

**10<sup>th</sup> Meeting of the WHO Action Network on Salt Reduction  
in the Population in the European Region (ESAN)  
12 - 13 September 2018, Rome, Italy**

**Wednesday, 12 September 2018**

**09:00 Registration**

**09:30 – 10:00 Introductory Session**

- *Opening and welcome of the meeting*
  - Daniela Galeone, Senior Medical Officer, Head of the Office 8 “Prevention and Control of Noncommunicable Disease”, Directorate General for Prevention, Ministry of Health, Italy
  - Jo Jewell, 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*

**10:00 – 12:30 Session 1: Update on salt reduction strategies within the WHO European Region  
(including coffee/tea break of 30 minutes)**

*Chair: Michael Beer, Switzerland*

- Country updates (short presentations of 10 min)
  - Italy, Daniela Galeone, The current salt reduction strategy
  - Spain, María José Yusta, New reformulation strategy with regard to salt
  - Netherlands, Marieke Hendriksen (RIVM), Estimated effect of lower salt contents in foods on daily salt intake in the Netherlands
  - Israel, Ronit Endevelt, The Israeli challenge over reformulation to reduce salt intake – a national survey
  - Bulgaria, Vesselka Duleva, Salt intake in Bulgarian population at the age of 15-75 years estimated from sodium urinary excretion
  - Norway, Henriette Øien, Update on the salt partnership in Norway
- Update from WHO Headquarters and Regional Office for Europe about current initiative work, Chizuru Nishida (10 min)

**12:30 – 14:00 Lunch break**

**14:00 – 15:15      Session 2: Sources of salt intake**

*Chair: Jo Jewell, WHO Europe*

- Continuation: Update from WHO Headquarters and Regional Office for Europe about current initiative work and New data on sodium in foods from the WHO/Europe FEEDCities project, Jo Jewell (20 min)
- Republic of Moldova and Montenegro: New data on sodium in foods from national surveys, Francesco Cappuccio, University of Warwick, UK (10 min)
- Montenegro: national “rulebook” for salt in bread and planned activities on meat products, Radana Damjanovic, Deputy Minister of Agriculture, Montenegro (10 min)
- Dietary Sources of High Sodium Intake in Turkey: SALTURK, Sodium content in packed foods, Yunus Erdem, Department of Internal Medicine, Division of Nephrology, Hacettepe University Faculty of Medicine, Turkey (10 min)
- Developing a salt reduction resource kit for WHO European Region: reflections on experience from the Americas, Branka Legetic (10 min)
- Discussion

**15:15 - 15:45      Coffee/tea break**

**15:45 – 17:00      Session 3: Understanding the market and informing consumers**

*Chair: Francesco Cappuccio*

- Salt tax in Portugal, Francisco Goiana da Silva, Portugal (via Webex, 10 min)
- Modelling the impact of salt taxes, Linda Cobiac, WHO collaborating centre Oxford (10 min)
- foodDB – using big data techniques to track the nutritional composition of foods in the UK, Vyas Adhikari, University of Oxford, UK (via Webex, 10 min)
- App „Do I choose healthy?“, Ivon Milder, RIVM, Netherlands (10 min)
- Discussion (15 min)

**17:00 – 18:15      The science of salt and health – addressing recent controversy**, Francesco Cappuccio

*Chair: Pasquale Strazzullo, Federico II University of Naples, SINU (Italian Society of Human Nutrition)*

**19:00                  Joint dinner**

**Thursday, 13 September 2018**

**08:30 – 11:00      Session 4: Workshop “skills lab”**

*Chair: João Breda, Head of WHO European Office for the Prevention and Control of Noncommunicable Diseases & a.i. Programme Manager Nutrition, Physical Activity and Obesity, WHO Regional Office for Europe*

Workshops to share scientific know how (90 min):

- **Group 1:** Monitoring sodium intake and integrating into ongoing surveillance (Ivo Rakovac and Francesco Cappuccio)
- **Group 2:** Approaches to monitoring the composition of the food supply (Ivon Milder, Michael Beer and María Jose Yusta)
- **Group 3:** Sodium and nutrition labelling (Jo Jewell, Chizuru Nishida and Ronit Endevelt)
- **Coffee/tea break (15 min)**
- Presentations of workshop results to all (15 min)
- Discussion (15 min)

**11:00 – 11:30      Discussion: Participation of NGOs as observers**

**11:30 – 12:00      Special session: Celebrating 10 years of ESAN – Review and outlook of the WHO salt reduction action, João Breda, WHO Europe**

**12:00 – 12:15      Conclusions, next steps, next host country**

**12:15 – 14:00      Goodbye lunch**