

Annual Report

Nutrition Research in Action

May 23 — April 24

Consensus Action on Salt, Sugar and Health (CASSH) is a registered charity dedicated to reducing dietary salt, sugar and calorie consumption to improve the health of populations in the UK and worldwide.

The charity is formed of three research and advocacy groups: **Action on Salt, Action on Sugar and World Action on Salt, Sugar & Health (WASSH)**.

Action on Salt and **Action on Sugar's** aim is to improve population health and food environments through our research and impact on the nutritional quality of food and drink. With a track record of success in reducing salt and sugar we inform policy, influence the food industry, raise awareness and build advocacy.

WASSH's mission is to improve the health of populations throughout the world by achieving reductions in salt, sugar and calorie intake. WASSH provide's resources and expert advice to enable the development and implementation of salt, sugar and calorie reduction programmes worldwide. WASSH is a global network of more than 600 expert members in 100 countries.

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Foreword from our Chairman

It's my pleasure to welcome you to the 21st annual report from Consensus Action on Salt, Sugar and Health.

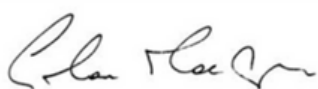
Reflecting on this last year, 2023-2024 has presented us with a number of challenges and setbacks for public health. Persistent inaction from government has put a spotlight on the ongoing struggles many of us are facing in getting access to affordable food lower in salt and sugar.

And if you change nothing, then nothing will change. The governments overdue progress report on calorie reduction showed limited progress has been made by food businesses in achieving the goals and targets set out for them. Industry progress on salt reduction has not yet been assessed, despite prior commitments from Government to review in 2022, but our publication in September confirmed the Government has failed to reduce population salt intakes and consequently improve public health in England since 2014. This simply isn't acceptable and is a failure to public health. We wrote to the Prime Minister, co-signed by 33 leading experts and charities, and called on him to prioritise salt reduction once and for all, through a mandatory and comprehensive programme.

History tells us that voluntary measures to improve the nutritional quality of food and drink are doomed to failure. Salt and calorie reductions programmes are just two examples, in contrast to the mandatory soft drinks industry levy, which has been a roaring success, achieving a 34.3% reduction in sugar content between 2015 and 2020. Our recent [partnership](#) with Sustain, the Obesity Health Alliance, the Food Foundation and the British Heart Foundation has been calling for a similar levy to be introduced to food, as an important step towards a better food system that works for both health and profit. It is high time Government learned from its failures and set meaningful policies to tackle our troubling food system.

But, amidst the doom and gloom, there are signs of hope. An impromptu summer election has left us with a new government, and 335 newly appointed MPs. Labour's manifesto promised to tackle unhealthy food environments, with commitments to follow through with a ban on junk food advertising and sale of energy drinks to children, all of which will help create healthier environments. It's certainly a positive start to their leadership, but it is not enough to solve our nations health crisis. Little has yet been mentioned on prevention, but the newly appointed Secretary Under State for Public Health has the welcome addition of Prevention in his title, a first in history. We hope this is a sign of a brighter future in public health.

Our focus for the year ahead will be to push the case for mandatory reformulation, explore fiscal measures to incentivise change, and encourage healthier environments for all. For too long, the food industry has been allowed to dictate our health, but it's time to pull back the reigns.



Professor Graham MacGregor
Chairman of CASSH

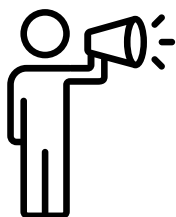
Our Year in Summary



270 Pieces of media coverage, across TV, radio, national print media and online



4 Surveys of salt, sugar and excess calorie content of popular food and drink



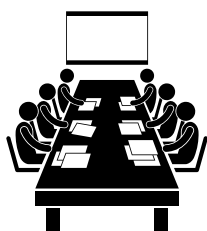
2 Global awareness week, with support from **62** health organisations, dietitians and registered nutritionists



5 Collaborative projects in UK, Malaysia, Eastern Mediterranean Region and South East Asia



12 Peer reviewed publications



14 Meetings with food companies to challenge their progress with salt and sugar reduction

May

World Health Organisation released guidelines on the use of non-sugar sweeteners.

Action on Sugar published a survey looking at the sugar ranges of infant food and called for the health secretary to release the commercial baby food and drink guidelines in two co-signed letters. Following on from this, in March 2024 – OHID proposals on voluntary industry guidelines for commercial baby food and drink aimed at children aged up to 36 months

Action on Salt held their annual Salt Awareness Week and published an out of home survey looking at pizzas.

June

The Government delayed the implementation of volume price restrictions on less healthy food and drink until 1st October 2025

Action on Salt and Sugar contributed three metrics to this years annual Food Foundation's Broken Plate report.

July

SACN released a statement on processed foods and health.

Our research team published a global study showing a positive correlation between soft drink consumption and prevalence of overweight and obesity in adolescents.

The Government launched the Major Conditions Strategy, a 5 year plan to address the main causes of death and poor health. Action on Salt and Sugar called on them to prioritise prevention, through mandatory salt reduction, the expansion of the successful soft drinks industry levy to milk based drinks, and commitments to early years through improved nutrition and marketing guidelines for food and drink intended for young children.

FDTP was announced in 2022, intended as a collaboration between government, industry and academia to improve the food system through more transparent food data. Whilst initially mandatory, it has since been downgraded to a voluntary initiative citing concerns of adding unnecessary burden on businesses. A series of workshops took place with food and drink businesses to consider possible metrics for voluntary reporting on the healthier of sales in a consistent format. These workshops involved 15 industry members who met 5 times between July 2023 and April 2024. DHSC invited us to join the health strand NGO workshops and share our views and concerns of the metrics put forward by the industry working group.

August

Action on Sugar published a survey looking at the nutritional quality of breakfast cereals and yogurts with packaging that appeals to children.

The Major Conditions Strategy announced the resuscitation of commercial baby food and drink guidelines.

September

A new campaign 'Recipe for Change' launched calling for an industry levy to help make food healthier. Action on Salt and Sugar are a key advisory member of this campaign

We published new research confirming the UK's current salt reduction programme is no longer fit for purpose and wrote to government leaders calling on them to prioritise public health through reformulation

Action on Sugar submitted a joint consultation response with Feedback on raw can sugar autonomous tariff quotas.

October

Action on Sugar published a joint report with Feedback on Sugar Pollution – Curbing sugar supply for health and the environment

Action on Salt and Sugar responded to the 'Nutrition and health claims on food: proposed legislative reforms' consultation.

November

Action on Sugar's national Sugar Awareness Week looked at the calorie and sugar content of drinks and sweet food snacks sold in high street coffee shops.

Action on Sugar called for greater transparency over the lack of nutrition information available at point of purchase, and new levies to encourage healthier food and drink across the board.

December

Action on Sugar and Feedback ran a parliamentary event to discuss why policies are needed to reduce the UK's oversupply of sugar.

February

The Advertising Standards Authority ran a consultation on the implementation of new rules further limiting food and drink advertising to children on TV, and in on-demand programme services and paid online ad media. CASSH shared concerns on their interpretation of 'identifiable product' to mean a specific product for salt and to exclude 'generic' less healthy items.

March

Action on Salt published a new survey looking at the salt and saturated fat content of cheese, a major contributor of salt to UK diets.

Action on Sugar and Feedback submitted a response to the Department for Business and Trade, reviewing the UK's raw cane sugar ATQ.

April

Action on Salt and Sugar submitted a response to The House of Lords Committee on Food Diet and Obesity call for written evidence for its inquiry into the role of foods such as those high in fat, salt and sugar, in a healthy diet and tackling obesity.

Monitoring Reformulation

Over the last 12 months, we have worked on several surveys, some of which have been built into comprehensive technical reports to guide industry into further action.

The Nutritional Quality of Pizzas



Our salt awareness week report revealed one in two pizzas provide a days' worth or more salt per pizza. Worryingly, many pizzas now have more salt than they did in 2014, despite a reformulation programme being in place.

Call to action: Government to enforce the salt targets (as many other countries have now done) or expand the successful Soft Drinks Industry Levy to excessively salty food.

Industry comments:

Dominos - *"...Within our wide range of pizzas, there are large variations in salt content, including - as the report points out - pizzas where the salt content has been reduced significantly."*

"Action on Salt's work is important, but they have failed to make clear that our medium pizzas are significantly more substantial than supermarket pizzas in the survey and feed up to three people...."

Breakfast Cereals and Yogurts



As part of our annual metrics in the Food Foundation's Broken Plate Report, we published new research that found breakfast cereals and yogurts that appeals to children continue to contain unnecessary amounts of sugar.

Call to action: Removal of packaging that appeals to children from products that are high or medium for sugars, salt, and/or saturated fat and instead place on healthier products

Government comments:

Will Quince - Action on sSugar's call to action was "a step too far" and a "nanny state intervention", with responsibility falling on parents "to educate" their children. Action on Sugar wrote to Will Quince to clarify our position and provide evidence to support our call

Industry comments:

Nestle - *"...Since 2003, Nestle Cereals embarked on a significant and consistent work of reformulation meaning 84% of the portfolio is now classed as not high in fat, salt and sugar (non-HFSS) according to the UK Government's nutrient profiling model..."*

Kellogg's - *"...For those wanting a lower sugar option, many of our cereals, including Corn Flakes, Rice Krispies, Coco Pops and Special K Original are classed as non-high in fat, salt and sugar (non-HFSS) using the government's own nutrition standards. Four out of our five top-selling cereals are non-HFSS."*

November 2023 - Sweet Food and Drink Products sold in Major high street coffee shops



Our sugar awareness week report revealed over a third of sweet food and drink products sold in major high street coffee shops exceeded an adult's daily limit of sugar in one serving. We found consuming a food and drink option in one sitting can contain up to 39tsp of sugar.

Call to action: Extend the current Soft Drinks Industry Levy to include all juice and milk-based drinks and/or introduce levies targeting the high sugar content in sweet foods.

Industry comments:

Starbucks - "...Since 2012, we have worked to reduce sugar content across our product range, resulting in the development of sugar-free syrups - vanilla, hazelnut and caramel, evolving our recipes to bring down the sugar content of drinks, such as a 22% sugar reduction in a Grande Chai Tea Latte, and baked goods, which have seen sugar levels reduced by 14% since 2018, and more.

We provide nutritional information online and on our menu boards, and offer customers a range of customization options...."

February 2024 - Cheddar and Similar Cheeses



Action on Salt assessed the salt content of over 600 Cheddar and similar hard-pressed cheeses - one of the top contributors of salt to the UK diets.

Plant based cheeses were found to contain the highest levels of salt, averaging 1.91/100g, followed by cheddar at 1.78g/100g.

Call to action: The current salt reduction targets need immediate review and stronger enforcement as they currently do not include plant-based cheese products.

Collaborative Projects

Challenging the UK's excessive sugar beet production and consumption for better soil and health (November 2021 - 2023)

In November 2021, Action on Sugar and Feedback UK were awarded funding by the Esmée Fairburn Foundation for a joint two-year project on the environmental and health implications of sugar beet production in the UK. Feedback UK are a campaign group that exposes systemic problems that have led to the environmentally and socially unsustainable use of resources within the global food system.

In October 2023 a [report](#) was published in collaboration with Feedback - 'Sugar Pollution - the impacts on public health and the environment of producing, importing and consuming too much sugar.' The UK sugar supply is equivalent to over two-and-a-half times the amount needed to meet the population's maximum recommended intake, contributing to levels of obesity that cost the NHS around £6.5 billion a year. Yet despite this damage, the UK uses around 100,000 hectares of prime agricultural land to grow sugar beet, providing just over 50% of the UK's sugar supply.

The report was discussed at an event held at the House of Commons, with guest speakers from Feedback and Kate Quilton.



"Fuel Us, Don't Fool Us: Sweet Deception - Are Food Giants Using Child-Appealing Tactics Responsibly?" (March - April 2024)

Action on Salt collaborated with Bite Back to highlight the indiscriminate tactics used by large food businesses to influence children's food decisions. The report looked at the front of packaging of foods produced by the 10 leading food and drink businesses. With the support of our Campaign Lead, these were then verified and analysed for their nutritional quality.

Of the 262 food products surveyed, a shocking 78% were deemed high in fat, salt and sugar (HFSS).

Of the 10 businesses included in the analysis, seven of them (Ferrero, Kellogg's, Mars, Mondelez, Nestlé, PepsiCo and Unilever) had the majority of their child-appealing products deemed as unhealthy.

Recipe for Change

In September we partnered with the new [Recipe for Change](#) Campaign, calling for

1. The government to build on the success of the Soft Drinks Industry Levy by introducing a new levy on unhealthy food
2. For business to change the recipe of the food and drink that they sell to make them healthier for all of us
3. To invest revenue raised from the levy in children's health and access to good food

A new industry levy on salt and sugar could prevent 2 million cases of disease and save the NHS £77.9 billion

Recipe for Change is made up of the following organisations: Sustain, Obesity Health Alliance, The Food Foundation, Impact on Urban Health, British Heart Foundation, Action on Salt and Sugar

Influencing Early Years Nutrition (May 2022 - May 2024)

Action on Sugar continued their funded work in early years investigating the nutritional profile of food and drinks marketed for children <36 month olds.

This year we:

- published a survey showing the variation of sugar within the baby food aisle
- called for the Health Secretary to release the commercial baby food and drink guidelines in two separate letters signed by NGOs and infant food companies
- included a new metric in the Food Foundation's Broken Plate Report looking at health and nutrition claims of baby snacks
- took part in OHID's stakeholder engagement meeting on the commercial baby food and drink guidelines, providing our top 5 recommendations on what needs to be changed within Public Health England's draft guidelines
- contributed to the Obesity Health Alliance early years position statement
- responded to Food Safety Authority of Ireland's draft reformulation targets for commercially available complementary Foods
- responded to OHID's updated proposals for commercial baby food and drink guidelines
- held an advisory meeting with key stakeholders to identify key issues and next research steps for commercial infant and toddler food

Healthfulness assessment in the UK Out of Home (OOH) sector (September 2023 - July 2024)

In partnership with the Obesity Health Alliance, Bite Back 2030, and with advisory support from Nesta, we have been awarded funding by ShareAction for a project on healthfulness assessment models and metrics for the OOH sector, i.e. quick-service restaurants, full-service restaurants, pubs & bars, and coffee & sandwich shops.

The aim was to identify, and reach consensus on, the features that a model or metric should have to suitably assess the healthfulness of products sold OOH.

This involved:

- A review of government-endorsed nutrient profile models and metrics worldwide
- Stakeholder consultations via interviews, focus groups, and workshops
- Healthfulness assessment of the best-selling menu items of the 20 largest OOH companies in the UK, using the UK Nutrient Profile Model, the maximum targets and guidelines set in the UK calorie, salt, and sugar reduction programmes, the cut-offs used in the UK front of pack nutrition labels, and a combination thereof
- Formulation of recommendations around data transparency, healthfulness assessment, and reporting for the 'out of home' sector
- Consensus building workshops with NGO representatives, experts, and key opinion leaders

Salt Awareness Week: 15-21st May 2023

Heart attacks and strokes are the biggest causes of death and disability in the UK, with two people suffering from these often-debilitating conditions every 5 minutes. The strain this is having, not only on the individual and their families, but on our struggling NHS cannot be ignored.

Most cases are entirely preventable, and so it's vital we all take measures to improve our health and prevent these events from happening in the first place. It's a little-known fact that eating less salt is one of the quickest and most effective ways of improving our health, with just 1 less 'pinch' a day saving over 6,000 lives every year in the UK. But how can we cut back on our salt, when everything we buy is full of it?

From sliced bread to biscuits, Friday night takeaways to 'healthy' salads, everything has added salt. In fact, three quarters of the salt we eat is already in the foods we buy, and it's impossible to take it out once it's been added in.



The Nutritional Quality of Pizzas

Previous research on the salt content of pizzas has demonstrated the significant level of both salt and calories in this category, with 1 in 2 pizzas containing more salt than the maximum daily limit of 6g.

The OOH sector has experienced exponential growth in recent decades, with the market size of fast food and takeaway food in the UK forecast to reach >£21 billion in 2022. Takeaway pizzas were reported as the fourth most popular takeaway food, with a reported increase in consumption over the years.

In previous research, takeaway pizzas were shown to contain up to two and a half times as much salt compared to store bought pizzas.

For Salt Awareness Week, Action on Salt explored assess industry progress in meeting the 2024the nutritional quality of pizzas in both retail and OOH, and assessed industry salt and calorie reduction targets and highlight successful case studies of where salt content has been reduced successfully.

Findings:

- Half of all UK pizzas provided a days' worth or more of salt (g) and saturated fat (20g)
- Takeaway pizzas contained more than twice the amount of salt compared to supermarket pizzas
- Store-bought pizzas had stronger compliance to reformulation targets, with >85% achievement of both the maximum salt and calorie targets
- OOH sector lagging behind in salt and calorie reduction; only 57% achieved the maximum salt target and 40% achieved the maximum calorie target
- Store-bought pizzas reportedly lower in salt compared to 2014, unlike restaurant and takeaways where many are now higher in salt

More details can be found [on our website](#)

Call to Action

Enforce the salt targets (as many other countries have now done) or expand the successful Soft Drinks Industry Levy to excessively salty food

Industry Responses

Dominos – *“...Within our wide range of pizzas, there are large variations in salt content, including – as the report points out – pizzas where the salt content has been reduced significantly.*

“Action on Salt's work is important, but they have failed to make clear that our medium pizzas are significantly more substantial than supermarket pizzas in the survey and feed up to three people....”

Pizza Pasta & Italian Food Association – *“....Although a small amount of salt is needed in making the dough for the base – similar to that used in bread making – the majority comes through the toppings and most pizzas have much lower salt levels than the ones quoted....”*

Action on Salt response: *Salt reduction targets are based on a pizza 11.5inch in diameter, which a domino's medium pizza*

Policy:

We released a report on the economic, health, workforce and environmental benefits of salt reduction, which was distributed to MPs, the Health Select Committee, the Labour Shadow Health team and policy advisors to Kier Starmer.

Supporters:

We are grateful for the support from a range of registered nutritionists and dietitians and health organisations, adding weight to our policy calls and campaign actions.



Sugar Awareness Week: 13-19th November 2023

Sugar Awareness Week 2023 took the opportunity to bring attention to the importance of reducing sugar and calories in the OOH sector after the final voluntary sugar reduction programme report showed the eating OOH sector fell behind on its commitments to reduce sugar, with an overall reduction of just 0.2% sugar between 2017 and 2020. Whether at a restaurant, cafe, fast food outlet or a takeaway, there are many opportunities for us to eat out.



UK Cross-sectional Survey: Coffee Shop Open Cup Drinks and Sweet Foods

In a time where convenience is ever increasing, eating out has become much more than sitting in a restaurant. It includes grabbing a drink or something to eat from a café, going to a drive through of a fast-food chain, having lunch at the canteen at work and even having a takeaway and eating it at home. With the rise of delivery apps, 'eating out' is as simple as pressing a button, and it is changing our eating patterns, fast.

Many still consider eating out as a treat, despite coffee shops and fast-food outlets

lining the streets, hospitals, train stations and airports. Regardless of how often we eat out in its different forms, options available to us are often high in calories, fat, salt and sugar.

It's reported by the British Coffee Association, that 80% of people who visit coffee shops do so at least once a week, with 16% visiting on a daily basis. Action on Sugar has surveyed unpackaged sweet food and drinks in popular coffee shops to analyse their sugar content.

Findings:

- Over a third of drinks and sweet products sold in major high street coffee shops exceed an adult's daily limit of sugar per serve
- The highest combination of food and drink sold in coffee shops can contain 157g (39tsp) sugar - 5 times an adult's maximum daily sugar limit

More details can be found [on our website](#)

Call to Action:

Introduce new levies such as

- Extending the current Soft Drinks Industry Levy across all juice and milk-based drinks
- Introducing levies targeting the high sugar content in sweet foods. Revenue generate from the levy can be invested back into children's health

Industry Responses:

Starbucks - "...Since 2012, we have worked to reduce sugar content across our product range, resulting in the development of sugar-free syrups - vanilla, hazelnut and caramel, evolving

our recipes to bring down the sugar content of drinks, such as a 22% sugar reduction in a Grande Chai Tea Latte, and baked goods, which have seen sugar levels reduced by 14% since 2018, and more.

We provide nutritional information online and on our menu boards, and offer customers a range of customization options...."

Policy:

To coincide with the week, we published a new policy briefing addressing the high sugar levels in juice and milk-based drinks.

Within the briefing, it contains context on the importance of addressing products with high sugar levels, background on the Governments commitments to sugar reduction and our organisations recommendation to extend the current Soft Drinks Industry Levy across all juice and milk-based drinks.

Supporters:

We are grateful for the support from a range of registered nutritionists and dietitians and health organisations, adding weight to our policy calls and campaign actions.



EXTENDING THE SOFT DRINKS INDUSTRY LEVY

Addressing high sugar levels in juice and milk-based drinks



CONTEXT

- Excessive sugar and calorie intake is a major contributor to high and rising levels of overweight and obesity in children and adults.
- Obesity costs the UK £58 billion annually**, equivalent to 3% of the 2020 UK GDP, including lost productivity and costs to the NHS of £6.5 billion.
- Excessive sugar consumption also causes tooth decay, with **oral diseases being the leading reason** 5-9-year-olds in the UK are admitted to hospital.
- The Soft Drinks Industry Levy (SDIL), seen as a success for public health and business, has reduced the sugar content of soft drinks by ~45%. However, **juice and milk-based drinks were excluded** from the SDIL and instead covered by the voluntary Sugar Reduction Programme, with mixed results.



46,000

tonnes of sugar removed from soft drinks, as a result of the successful Soft Drinks Industry Levy

KEY RESEARCH FINDINGS



>1/3 drinks in major high street coffee shops **exceed** an adult's daily limit of sugar per serve



3 in 5 drinks would have a **red** (high) label for total sugars, if their nutrition labelling were more transparent



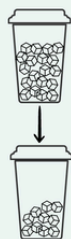
These drinks are a **key contributor** of calories and sugar to diets and can be reformulated

RECOMMENDATION

Extend the current Soft Drinks Industry Levy (SDIL) across ALL juice and milk-based drinks

There is **support for extending the SDIL** to juice and milk-based drinks including from the then Chief Medical Officer (CMO) Professor Dame Sally Davies in her independent review of childhood obesity. **Industry stakeholders** have also questioned why they were excluded from scope in the first place. There are **several international examples** of taxes that cover juice or milk-based drinks including in Malaysia and Peru.

The Office for Health Improvement and Disparities (OHID) is due to release a report on milk-based drinks in 2024, to **inform a decision by HM Treasury** on whether they should be brought into the SDIL. On the basis that these products - and juice-based drinks - are **major contributors of calories and sugar to diets** and relatively easy to reformulate, **we are calling for both juice and milk-based drinks to be included in the SDIL.**



International Projects

Action on Salt China: Dissemination Period (July 2022 - September 2024)

Following the completion of fieldwork in June 2022, Action on Salt China's (ASC) partners have continued their collaborative efforts on salt reduction in China during the dissemination period. ASC's outputs have been widely disseminated through various channels, such as press releases, conference presentations, websites and social media. One of the major events, the "Evidence-based Research and Policy Forum on Salt Reduction and Prevention of Hypertension", was jointly organised by ASC's key partners in November 2023. This forum provided an important platform to disseminate ASC's key findings to policymakers and stakeholders, enhancing China's salt reduction efforts and facilitating the effective promotion and implementation of salt reduction strategies.

School-based education programme to reduce salt: Scaling-up in China (December 2019 - June 2024)

Funded by the UK MRC and NIHR, this study (MR/ T024399/1) aims to scale up the evidence-based salt reduction intervention through an innovative mHealth-based health education programme to reduce salt intake in children and their families in China.

By November 2023, a total of 308 schools with 1,644 classes and 72,500 students aged 9-10, along with their families, have participated in this innovative health education programme across three cities (Ganzhou, Zhenjiang and Qinhuangdao). The course registration rate and the completion rate have reached 98% and 83.5%, respectively.

Evaluations before and after the intervention show significant improvement in knowledge, attitudes and behaviours among children and adults. Additionally, there has been a notable reduction in salt intake as measured by 24-hour urinary sodium excretion in adults.

The findings of the EduSaltS program have contributed to a policy brief document, "Deepening the Action on Salt Reduction in China - CHRPS Strategies", which has been submitted to the National Health Commission for China's salt reduction policy improvement.

A wider scale-up phase was launched in March 2024. The project partners will continue their efforts to ensure the sustainability and scalability of the EduSaltS programme across China through high-level policy advocacy and the integration of the programme into existing national health initiatives to achieve a wider impact on public health.

Publications

June 2023

- [Zhang P, Fan F, Li Y, Li Y, Luo R, Li L, Zhang G, Wang L, Jiao X, He FJ. Awareness and Use of Low-Sodium Salt Substitutes and Its Impact on 24-h Urinary Sodium and Potassium Excretion in China-A Cross-Sectional Study. Nutrients. 2023 Jun 30;15\(13\):3000.](#)
- [Campbell NRC, MacGregor GA, He FJ. Dietary counseling to reduce moderate sodium intake. Concerns about the methods, evidence and feasibility of lowering sodium intake. EClinicalMedicine. 2023 Jun 29;61:102053.](#)

July 2023

- [Zhang P, Zhang J, Li Y, Dong L, He FJ, Brown M, Pettigrew S, Webster J, Yamamoto R, Nishida C, Liu A, Yang X, Zhang B, Ding G, Wang H. Sodium content targets for pre-packaged foods, China: a quantitative study and proposal. Bull World Health Organ. 2023 Jul 1;101\(7\):453-469.](#)
- [McLean RM, He FJ, MacGregor GA. Flawed research methods result in misleading conclusions. J Hum Hypertens. 2023 Jul;37\(7\):509-510.](#)
- [Hu H, Song J, MacGregor GA, He FJ. Consumption of Soft Drinks and Overweight and Obesity Among Adolescents in 107 Countries and Regions. JAMA Netw Open. 2023 Jul 3;6\(7\):e2325158.](#)

August 2023

- [Zhang X, Zhang P, Shen D, Li Y, He FJ, Ma J, Yan W, Gao Y, Jin D, Deng Y, Guo F, Yan S, Song J, MacGregor GA, Wu J. Effect of home cook interventions for salt reduction in China: cluster randomised controlled trial. BMJ. 2023 Aug 24;382:e074258.](#)

September 2023

- [Song J, Tan M, Wang C, Brown MK, Pombo-Rodrigues S, MacGregor GA, He FJ. Salt intake, blood pressure and cardiovascular disease mortality in England, 2003-2018. J Hypertens. 2023 Nov 1;41\(11\):1713-1720.](#)

November 2023

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December 2023

- [Zainal Arifen ZN, Haron H, Shahar S, Harun Z, Michael V, You YX, Manaf ZA, Majid HA, Chia YC, He FJ, Brown MK, MacGregor GA. Perceptions, barriers and enablers on salt reduction in the out-of-home sectors in Malaysia \(MySaltOH\) from the perspective of street food vendors, caterers and consumers. Public Health Nutr. 2023 Dec 15;27\(1\):e12.](#)
- [Han X, Song J, He FJ, Zheng ZK, Chen LK, Xiong H. A survey of salt intake in the outpatients with mild-to-moderate hypertension in central China. Poster presented at: 18th Asian-Pacific Congress of Hypertension, Shanghai, China; 14-16 Dec 2023; Shanghai, China](#)

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- [Vellinga RE, Rippin HL, Gonzales GB, Temme EHM, Farrand C, Halloran A, Clough B, Wickramasinghe K, Santos M, Fontes T, Pires MJ, Nascimento AC, Santiago S, Burt HE, Brown MK, Jenner HK, Alessandrini R, Marczak AM, Flore R, Sun Y, Motta C. Nutritional composition of ultra-processed plant-based foods in the out-of-home environment: a multi-country survey with plant-based burgers. Br J Nutr. 2024 Jan 15:1-21.](#)

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- Campbell NRC, McLean RM, He FJ, MacGregor GM. Is there a safe level for adding sodium to food versus is it safe to reduce dietary sodium intake? Editorial Comment. Journal of Hypertension vol. 42, (4) 607 - 608 .

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