SALT AWARENESS WEEK

SUPPORTING 2026 ORGANISATIONS

Eating too much salt is influenced by far more than personal choice. Unless we make healthier alternatives more appealing, accessible, and affordable, rates of avoidable illnesses will continue to soar. This will in turn shorten lives, put strain on families, hold people back from working and engaging in their communities, while increasing the pressure on already overstretched health and care services.

There is no quick fix. But we know that clearer labelling, tighter advertising restrictions, and reducing the amount of salt added to food during the manufacturing process will help create an environment that supports everyone to cut down on their salt intake.

Across the country, Directors of Public Health work with partners including planning departments, trading standards, local businesses, and community and voluntary groups, to create places where eating healthier food can become the easy option.

Association of Directors of Public Health

Salt reduction is one of the quickest, cheapest and most effective ways to improve public health, yet progress has stalled. Too much salt drives up blood pressure, one of the biggest causes of preventable strokes, heart disease and kidney disease.

Blood Pressure UK
Helping you to lower your blood pressure

People should not be exposed to a hidden health risk every time they buy lunch. Ministers need to stop relying on voluntary promises and start taking prevention more seriously.

Blood Pressure UK

Every day, young people are surrounded by cheap, convenient food that is heavily marketed to us but often packed with hidden salt, sugar and fat. It is shocking that people in the UK are consuming the equivalent of around 22 bags of crisps worth of salt each year, but it is not surprising when healthier options are so often harder to find and afford

Young people deserve healthier food, clearer information and stronger protection from relentless junk food marketing and we now want government to properly enforce healthy food standards and push businesses to do better.

Bite Back

Most of the salt we eat is already hidden in the food we buy, meaning many of us consume far more than we realise. Working-age adults in England eat an average of 8.4g of salt a day – around 40 per cent more than recommended.

Too much salt raises blood pressure, which is linked to around half of all heart attacks and strokes, yet millions of people don't even know they have high blood pressure. Lowering salt intake is one of the simplest ways to reduce this risk, but families can't do it alone. The Government must step in and incentivise manufacturers to remove excessive salt from our food, making the healthier choice the easier choice.

British Heart Foundation

British Heart Foundation

The British and Irish Hypertension Society is pleased to support Salt Awareness Week 2026.

As part of our work, we believe 'Prevention is Power' - blood pressure prevention and control must be made easier, more visible and more practical for everyone. That means supporting people to understand their own risk, but also calling for stronger action from government, industry and the wider food system to make healthier choices the easier default.

Salt reduction is not a marginal issue. It is central to improving population health, reducing health inequalities and preventing avoidable illness. We welcome Action on Salt & Sugar's leadership in bringing this important issue back into focus.

BIHS
British and Irish Hypertension Society
Committed to preventing cardiovascular disease

British and Irish Hypertension Society

The Caroline Walker Trust supports Salt Awareness Week 2026 as a vital opportunity to highlight the impact of excess salt on our health. Most people in the UK are consuming more salt than is recommended and may not realise the harmful effects this can have.

Much of the salt we consume is hidden in foods such as bread, sauces and takeaways, making is harder for people to stay within recommended limits. Stronger action from the food industry and government is essential to reduce salt in everyday foods and help create a food environment that supports healthier choices.

Everyone can also take practical steps to reduce their salt intake. Choosing foods without added salt, such as frozen vegetables, tuna or pulses canned in water, fresh fruit and vegetables, and products with green traffic-light labels can all help. Reducing salt is one of the simplest ways to improve population health.

The Caroline Walker Trust
Improving public health through good food

The Caroline Walker Trust

The Comisión Honoraria para la Salud Cardiovascular (Uruguay) supports and promotes actions to reduce salt and sodium consumption as part of Salt Awareness Week.

In Uruguay, various organizations across multiple sectors are also engaged in this initiative. Expanding our collective voice is essential to highlight this dietary risk factor and its impact on cardiovascular health. It is estimated that Uruguayans consume more than 8 grams of salt per day, well above recommended levels.

Cardiovascular diseases remain the leading cause of death in our country, with hypertension as the main risk factor. Reducing salt intake is therefore essential. A key step is learning to identify salt and sodium in their different forms. Excessive intake is often influenced not only by individual choices, but also by the food environment, availability, and social and marketing pressures.

Together we can SALT IT OUT, educating and changing environments.

Comisión Honoraria para la Salud Cardiovascular

Comisión Honoraria para la Salud Cardiovascular

The Faculty supports Salt Awareness Week 2026 as a way of highlighting the detrimental impact of excess salt on our health.

FACULTY OF PUBLIC HEALTH

Evidence shows a strong causal link between high salt intake and hypertension, a powerful risk factor for coronary heart disease and strokes. Hypertension can also cause dementia, heart failure, chronic kidney disease, peripheral vascular disease (diseased arteries in the limbs) and retinal damage.

Up to 70% of the salt in our diet comes from processed foods - as these foods are estimated to make up over 50% of the average UK diet, there is a clear need for the food industry to continue to reduce the salt content in these products. The Faculty of Public Health supports restrictions on the advertising of high salt content food, and calls on the food industry to address this unnecessary burden on the population's health.

Faculty of Public Health

High levels of salt and sugar in the diets of babies and young children are major drivers of ill-health and obesity later in life. Both can be found in commercial baby and toddler foods, despite their positioning as healthy and appropriate choices.

FIRST STEPS NUTRITION TRUST

Infants and young children are particularly sensitive to salt in their diets as their kidneys are still developing and cannot handle high levels of salt. SACN and the NHS advise avoiding adding salt to food for infants under 12 months, and to use very little after.

First Steps Nutrition Trust

HEART UK – The Cholesterol Charity – is proud to support Salt Awareness Week 2026. Too much salt raises blood pressure which, like high cholesterol, can lead to heart attacks and strokes. Cutting down on salt can lower the risk of a heart attack, stroke, and other health problems.

It's therefore important that people better understand their salt intake and take steps to reduce it for the good of their health.

HEART UK - The Cholesterol Charity

South Africans are consuming far more salt than recommended, often without realising it due to hidden sources in everyday foods such as bread, processed meats, sauces, and ready meals. This excess salt intake is a major contributor to high blood pressure, which remains one of the leading risk factors for heart disease and stroke in our country. What is particularly concerning is that many individuals believe their salt intake is 'normal,' highlighting a clear gap in awareness and understanding.

Through our support of the World Action on Salt, Sugar and Health's Salt Awareness Week campaign, we are encouraging individuals everywhere to become more aware of their salt consumption and take simple, practical steps to reduce it. This includes reading food labels, choosing lower-salt options, limiting highly processed foods, and preparing meals with less added salt. Where appropriate, potassium-based salt substitutes can be a useful alternative, helping to lower sodium intake while supporting healthier blood pressure levels.

At the HSFSA, we are committed to supporting global efforts to reduce salt intake by providing practical tools and resources that empower healthier choices. Ultimately, small, consistent changes in daily habits can have a significant impact, helping to lower blood pressure and reduce the global burden of cardiovascular disease

Heart and Stroke Foundation South Africa (HSFSA)

At MyNutriWeb, we are proud to support Salt Awareness Week and help bring renewed focus to the role of salt in public health. While the evidence linking high salt intake to hypertension, cardiovascular disease and stroke is well established, awareness and understanding remain low – crucially salt intakes remain too high.

We recognise the important role dietitians, nutritionists and wider health professionals play in translating guidance into meaningful, everyday change. Reducing salt intake is one of the most effective and achievable ways to improve long-term health outcomes, yet it requires the dual role of clear communication and a supportive food environment.

Addressing salt intake is not solely an individual responsibility. It requires continued collaboration across healthcare, industry and policy to create lasting impact. By strengthening knowledge, sharing best practice and supporting collective action, we can help ensure salt reduction returns to the forefront of public health priorities.

We are so pleased to support Action on Salt & Sugar in this important campaign.

MyNutriWeb - the Nutrition Education Hub

MyNutriWeb
Expert nutrition and health learning

This Salt Awareness Week, Obesity Action Scotland is highlighting the need to look beyond individual choice, towards the food environment that shapes our diets.

Obesity Action Scotland
Healthy weight for all

While salt is essential in small amounts, average intakes remain too high. In Scotland, adults consume around 8g of salt per day — well above the recommended maximum of 6g. Scotland's high salt diets are not merely the result of individual choices, but of a food system where high-salt products are the norm.

Excess salt consumption increases the risk of high blood pressure, heart disease and stroke, contributing to Scotland's wider burden of preventable ill health and health inequalities.

Reducing salt intake is one of the most effective ways to improve population health, but this cannot be achieved through awareness or individual behavioural change alone. We also need strong, sustained policy action to improve the nutritional quality of everyday foods and to create a healthier and fairer food environment for everyone.

Obesity Action Scotland

Salt Awareness Week is a timely reminder for government action to tackle the unnecessarily high levels of salt hidden in everyday foods, which continue to drive high blood pressure and preventable ill health.

The Obesity Health Alliance is urging the government to press ahead with its commitments in the NHS 10 Year Plan, including the introduction of a robust Healthier Food Standard. These measures are essential to shifting sales away from products high in salt and towards healthier options, helping to protect population health and ease pressure on the NHS.

Obesity Health Alliance

Excess dietary salt intake remains a major contributor to the global burden of disease. Elevated salt intake is causally associated with increased blood pressure, a leading risk factor for cardiovascular disease, and has been linked to an estimated 1.8 to 1.9 million deaths annually.

For clinicians and public health practitioners, these figures underscore the importance of integrating salt reduction into routine care, prevention strategies, and wider public health action. This is also a key focus of PAN's 2026 cardiovascular health initiative - Food for the Heart.

In practical terms, healthcare professionals can help patients reduce salt intake by reading food labels, choosing lower-salt options, limiting highly processed foods, and building meals around whole and minimally processed plant foods.

Alongside government and industry action to improve food environments, salt reduction can support better cardiovascular health, wider disease prevention, and more sustainable food choices.

PAN International

The PKD Charity is proud to support Salt Awareness Week. For people living with polycystic kidney disease (PKD), too much salt can be especially harmful, as it raises blood pressure and puts extra strain on the kidneys, speeding up the progression of the condition.

Reducing salt intake is one of the simplest ways to help protect kidney health. But the challenge is that much of our food is already 'ready salted' whether we want it or not, with most salt added during manufacturing in everyday items like bread, cereals, sauces and ready meals.

Eating less salt could have a huge and positive impact on public health, helping to reduce the risk of kidney failure, stroke and heart disease, while easing pressure on the NHS.

That's why we support stronger action and call on government and the food industry to do more to protect public health and 'Salt It Out for good'.

Polycystic Kidney Disease

The public has shown they're fed up with the food on our shelves – it's time for Government to listen. Too many of us across the country, including children, are consuming far more salt than we realise, raising the risk of high blood pressure, heart disease and stroke.

Recipe for Change's Citizens' Charter makes it clear that people want healthier food on their shelves, and industry has both the power and the responsibility to deliver that. Reformulating products, reducing hidden salt, and making the healthy option the easy one are steps the food industry must take - and Government must enforce.

RECIPE FOR CHANGE

Recipe for Change

At School Food Matters, we believe every child deserves access to delicious, sustainable school food that also supports their long-term health and wellbeing. Salt Awareness Week is an important reminder that too much salt is still finding its way into everyday foods, often without families or children realising.

Schools are a vital setting for shaping lifelong eating habits. When children are consistently exposed to nutritious, high-quality food, they develop the tastes and the understanding needed to make healthier choices. The upcoming revisions to the school food standards will be a positive step forward in limiting foods high in fat, sugar and salt.

SCHOOL FOOD MATTERS

These improvements must be supported by wider action across the food system, so that more nutritious options are both easy and accessible for children and families wherever they are.

School Food Matters

High systolic blood pressure is the leading global risk for death. Thirty percent or more of hypertension is caused by high dietary sodium. Reducing dietary sodium is one of the most cost-effective interventions to improve population health and is a priority for the World Health Organization, governments and nongovernmental organizations including the World Hypertension League.

However, much more needs to be done through healthy dietary policies and clinical interventions to achieve current dietary sodium reduction targets.

World Hypertension League

World Hypertension League