

Meeting of the WHO Action Network on Salt Reduction in the Population in the European Region (ESAN) 20 – 21 April 2016, Lisbon, Portugal

Wednesday, 20 April 2016

09:00 **Registration**

09:30 – 09:45 **Introductory Session**

- *Opening and welcome of the meeting*
 - Francisco George, Director-General, Directorate-General of Health, Portugal (chair)
 - Fernando Almeida, President of INSA, Portugal
 - João Breda, Programme Manager Nutrition, Physical Activity and Obesity, WHO Regional Office for Europe
- *Objectives of the ESAN meeting*
 - Michael Beer, Chair of the ESAN, Switzerland
- *Presentation of meeting participants*

09:45 – 12:30 **Session 1: Update on salt reduction strategies within the WHO European Region**
(including coffee/tea break of 15 minutes)

Chair: Liliane Bruggmann, Switzerland

- Noncommunicable diseases in the WHO European Region - Focus on salt, João Breda, WHO Regional Office for Europe
- The SHAKE Package for Salt Reduction, Stephen Whiting, WHO Headquarters (5-10min)
- Countries – updates (short presentations of 5-10 min)
 - Portugal, Pedro Graça and Carla Goncalves (30 min)
 - Ireland, Karl McDonald
 - Greece, Georgios Marakis
 - Slovenia, Mojca Gabrijelčič Blenkuš
 - Italy, Pasquale Strazzullo
 - Norway, Amandine Lamglait
- Insight into developing salt strategies, Jacqui Webster, George Institute for Global Health, Sydney, AU (15 min)
- How to develop sustainable national salt reduction strategies, Graham MacGregor, Chairman of Consensus Action on Salt and Health (CASH), London, UK (30 min)

12:30 – 14:00 **Lunch Break**

14:00 – 17:30 Session 2: Measuring and monitoring salt intake

(including coffee/tea break of 30 minutes)

Chair: Pedro Graça, Portugal

- Examples of across-country databases for salt (and other public health relevant nutrients)
 - International Food Monitoring Database, Jacqui Webster, George Institute for Global Health, Sydney, AU (30min)
 - Brandbank Global Product Exchange, Kevin Knight, Global Training Manager, Brandbank (30min)
 - GS1 EU1169 Databases, Cassi Belazouz, GS1 In Europe Data Excellence Manager, GS1 France (30min)
 - Dutch infrastructure to manage data on salt in foods, Susanne Westenbrink, National Institute for Public Health and the Environment (RIVM), Bilthoven, NL (15min)
- Methods to measure salt intake at individual level – gold standard, proxy and calibration needs, Francesco Cappuccio, University of Warwick, Coventry, UK (30min)
- Discussion

19:00 Joint Dinner

Thursday, 21 April 2016

08:30 – 10:45 Session 3: Research Projects / Scientific updates

Chair: João Breda, WHO Regional Office for Europe

- State-of-the-Art salt and health outcomes, Francesco Cappuccio, University of Warwick, Coventry, UK (30min)
- Update on link between salt-(thirst-soft drinks)-obesity, Feng J He, Wolfson Institute of Preventive Medicine, London, UK (30min)
- Iodine in Portugal, Elisa Keating, University of Porto, Porto (30min)
- Composition of specialty salts, Esther Infanger, Federal Food Safety and Veterinary Office, Bern, CH (15min)
- Salt, saturated fat and sugars in selected foods from several European countries, Ivon Milder, National Institute for Public Health and the Environment (RIVM), Bilthoven, NL (30min)

10:45 – 11:15 Coffee/tea break

11:15 – 12:15 Session 4: Reformulation – technological feasibility & consumer acceptability

Chair: Michael Beer, Switzerland

- Reformulation – technological feasibility and practical limits, Ronald W. Visschers, Consultant for TNO in the area of Food and Nutrition (30min)
- Evidence on consumer acceptability from the systematic literature review and meta-analysis, Jacqui Webster, George Institute for Global Health, Sydney, AU (30min)

12.15 – 12.30 Conclusions, next steps, next host country