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High salt diet linked to social inequality.



Tuesday 8th January 2013

Brits from poorer backgrounds consume a higher level of salt, irrespective of where they live, according to new research.

The study was conducted by the World Health Organisation (WHO) Collaborating Centre for Nutrition based at the University of Warwick.

It looked at the locations where people had high intakes of salt within their diet, as well as their access to education and their income.

The results showed that salt intake was significantly higher in those with poor educational opportunities


and in low-paying jobs.

Professor Francesco Cappuccio, senior author and director of the WHO Collaborating Centre, said: "These results are important as they 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."

The findings come amid suggestions that salt is partly to blame for childhood obesity, as it increases the likelihood of children turning to sugary drinks in order to quench the thirst caused by a high-salt diet.

Written by Matthew Horton

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