implementation of front-of-pack labeling

- [Decreto N° 272/018, por el que se modifica el Reglamento Bromatológico Nacional, relativo al rotulado de alimentos \(2018\)](#)
- [Manual para la aplicación del Decreto N.º 272/018 sobre rotulado frontal de alimentos \(2019\)](#)

5. Monitoring

a. Population salt/sodium intake

b. Consumer knowledge, attitudes, and behavior

- [1.ª Encuesta nacional de factores de riesgo de enfermedades crónicas no transmisibles \(2006\)](#)
- [2.ª Encuesta nacional de factores de riesgo de enfermedades no transmisibles \(2013\)](#)
- [Encuesta Nacional de Salud, Nutrición y Desarrollo Infantil \(ENDIS\) \(2015\)](#)

c. Salt/sodium content in foods – reformulation

* Data validated by government officials.



VENEZUELA (BOLIVARIAN REPUBLIC OF)

Government policies

Public health policy

- [Plan Nacional de Salud 2009-2013/2018 \(2009\)](#)
- [Fundamentos de las normas de los programas de salud, Ministerio del Poder Popular para la Salud \(2012\)](#)

NCD policy

Specific policy for the reduction of salt/sodium intake

Legislation / Regulation

Taxes on high-sodium foods

Regulation on marketing of foods high in salt to children

Nutritional labeling (include sodium content on nutritional panel)

WHO “Best buys” to reduce unhealthy diet, and monitoring

Reduce salt intake through:

1. **Reformulation of food products – voluntary or mandatory targets**
2. **Establishment of a supportive environment in public institutions**
3. **Behavior change communication and mass-media campaign (educational materials also included)**
 - [Guías de alimentación para Venezuela \(1991\)](#)
 - [Campaña Agarra Dato Come Sano \(2014\)](#)
4. **Implementation of front-of-pack labeling**
5. **Monitoring**
 - a. **Population salt/sodium intake**
 - [Encuesta de seguimiento al consumo de alimentos. Informe Semestral. Segundo semestre 2012 al Primer semestre 2014 \(2014\)](#)
 - b. **Consumer knowledge, attitudes, and behavior**
 - c. **Salt/sodium content in foods – reformulation**

Noncommunicable diseases (NCDs) are the leading cause of death worldwide, and cardiovascular diseases (CVDs) are the leading cause of NCD mortality. In the Region of the Americas, NCDs are responsible for more than 80% of all deaths, with CVDs being the leading cause of death in almost all countries. Every year, an estimated 1.9 million people in the Region die from these diseases, and more than half a million are premature deaths. Moreover, over half of CVD deaths in the Region are attributable to high blood pressure.

There is clear evidence that excessive consumption of salt/sodium adversely affects blood pressure. WHO recommends a population-based daily intake of less than 5 g of salt (< 2 g of sodium) per adult from all sources as the target for dietary salt/sodium reduction initiatives. However, salt/sodium consumption in the Region is well above the recommended level, with daily salt intake ranging from 8.5 g to 15 g per person.

This publication provides high-level information about salt/sodium reduction initiatives in the Region of the Americas. It maps existing country policies and initiatives addressing population dietary sodium reduction in the Region of the Americas. It also identifies policy gaps following what is outlined in the World Health Organization “Best Buys” most cost-effective recommendations for the prevention and control of diet-related noncommunicable diseases. In addition, it makes available a repository of policies, laws, and regulations to reduce population salt/sodium intake in the Americas. Last, it uses data on policy gaps to discuss priorities for future work in the Region.

Using mixed methods to analyze data from 34 countries, this study concludes that the past decade has witnessed significant advances in policies and interventions to reduce salt/sodium intake in the Region. However, it finds that it is very difficult to assess the level of implementation, which is quite heterogeneous.

Reducing salt/sodium consumption is a cost-effective intervention that can save many lives by reducing the burden of diet-related NCDs. Therefore, this publication concludes that it is critical that governments accelerate efforts to meet the 2025 global target of a 30% relative reduction in mean population intake of salt/sodium in order to be on track to achieve Sustainable Development Goal Target 3.4. Last, it finds that implementation and evaluation research are much needed in the Region to assess and improve regulations, policies, programs, and interventions to reduce salt/sodium intake.

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