

## Salt reduction in Mongolia



The National Centre for Public Health conducted a survey of population salt intake from 2011 to 2012 in areas representing the four economic regions of Mongolia (Uvs, Dundgobi, Bulgan and Khentii provinces and Bayanzurkh, Khan-Uul and Songino Khairkan districts of Ulaanbaatar city). The survey involved 1034 people between the ages of 25 and 64 (44.8% male/55.2% female).

The average daily salt intake was 11.1g, with 83.2% of the population consuming more than the WHO-recommended limit of 5g per day. About half of the survey participants regularly consumed salty tea and high-salt meals. One fifth did not know which food products were high in salt content. Fully 30% of the people completing the survey did not reduce their consumption of salt and 12.5% had no knowledge or understanding of the impact of salt intake on health. Almost 40% of the participants had arterial hypertension.

Samples were taken from about 500 food products and meals to determine their average salt content. Those with the highest salt content were identified as processed and canned meats (0.75–1.64g/100g); variety ham (2.01g/100g); semi-smoked ham (1.84g/100g); bread (1.1g/100g); vinegar (19.3g/100g); pickled vegetables (3.9g/100g); sauces and ketchup (2.6g/100g); potato chips; temple (2.4g/100g); processed pork and chicken meat (2.3g/100g); and fish (1.9g/100g).



Several Mongolian companies (Makh Impex, Talkh Chikher and Goyo) took the initiative of reducing the salt intake for their workers by cutting the salt content of meals in the workers' kitchens.

Talkh Chikher, one of the bread and confectionary producers in Mongolia, began reducing the salt content in its Atar bread by 10% in May 2011. The firm went on to reduce the salt content in different types of bread and other bakery products.