

## Promoting salt reduction activities through the Kure Rotary Club Small and steady efforts made to the reduce salt intake

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## Even a small ripple can make a difference

- I am just one medical practitioner practicing in Kure City, Hiroshima Prefecture, Japan.
- Even though it's difficult to change a society or influence medical policies, we held the Salt Reduction Summit in Kure 2012 together with local people.
- We have been steadily working on small salt reduction activities since 2008.

- It is a well-known fact that a diet excessive in salt can cause high blood pressure, which in turn leads to cerebrovascular disease. Other new findings conclude that it is also related to stomach cancer and osteoporosis, and that it damages DNA and dissolves muscles.
- Many physicians have clinically advised their patients to reduce salt intake, but even now, decades later, progress in salt reduction is still slow. This is because our society is not conducive to salt reduction.
- Since there is a limit to the amount of salt reduction that patients and citizens can achieve through individual efforts, the ultimate goal is to make society, as a whole, a low-salt society in which people can naturally reduce salt intake in their normal lives.

## I would use every little opportunity to reduce salt- intake. Doctors are powerless, so get everyone involved.

• Therefore, I have incorporated salt reduction into the activities of my Rotary Club of Kure. I would like to introduce to you a salt reduction activity that was initiated by our club's Community Service Committee, taking advantage of our club's unique characteristics.

### • What makes Rotary clubs unique?

Rotary clubs are community service organizations. Moreover, they are composed of managers and executives from many professions in the community, and it's members have a great deal of influence, so I thought it would be effective in spreading the word about salt- intake reduction!

## First, members experience the taste of delicious low-sodium food.

- The Rotary Club of Kure has about 70 members
- Once a month, we have a delicious lunch with a reduced salt and increased potassium amount which is made by the hotel restaurant. We have named this the Natokari lunch as in a meal low in sodium and high in potassium.
- The purpose of this lunch is to familiarize members to the taste of low-sodium food and to promote low-sodium to the members' families, employees, and colleagues.
- The standards are: one serving contains less than 2.6 g of salt and more than 1000 mg of potassium.
- The salt standard has been relaxed so that it can be eaten without much loss to taste compared to the usual amount.

## Na · K Lunch

The low-Sodium and Potassium rich  
Serving at the Kure Rotary Club Lunch



This lunch is reputed to be delicious!

## We created a salt reduction advice video and distributed it on YouTube

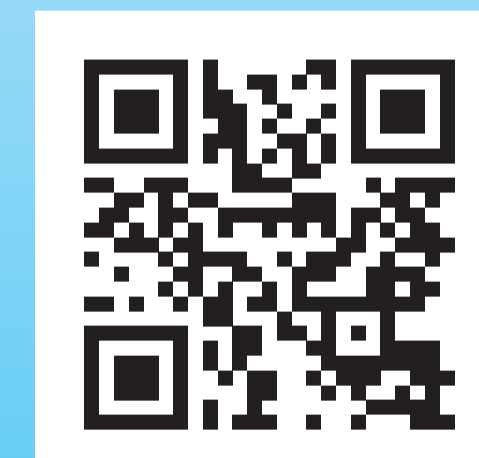
- To encourage citizens to reduce salt consumption
- The members explain how they are reducing salt and give their recommendations for salt reduction in short presentations of one minute or less.
- Many members including a shinto priest, a lawyer, a financial executive, the owner of a shipping company, a hospital director, a nutritionist, a researcher, a restaurant owner, and an owner of miso manufacturing, etc.
- I believe that many doctors in the world are members of Rotary clubs. How about making a video to promote salt reduction in your Rotary club?

健康寿命を延ばすために  
減塩・増カリウムのすすめ

Rotary 呉ロータリークラブ  
2021～2022年度 社会奉仕委員会作成  
2022年5月

<https://youtu.be/z9Ou6xi0NWI>

『健康寿命を延ばすために  
減塩・増カリウムのすすめ』  
“To Extend Healthy Life Span.  
Recommendations for Reducing  
Salt and Increasing Potassium.”



## Relaying messages in support of salt reduction actions.

Dr. Miho KUSAKA  
Kusaka Clinic

Honorary Hospital Director age 93  
National Hospital Organization  
Kure Medical Center  
and Chugoku Cancer Center

Shinto priest

Lawyer

## So far, we have been doing many small activities

We held the "Salt Reduction Summit in Kure 2012," during which we argued the importance of salt reduction for children, which led to the start of low-sodium school lunches in Elementary schools in Kure City.

### Salt reduction summit in Kure 2012

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



### The Three Witch's Recipes for 100 years of Happiness

~ We will show you truly delicious low-sodium recipes! ~



We have also encouraged many restaurants in the area to serve low-sodium dishes as well as bakeries to produce and sell low-sodium bread.

We have also produced and sold a book containing low-sodium recipes.

I believe that even a small ripple can make a difference

Pizza chef  
PIZZERIA NALIPO  
<https://nalipo.net/>

Social Welfare Service Corporation  
Baked low-sodium bread

Etajima Olive Factory  
Olive oil manufacturer  
<https://www.hiroshima-olive.jp/>

Dr. Mari Ishida  
Hiroshima University, researcher

## COI Disclosure Information

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