**Salt Awareness Day 2004 Supporting Events**

500 complimentary health professional packs were distributed in January throughout the UK including Ireland, Wales, Scotland and Guernsey. One was even requested in Greece. These were sent to health professionals (25%), leisure centres (20%), hospitals (14%), health charities (15%), doctor's surgeries (10%), health promoters (8%), educational institutes (5%), government departments and food industry.

Some examples of health professionals that took part on the day

**Champneys Health Resorts**

"Prepared a salt-free (or low salt) menu for the day. We have also produced a triple-folded leaflet on salt that guests can take home with them. The two posters and 4 leaflets from CASH were displayed on the Restaurant notice boards for guests to view."

**ASDA Market Street Bury, Lydia Hough, Dietitian from Fairfield General Hospital**

"Health Visitors took blood pressure checks. Food and Health Advisors offered dietary advice around ways to reduce salt intake and read food labels."

**Healthy Living Centre, North West Highlands of Scotland, Fiona Timmins, Healthy Hearts Co-ordinator.**

"We held Salt Awareness Day at the monthly Poolewe Village Market. We have extensive links with community groups and organisations and these folk respond very well to lively presentations, displays, cooking classes linked in with a bit of interactive stuff.

**Warrington Hospital, Emma Bashall, Community Foodworker Project**

"We displayed boards and leaflets re: salt, including a visual demonstration of current intake and recommended intake. Visual 'salt tubes' - amounts of salt in different foods. We used posters from CASH and those made by the department, leaflets from CASH, and some provided by the Stroke Association and by FSA."

**The British Vascular Foundation, Karen Lody, Office Manager**

"I wrote an article which is on our website and took the relevant poster and leaflet to my daughter's school for the purposes of school dinner awareness. I also sent the details to our local health promotion service."

**Dorset Coventry Hospital Canteen, Sandra Hood & Carol Hoar, Dietitians**

"We prepared a display board and provided literature for patients and staff to help themselves. We also used the Salt Awareness Day poster and leaflets."

**Holmes Place Health Club, Lorraine Turvey**

"We supplied information on the desk in the gym. Instructors took blood pressure and handed out information leaflets. We also used posters, leaflets, information on blood pressure."

**Brighton General Hospital, Jill McElborough, Dietitian**

"I used the pack on the notice board in the hospital dining room. I thought the posters were great, eye catching and the leaflets useful".

**Other organisations taking part**

Nine websites highlighted the day including; Health events calendar, BHS, BPA, Nutrition Society, Institute of Food Research, British Nutrition Foundation, Food Commission, Stroke Association and Sustain. Complete Nutrition featured an article in their January edition, along with the Scottish Healthy choices awards who did a feature in their autumn newsletter. The British Dietetic Association advertised the day in their January "Dietetics Today" which had a huge response from around 50 health professionals writing in and asking for a complimentary resource pack.