
Take Action to Prevent Stroke for World Salt Awareness Week



News Release by [World Action on Salt and Health](#) [1](WASH)

World Salt Awareness Week 2012 will focus on salt reduction and the prevention of stroke. The week will run from 26 March-1 April.

Worldwide 3 million women and 2.5 million men die from stroke every year.

Stroke is the third most common cause of death in developed countries. Salt reduction and stroke prevention has been selected as the topic for World Salt Awareness Week (WSAW) 2012 because salt is the major factor that raises blood pressure and high blood pressure is the single most important risk factor for stroke.

Evidence also suggests that a high salt intake has a direct, independent effect on stroke. Salt is therefore responsible for many of the incidences of stroke. Reducing average salt intake by just 1g/day can prevent thousands of deaths from stroke every year, plus the additional thousands of events that do not result in death.

To date WASH has received great support from its members. I am pleased to invite you to participate in WSAW and will be delighted to hear how you will be supporting the week; be it holding an event, creating media coverage or generating awareness within local communities. WASH is keen to highlight these activities and drive awareness on the important issue of salt reduction worldwide.

Please [click here](#) [2] to download a translated version of the WASH poster

For more details on how to participate in World Salt Awareness '[Get Involved](#)' [3]

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Links

[1] <http://www.worldactiononsalt.com/>

[2] <http://www.worldactiononsalt.com/awarenessweek/World%20Salt%20Awareness%20Week%202012/Posters/63602.html>

[3] <http://www.actiononsalt.org.uk/awareness/Salt%20and%20stroke%202012/Get%20Involved/59132.html>

