

Activities to promote “Adequate Salt Intake” In Amagasaki City

Tomohiro KATSUYA, Katsuya Clinic, Japan

Introduction

To promote the prevention and treatment of hypertension, it is essential to educate the public. Since 2015, the city of Amagasaki, where I practice, has been conducting activities to promote health through multidisciplinary cooperation.

Objectives

In Amagasaki City, efforts focus on salt reduction to prevent hypertension.

Collaborators joining the activity

- ① Volunteers from the Amagasaki City Medical Association gathered to form the "Amagasaki Adequate Salt Intake Promotion Committee".
- ② We also worked with the Health Up Amagasaki group, whose goal is to eradicate metabolic syndrome.
- ③ In addition to the above members, members of the Dental Association, Dietitians Association, Pharmacists Association, Chamber of Commerce and Industry, universities, the Japanese Association of Hypertension, and Health Insurance Union joined the activities.

Points in keep in mind in activities

- ① Conducting events that even young couples with children will want to attend (Not to be only for elderly people interested in health).
- ② Sustainable Activities
- ③ Involve as many stakeholders as possible in the activity.
- ④ Keep it participatory.
- ⑤ To be incorporated into daily life.

Location of Amagasaki City



Population: 459,261

Area: 50.71km²

Average age: 45.37 years



Amagasaki Castle was revived in modern times (2019) due to the voices of citizens who love Amagasaki.

Actual Activities

① Reducing Salt in School Lunches



Low-sodium lunch with 2.2g per meal

Delicious locally produced and consumed

② One-day health event held at the hotel



Measure blood pressure of all participants

Lectures by celebrities and Dr. Toshio Ogiwara, past president of ISH



Stall village with low-sodium and low-calorie foods



Screening of a film about the creation of natural soup stock (bonito and kelp) and soy sauce



“Bibliobattle” on the theme of health and salt reduction (read a book and present your own interpretation within a time limit)



Salt measurement booth by the Dental Association and information on the self salt measurement kit by Envelope Health Checkup



To attract visitors, a drawing for a blood pressure gauge and a low-sodium comedy act by city officials were also held



③ Amagasaki Citizens Only Point System



A system in which points are accumulated through health checkups, seminars, purchase of health foods, etc., to increase incentives for lifestyle disease prevention.

Conclusions

- The activities of the “Amagasaki Adequate Salt Intake Promotion Committee”, which are based on multidisciplinary cooperation, are helping the citizens of Amagasaki to improve their health and prevent lifestyle-related diseases (especially hypertension).
- It is necessary to continue to devise ways to encourage citizens to participate in activities on their own initiative.

COI Disclosure

I have no financial relationships to disclose