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People with fewer resources consumed more salt

People with socioeconomic status lowest UK eat more salt than those with more resources, a study led by British researchers of the "Warwick Medical School" and published in "BMJ Open journal" ...

The study focused on the geographical distribution of salt intake in the UK and its association with manual occupations and educational level. To do this, the researchers used the National Nutrition Survey, which collects data on 2105 men and women aged between 19 and 64 who live in the UK.



The results support that salt intake is significantly higher in people with low levels of education and have manual labor, and that also includes people living in Scotland eat more salt than those of England and Wales.

The lead author of the research, Professor Francesco Cappuccio, stressed the importance of these results, "they explain in part why people of low socioeconomic status are more likely to develop hypertension" and its consequences.

Meanwhile, Teresa Morris, a member of the BUPA Foundation, which funded the study, said that "salt intake in most populations around the world exceeds 10 grams per day, when the World Health Organization (WHO) recommends not exceeding 5 grams".

Therefore takes the view that implementation of salt reduction programs, for "they are a cost-effective way to reduce the burden of cardiovascular disease at national and global level."

In this line, Cappuccio explained that, during the study, there has been a reduction in salt intake in Britain from 9.5 to 8.1 grams per day during the period 2004-2011, thanks to an effective policy includes awareness campaigns, food reformulation and surveillance.

"While it is an achievement to celebrate, our results suggest the presence of social inequalities in levels of

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salt are underestimated health risks of people who are worse off and need a greater prevention" has warned.

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