LEARNING BY DOING: A HEALTH IMPACT ASSESSMENT STUDY ON BREAD SALT REDUCTION AND ITS EFFECTS ON CARDIOVASCULAR DISEASE

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BACKGROUND

“Biennal Collaborative Agreement” between WHO & Portuguese Ministry of Health: focus on building capacity in Health Impact Assessment (HIA).

Workshop Nov 2017, Lisbon: agreement on development of 3 HIA pilot studies (learning by doing).

Pilot study objectives: To evaluate the impact of salt reduction in bread on cardiovascular diseases in the Portuguese population, according to the goals established in the protocol signed between the Directorate-General for Health (DGS), the National Institute of Health Doutor Ricardo Jorge (INSA) and bakeries associations.

MATERIALS AND METHODS

The Guidelines from Irish National Institute of Public Health were used to proceed with the screening and scoping phases of the HIA process. The potential impacts of the proposal on health determinants were assessed.

CONCLUSIONS

The screening outcome revealed that impacts are likely to occur and are of great importance for health, affecting positively a large population at risk. Assessment of salt reduction impact on CDVs in Portuguese population is of utmost importance to maximize health gains in this country.

To evaluate the potential impact of hypertension and other CVDs resulting from the reduction on the salt content in bread.

To evaluate the potential health impact on the "bread and salt industry", employment in the sectors and on sales.

To evaluate the potential health impact on age schooling (6-18 years) children, families behaviors and dietary habits.

RESULTS

Social and economic conditions most likely impacted: Education, employment and community interaction

SCREENING

PROSPECTIVE, RAPID, EQUITY FOCUSED HIA

IMpACTS TO EVALUATE

SCOPING

IMpACTS DIAGRAM

Inputs

• Social pact with industry
• Salt reduction in bread Protocol
• Recommendations for legislative measures
• Legislative measures
• Stakeholders commitment
• School agreement to give bread with less salt in schools
• National bakeries agreement to sale bread with less salt

Outputs

• Population groups most likely to be affected in their health: all bread consumers, namely the less educated, retired, housewives and unemployed

Outcomes

• Reduction of salt consumption
• High Blood Pressure (HBP) control
• Modified life styles
• Community compliance

Impacts

• Cardiovascular disease
• Healthy Life Years (HLY)
• Healthier lifestyles
• National Health System costs

POSITIVES

NEGATIVES

• Jobs
• Poverty
• Poor health

POSSIBLE POSITIVE OUTCOMES

POSSIBLE NEGATIVE OUTCOMES

REFERENCES


