



# WHL · NEWSLETTER

News from the World Hypertension League (WHL).  
A division of the International Society of Hypertension, and in official relations with the  
World Health Organization.

No. 120, August 2008

## Editorial

### World Action on Salt and Health (WASH)



Katharine Jenner

World Action on Salt and Health (WASH) was established in 2005 with the aim of bringing about a gradual reduction in salt intake throughout the world, following the success of the UK group Consensus Action on Salt and Health (CASH). WASH encourages and supports experts in different countries in setting up their own local campaigns. There are currently 323 members, including many world-renowned experts in hypertension, from 73 countries.

Activities range from encouraging multi-national food companies to reduce salt in their products, raising awareness amongst consumers through media activity, working with Governments and consulting on clear nutrition labelling.

In January 2008, WASH launched World Salt Awareness Week 2008, focusing on the effects of salt on children. The aims of the Week were:

- To reduce the amount of salt consumed by children
- To publicise that children should eat even less salt than adults
- To highlight where the salt comes from in children's diets
- To provide practical information on how to reduce the level of salt children eat

We had fantastic support from WASH representatives around the world. Activities ranged from involvement from hypertension experts, representatives from the health and education ministries, consumers, the media and the food industry.

World Salt Awareness Week received wide-ranging local, national and international media coverage, including conferences, radio and press interviews, publication in newspapers, maga-

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## WHL News

### Tribute to Prof. Detlev Ganten



Detlev Ganten

During the WHL Board meeting on June 17, 2008, all board members acknowledged the contribution of Prof. Detlev Ganten, who retired from his activities for the WHL Board. The board expressed its deepest compliments for decades of tireless commitment for both the development of the WHL and the promotion of the WHL goals. Prof. Ganten served as president of the WHL from March 1990 until June 1995, then continued to serve as past-president until August 2000 and thereafter as board member.

During his presidency, WHL continued to increase and started important activities, like the first ever World Conference on Hypertension Control in 1995 with its significant Ottawa declaration. Under his presidency, such worldwide popular activities like the WHL International Art competition were initiated, using art as a communication tool to raise awareness on the prevention of hypertension by life style changes. Also during his term, the fruitful cooperation between ISH and WHL was initiated.

His concluding words "***We keep fighting hypertension***" once again demonstrated his devotion to the issues related to hypertension control. ■

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WASH continued

zines and newsletters, school activities, meetings with schoolchildren and teachers, educating doctors on a personal level, talking to patients and word of mouth, including informal education sessions at places of work.

Prior to the event, various resources were provided to our members to be used, or adapted for use, including posters, leaflets, fact sheets, draft press release and a survey example. Members were encouraged to review local messages regarding salt intake, targets for children (if available) and sources of salt in the diet. Despite language barriers, the resources were widely used and considered very useful to the WASH members. Example of publicity materials in Georgia and UK:



The countries who contributed to the success of World Salt Awareness Week included: Australia, Bangladesh, Barbados, Belgium, Canada, Croatia, Finland, Georgia, India, Israel, Nigeria, Pakistan, Poland, Portugal, Serbia, Slovakia, Slovenia, Sweden, Turkey, UK and the US. Some highlights of the activity included **Australia** World Action on Salt and Health (AWASH) involving scientific experts, political representatives and the food industry in World Salt Awareness Week.

The Hypertension Committee of the National Heart Foundation of **Bangladesh** held a round table meeting in collaboration with the World Health Organization, attended by leading physicians, cardiologists, nutritionists, bio-chemists and the food industry.

The Canadian Stroke Network in **Canada** undertook a number of activities, partnering up with two of Canada's Networks of Centres of

Excellence to award the first national 'Salt Lick' Award for the saltiest kid's meal.

Croatia held a conference featuring experts, the food industry, patients and students and conducted a radio interview on the subject of World Salt Awareness Week.

**Georgia's** many activities included a conference, education in schools, raising awareness among government representatives, and received funding for the adaption of WASH posters and guides.

**Nigeria** saw experts come together to hold a symposium for the Week, while **Serbia's** Institute of Public Health of Vojvodina investigated salt content in the food in the market as a project supported by the Novi Sad Assembly, Health Authorities and Preventative medicine experts from the Institute of Public Health.

The **Slovak** League against Hypertension produced a press release and held a press conference in Bratislava to experts, food producers and volunteers. Similarly, **Sweden** marked the event involving scientists and the Swedish Food Agency by issuing a press release, which occurred alongside an EU food conference.

The **Turkish** Society of Hypertension and Renal Diseases adapted a press release with locally relevant information from the WASH template and WASH resources.

In the **UK** Consensus Action on Salt and Health (CASH) held its 9th National Salt Awareness Week. A media release was issued highlighting that many foods eaten by UK children still contain large amounts of salt. A reception was held at the House of Commons, and Salt Awareness Week had national support from nearly 300 supporting events held by health professionals.

Moving forward, WASH intends to involve the member countries in the early planning stages of World Salt Awareness Week 2009 and suggestions for the major theme for this week are very welcome. Having received positive feedback from participants, and useful advice on the resources available, we believe that next year will be an even bigger and more impactful event, we would like to encourage World Hypertension League members to join us.

Further details of World Salt Awareness Week, our members and activities can be found at [www.worldactiononsalt.com](http://www.worldactiononsalt.com)

We welcome new members who have an interest in reducing salt intake in their individual countries. Please email WASH: wash@sgul.ac.uk



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### Commentary from the Chinese Hypertension League

In China hypertension workers have long worked on reducing the salt intake in the diet of the Chinese people. As Chinese food is cooked in a way quite different from Western food, most salt is added during cooking. Therefore, salt substitution is another practical way to reduce sodium chloride intake. A Pilot study is underway. Hypertension workers together with nutritionists are collaborating on this project.



Prof. Liu Lisheng

## WHL News

### Report from the WHL Council Meeting in Berlin

A WHL Board meeting was held in conjunction with the 22<sup>nd</sup> Scientific Meeting of the International Society of Hypertension and the 18<sup>th</sup> Meeting of the European Society of Hypertension in Berlin on June 17, 2008.



Arun Chockalingam, Liu Lisheng (from left to right)



Leave Taking Ceremony at the International Congress Center (Berlin): Arun Chockalingam, Michael Alderman, Liu Lisheng, Detlev Ganten (from left to right)

The agenda included discussions on future activities such as a worksite project, the admission of new members, the 25<sup>th</sup> anniversary of WHL in 2009, and the motto for the 2009 World Hypertension Day. For the latter topic the final decision is still pending, however, as soon as the decision is made the motto will be posted on our website.

In addition, long acting members of the board were bid farewell, as outlined on page 1 and below.

### Changes in the WHL Board

As per WHL constitution the two *ex-officio* members representing ISH are the current President and Past President of ISH. Accordingly, Dr. Tony Heagerty, current President of ISH will replace Dr. Michael Alderman on the WHL Board.

The WHL Board welcomes Dr. Tony Heagerty and is looking forward to a fruitful cooperation.



Tony Heagerty

The WHL Board expressed its gratitude and appreciation to Dr. Michael Alderman for his engagement, contributions and constructive advises during the last years (see also group picture on top).



Michael Alderman

## People

Dr. Artur Beltrame Ribeiro has been elected President of the **Brazilian Society of Hypertension**. Dr. Fernando Nobre is Vice President and Dr. Frida Liane Plavnik is General Secretary. The address of the Society is: Avenida Paulista, 2073, 5<sup>th</sup> Floor, Suite 505/508, Edif Horsa I, São Paulo – SP 01311-300, Brazil.

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## Electronic Newsletter Delivery



<http://www.worldhypertensionleague.org>

### Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

#### Secretariat:

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 E-mail: whlsec@sfu.ca  
 Internet: <http://www.worldhypertensionleague.org>

#### Board Officers:

Liu Lisheng (Beijing), President  
 Lawrence Beilin (Perth), Vice-President  
 Peter Sleight (Oxford), Past President  
 Arun Chockalingam (Vancouver), Secretary General

#### Members:

J. George Fodor (Ottawa)

#### Advisors to the Board:

M. Mohsen Ibrahim (Cairo), Developing Countries  
 Jörg Pötzsch (Berlin), Communications

#### ISH Representation:

Tony Heagerty (Manchester, UK)  
 Lars Lindholm (Umeå, Sweden)

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## Calendar

### XVI Congress of the Brazilian Society of Hypertension

August 7–9, 2008

Rio de Janeiro, Brazil

*Information:* Ms Marly Galvani  
 Brazilian Society of Hypertension  
 Av. Rio Branco, 257 suite 906  
 20040-009 Rio de Janeiro, Brazil

Fax: (+55-21) 2524-4401

E-mail: hipertensao2008@congregare.com.br

Website: <http://www.sbh.org.br>

### 62<sup>nd</sup> High Blood Pressure Research Conference

September 17–20, 2008

Atlanta, GA, USA

*Information:* AHA Registrar – HBP081  
 c/o Experient, Inc., 1888 N. Market Street  
 P.O. Box 4088, Frederick, MD 21705, USA

Fax: (+301) 694-5124

E-mail: scientificconferences@heart.org

### 6<sup>th</sup> World Stroke Congress

September 24–27, 2008

Vienna, Austria

*Information:* Kenes International –  
 Global Congress Organizers and Association  
 Management Services

1-3, rue de Chantepoulet, CH-1211 Geneva 1

Fax: (+41-22) 732-2850

E-mail: stroke2008@kenes.com

Website: <http://www.kenes.com/stroke2008>

### IV Congreso Uruguayo de Hipertensión Arterial

October 2–3, 2008

Montevideo, Uruguay

*Information:* Uruguayan Hypertension Society (SUHA), Secretariat Personas  
 Plaza Independencia 831/808

Montevideo, Uruguay

Fax: (+598-2) 902 4264

E-mail: hipertension2008@personas.com.uy

Website: <http://www.surhta.com>

### 2<sup>nd</sup> World Congress on Controversies in Diabetes, Obesity and Hypertension (CODHy)

October 30 – November 2, 2008

Barcelona, Spain

*Information:* ComtecMed, PO Box 68

Tel Aviv, 61000, Israel

Fax: (+972-3) 5666177

E-mail: info@comtecmed.com

Website: <http://www.codhy.com>