

# Old habits die hard

Reduced-sodium school lunches  
in elementary schools will create  
a new low-salt eating habit in Japan



ISH in Kyoto Session 24

For Perfect Hypertension Control in Daily Clinical Practice:  
Japan Method

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# COI Disclosure Information

Kusaka Clinic Director Miho KUSAKA, MD.PhD

**I have the following financial relationships to disclose.**

**Honoraria (lecture fee) :**

- **Takeda Pharmaceutical Company Limited**
- **DAIICHI SANKYO COMPANY, LIMITED**
- **Novartis Pharma K.K.**

# SDGs

# SUSTAINABLE DEVELOPMENT GOALS



## Sustainable Development Goals, Creating an Environment for a Sustainable Future

As the environment becomes more sustainable,  
at the same time

- People also need to extend their healthy life expectancy to lead sustainable and independent lives.
- Cerebrovascular disease is a major obstacle to healthy life expectancy
- Prevention of cerebrovascular disease requires a sustainable dietary environment.

In other words, we need to create a society where people can easily reduce salt intake.

# I have a dream

My dream is

- To extend the healthy life expectancy of the Japanese people by reducing the high salt intake in their diet, which is the number one cause of disease among the Japanese people.
- To prevent children from getting sick in the future.

To be able to successfully reduce salt intake is a scientific and intellectual resource.

**This is also an SDG.** For this purpose, we have been working on salt reduction projects since 2008.

# Prof. MacGregor

## Lecture on Salt Reduction and Health Care Economics.



### U.K. 2005-2008

- 10% salt reduction in processed foods by law.
- Salt intake 9.5g/day  $\Rightarrow$  8.6g/day (10% reduction)
- Succeeded in reducing medical expenses

by 2.4 billion dollars

At the Salt Reduction Summit in Kure 2012

**In Japan, traditionally there is more salt in  
food than in the UK,**

**We need to be serious about reducing salt**

**The goal is to**

***Make salt reduction a common  
decision*** in the health choices of

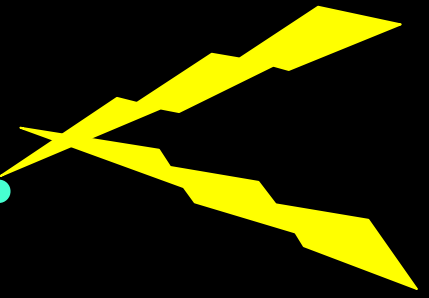
healthy **children** and adults, and to

**create a social environment**

**in which salt reduction becomes the norm.**

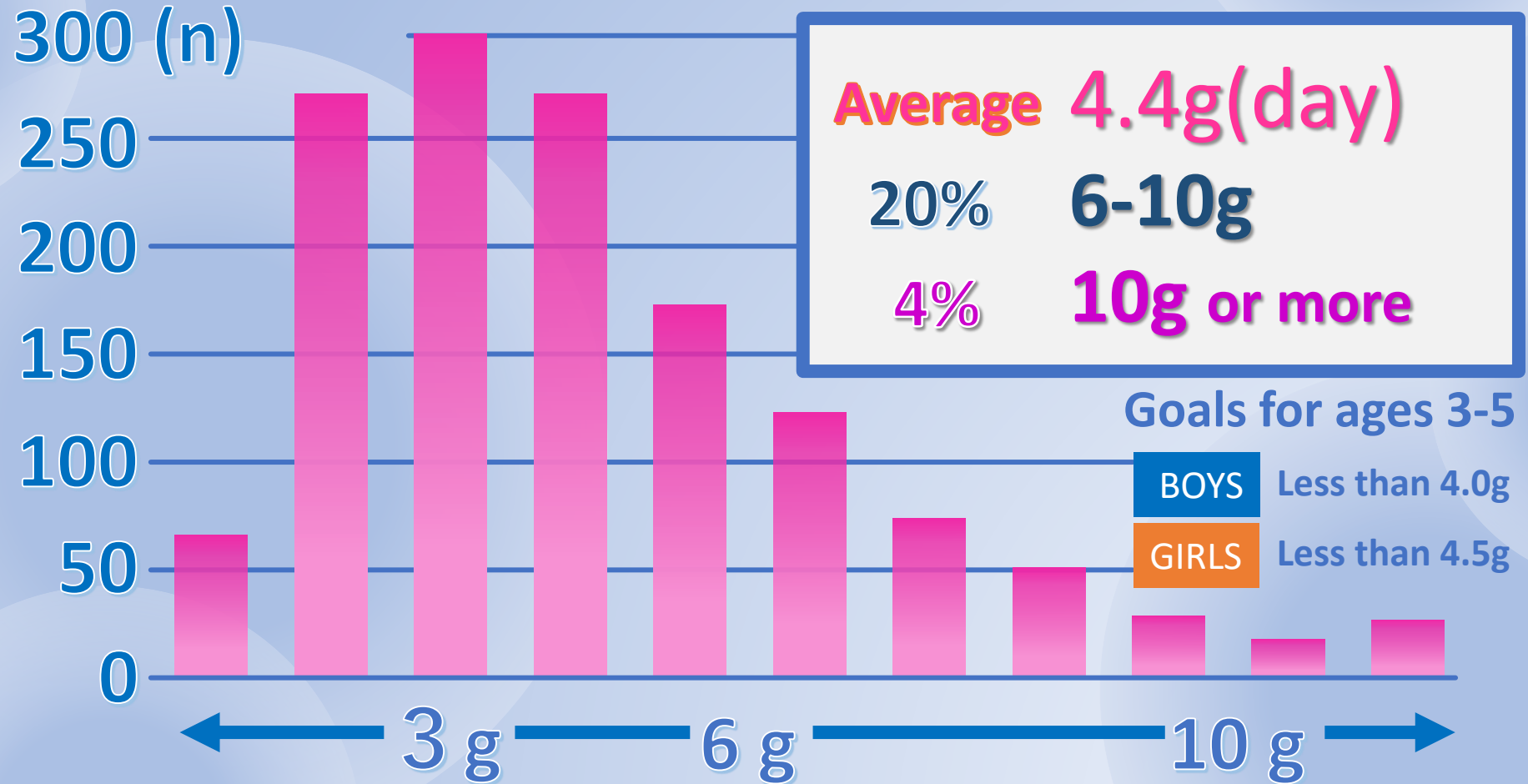


# Worrying fact...



- **The Japanese are currently unaware of their high-salt diets because they have become accustomed to these foods.**
- **They even feed salt to their young children.**
- **It's as if Japanese society has created a generation of children who suffer from an addiction to salt. Japan is growing sick people.**

# Salt intake (estimated from urinary sodium /day) for 3-year-old children





# Why is it necessary to reduce salt intake from childhood?

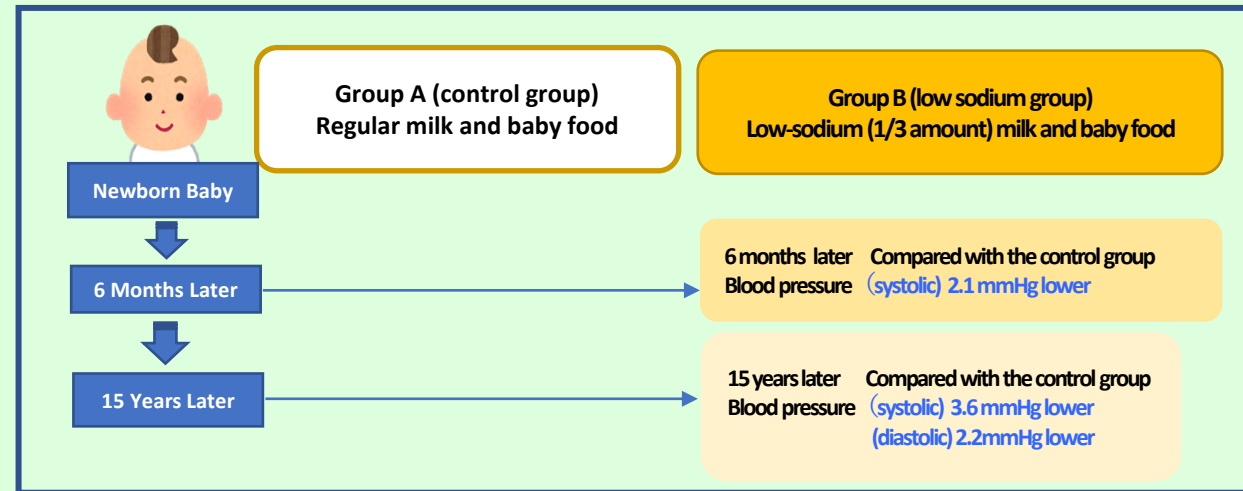
Low salt intake during babyhood may have a long-lasting effect on blood pressure later in life.

## A study examining the relationship between salt intake in babyhood and blood pressure later in life.

### 【Methods】

Newborns were divided into two groups, raised on milk and baby food with different amounts of salt, and then examined for differences in blood pressure 6 months and 15 years later.

Group A was raised on regular milk and baby food (although baby milk contained a small amount of salt), while Group B was raised on milk and baby food whose salt content was reduced to one-third.



### 【Results】

Six months later, the babies' blood pressure was measured and found to be lower in the low-sodium group B than in group A.

Furthermore, when the babies' blood pressure was examined 15 years later, the blood pressure of Group B, which had reduced salt intake, was lower than that of Group A.

It is possible that if salt is reduced in childhood, the blood pressure can be controlled without excessive salt intake as the child grows up.

# **The most important thing is nutrition education for children**

Lifestyle-related diseases such as high blood pressure do not suddenly develop in adulthood, but are usually the result of the accumulation of eating habits from childhood.

**To get children to learn to like safe and healthy food** is an important gift from parents and society to prevent disease.

“Old habits die hard.”

So, we aim to educate them.

PROGRAM &  
ABSTRACTS  
プログラム・  
抄録集

子供たちと  
この国の未来のために、  
市民と医師が本気で減塩について考える。  
SALT-CONSCIOUS

2012.5.26(土)-27(日)

減塩サミット in 呉 2012

Kure Health Summit 2012: Reducing Salt Intake to Prevent Disease

大和ミュージアム (呉市海事歴史科学館) / 呉阪急ホテル

## Salt Reduction Summit in Kure 2012

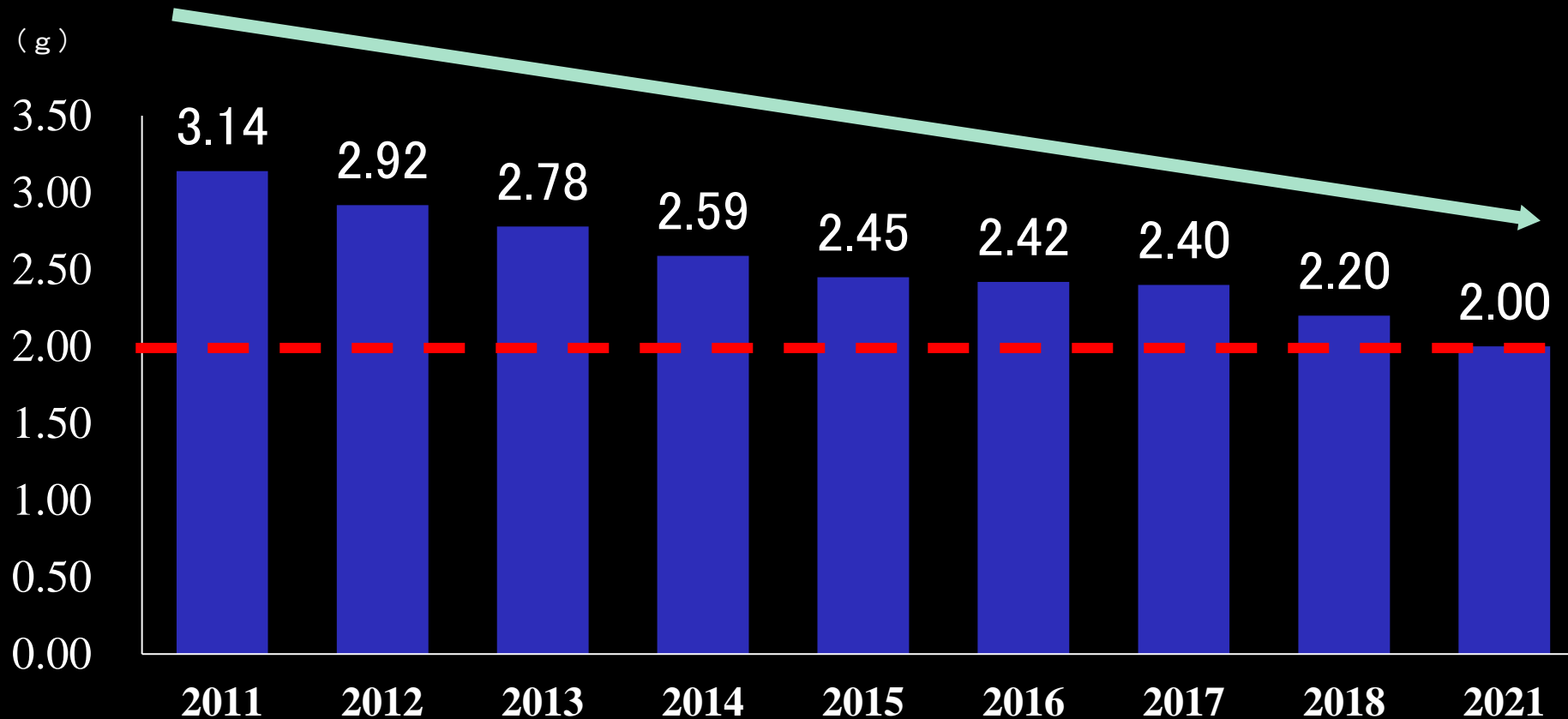
8,000 participants from all over Japan

Children and students were encouraged to participate. And educators have joined in.

For the sake of children and the future of this country, citizens and doctors are thinking seriously about salt reduction.

*SALT-CONSCIOUSNESS*

# Salt content of reduced-sodium school lunches (yearly average) in elementary schools in Kure City



**Gradual salt reduction, with no discomfort in taste.**

**Almost no leftover food.**

Courtesy Kure City, modified.

Kusaka Clinic Miho Kusaka

# Events for children organized by the Japanese Society of Hypertension

- At the annual Meeting of the Society and Clinical Hypertension Forum, we invite more than a dozen pairs of children and parents from the host area to the Kids' Cooking Show.
- In this event, **in order to help children with the experience of eating of low-sodium food**, the dietitians cook low-salt dishes with the children who then in turn eat these dishes with their parents.
- The event is held in cooperation with the Low-Sodium Nutrition Committee, the Committee of Practical Physicians, the Diversity Promotion Committee, the Next Generation Hypertension Committee, and the ISH2022 Preparation Committee.

# Kids' Cooking Show (Japanese Society of Hypertension)



Matsuyama City (2017)



Kyoto City (2018)



Asahikawa City (2018)



Kurume City (2019)

It is also best for adults to have an environment where they can eat and experience a low salt diet

## 2008 ~ Multidisciplinary Collaboration in Kure

- We have created an environment in which citizens, children, and patients can easily eat at many restaurants in town that provide delicious low-salt dishes on their menus and sell low-salt bread.

## 2020 (with Covid-19) ~ Under Restrictions on Eating Out

- We're promoting restaurants that serve low salt foods for take-out, delivery, and online sales.
- We produced and published a book of delicious, easy, and stylish low-sodium recipes for people to make at home, the proceeds of which are used to support our low-salt projects.

# The Three Witch's Recipes for a 100 years of Happiness ～We will show you truly delicious low-sodium recipes!～

Authors:

Cookery Researcher; Chiharu Kuroda/  
Registered Dietitian; Yoko Kimura/  
Medical Doctor; Miho Kusaka.MD.PhD.



## 魔女の幸せ 100年レシピ

本当においしい減塩レシピ教えます

著者：料理研究家 黒田千晴 / 管理栄養士 木村要子 / 医師 日下美穂



Available at  
Amazon Japan  
for 1650 yen

日下医院 日下美穂  
Kusaka Clinic Miho Kusaka





The three Witch's Recipes for a 100 years of Happiness  
~We will show you truly delicious low-sodium recipes!~



# Why now this recipe book ?

To make your own dishes low in salt, it is best to experience low salt foods first hand.

The Covid 19 pandemic prevented people from going out or eating out. Now these people have more time at home, we want you to experience a good low salt taste when cooking at your house.

- To be scientifically reliable, a medical doctor, a registered dietitian and a cookery researcher collaborated to produce this book.
- Easy, stylish, delicious, and includes useful bits of advice.
- **It is important to follow the recipe as instructed without tasting it and adding to it.**

## Who should use this book

- Medical professionals ● Patients
- Young people with children, students, men, and mature adults
- Staff in company and hospital cafeterias, etc



# I have a dream for children

- That all school lunches in Japan will be low-salt lunches, so that children will learn to eat safe and healthy food.
- To prevent future illnesses by providing a correct nutritional education from childhood.
- If everyone lives a long and healthy life and cherishes their lives, a peaceful world without war is not a dream.

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