WARWICK

ALARM OVER SALT IN FOOD OF BRITAIN'S POOREST

Too much salt a danger to health

BRITAIN'S poorest people eat more salt than wealthier citizens, putting them at added risk of suffering strokes, heart attacks and kidney failure, a study reveals.

A diet of unhealthy, cheap junk food, which is high in salt, fat and calories, is fuelling not just an obesity epidemic among the worst off but also a health timebomb.

Link

A study published in the BMJ Open journal, found evidence for the first time that salt intake is higher among poor people with manual jobs and low educational attainment, regardless of where they lived.

Researchers re-analysed data from the British National Diet and Nutrition Survey in 2001, of 2,105 men and women aged 19-64, living in Britain. They assessed their salt intake using dietary and urine data, and the link with manual jobs and educational achievements.

The average salt intake in the UK in 2001 was 10g a day – up to 0.9g was the difference between poor and wealthier people.

Since 2004, average salt intake has been cut by 1.3g a day – saving 8,500 heart-related deaths a year.

Study leader Professor Francesco Cappuccio, director at the World Health Organisation Collaborating Centre at University of Warwick, said: "These results explain in part why people of low socio-economic background are more likely to develop high blood pressure and to suffer disproportionately from strokes, heart attacks and renal failure."