

LEARNING BY DOING: A HEALTH IMPACT ASSESSMENT STUDY ON BREAD SALT REDUCTION



AND ITS EFFECTS ON CARDIOVASCULAR DISEASE

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BACKGROUND

“Biennial 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.

