

Author: Bianca Swanepoel

Co Author: Aletta Schutte (Hypertension in Africa Research Team (HART); North-West University, Potchefstroom), Marike Cockeran (Statistical Consultation Services, North-West University), Krisela Steyn (Chronic Disease Initiative for Africa (CDIA), Department of Medicine, University of Cape Town), Edelweiss Wentzel-Viljoen (Centre of Excellence for Nutrition (CEN); North-West University)

Topic: Law and regulation in public health nutrition

Title: Sodium and potassium intake in South Africa: an evaluation of 24-hour urine collections in a White, Black and Indian population

Presentation Type: Oral

The median sodium and potassium excretion was 122.9 and 33.5mmol/day, respectively and the salt intake was 7.2g/day. The majority (92.8%) of the population did not meet the recommended potassium intake per day and 35.7% consumed between 6 and 9.9g of salt per day. Potassium excretion showed a linear relationship with salt intake (p -trend ≤ 0.001). No correlation was observed between systolic or diastolic blood pressure and salt intake (p -trend=0.03 and 0.4). The median sodium-to-potassium ratio was 3.5:0, which is three times the recommend ratio.

Conclusion:

These findings support the South African government's sodium reduction legislation, as well as global initiatives, but more consideration should be given to promoting the intake of potassium-rich foods, as this will have a greater public health impact than focussing only on the reduction of sodium in the diet.