

Salt Intake in Barbados

Anselm Hennis

Pan American Health Organisation

26 October 2011

Overview



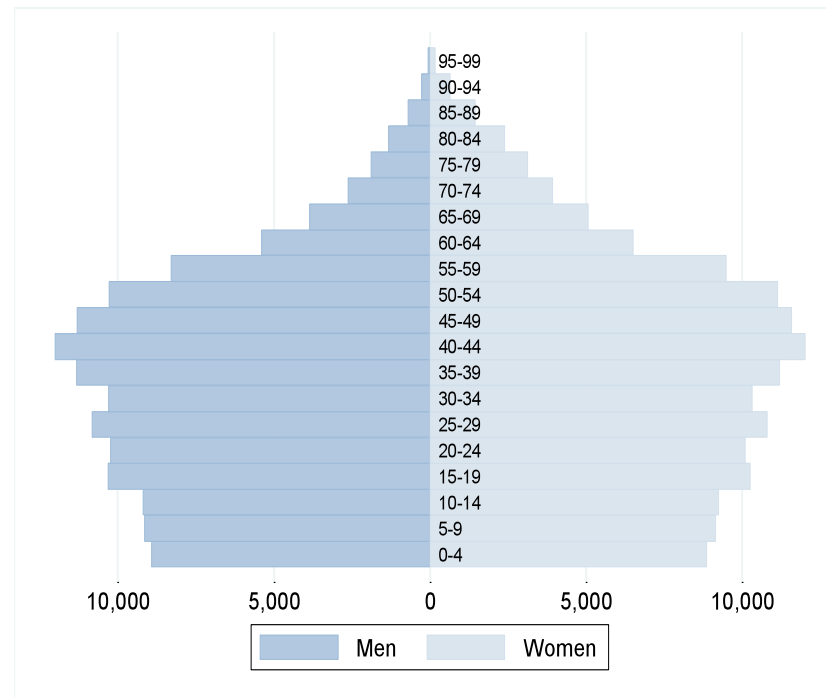
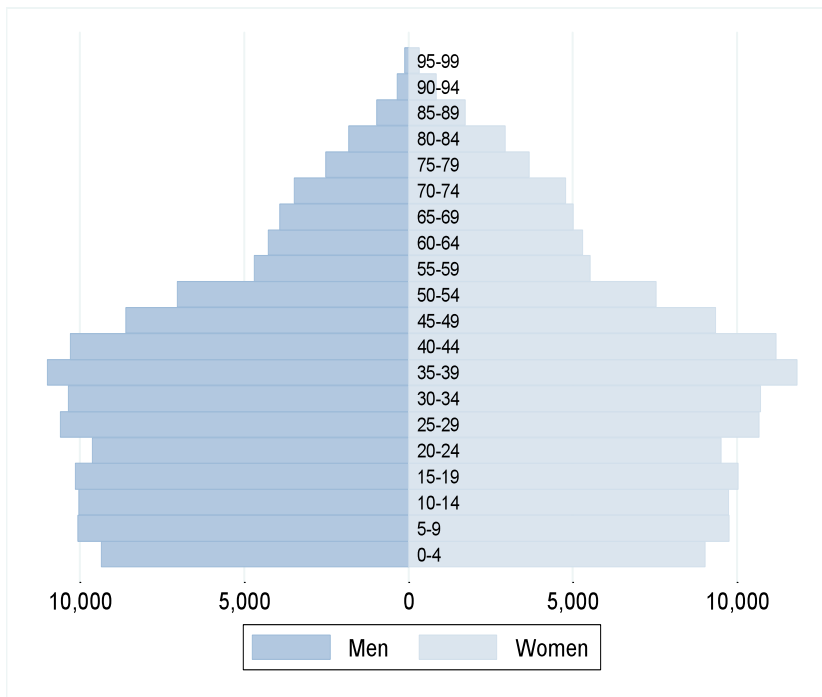
- Current national research into NCDs
- The Barbados Salt Intake Study
- Challenges and Opportunities

Health of the Nation study

	Indicator	Factor
1	Incidence	Stroke and acute myocardial infarction (acute MI)
2	Excess cost	Stroke and acute MI
3	Estimate	Impact of acute MI and stroke on quality of life
4	Mapping	Location of stroke and acute MI survivors
5	Prevalence	Mean population reference levels of cardiac biomarkers
6	Prevalence	Selected risk factors for CNCs (obesity, lipid profile, physician-diagnosed diabetes, and hypertension)
7	Burden	Diabetes and hypertension in adults (diagnosed and undiagnosed)
8	Prevalence	Disease control
9	Prevalence	Health-seeking behaviours
10	Prevalence	Management for diagnosed persons in (7)
11	Assess	Chronic Kidney disease (undiagnosed)
12	Assess	Private insurance uptake

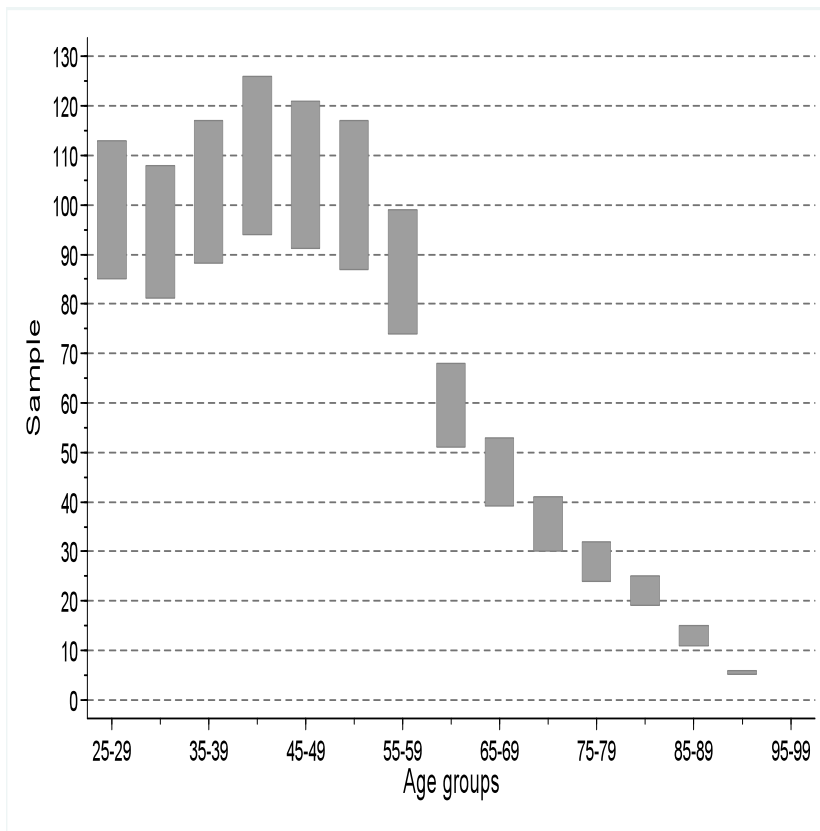
National Population distribution by Age and Sex

Population totals (census 2000) Estimated population* 2010

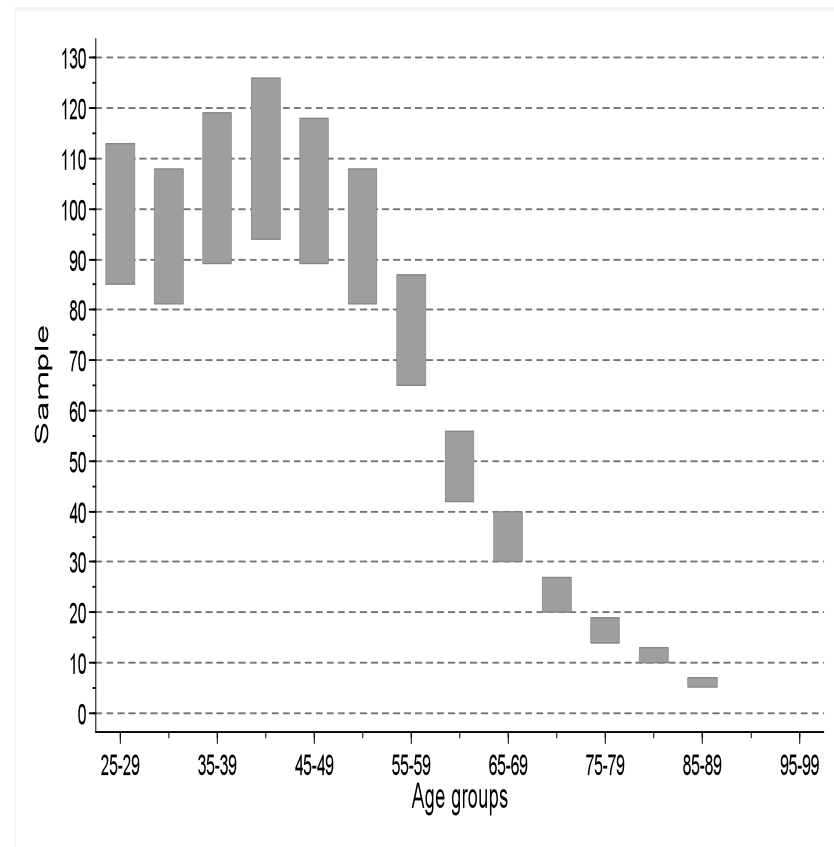


HotN: Sampling distribution by Age and Sex

Women



Men



HotN: Expected Sampling distribution by Age and Sex

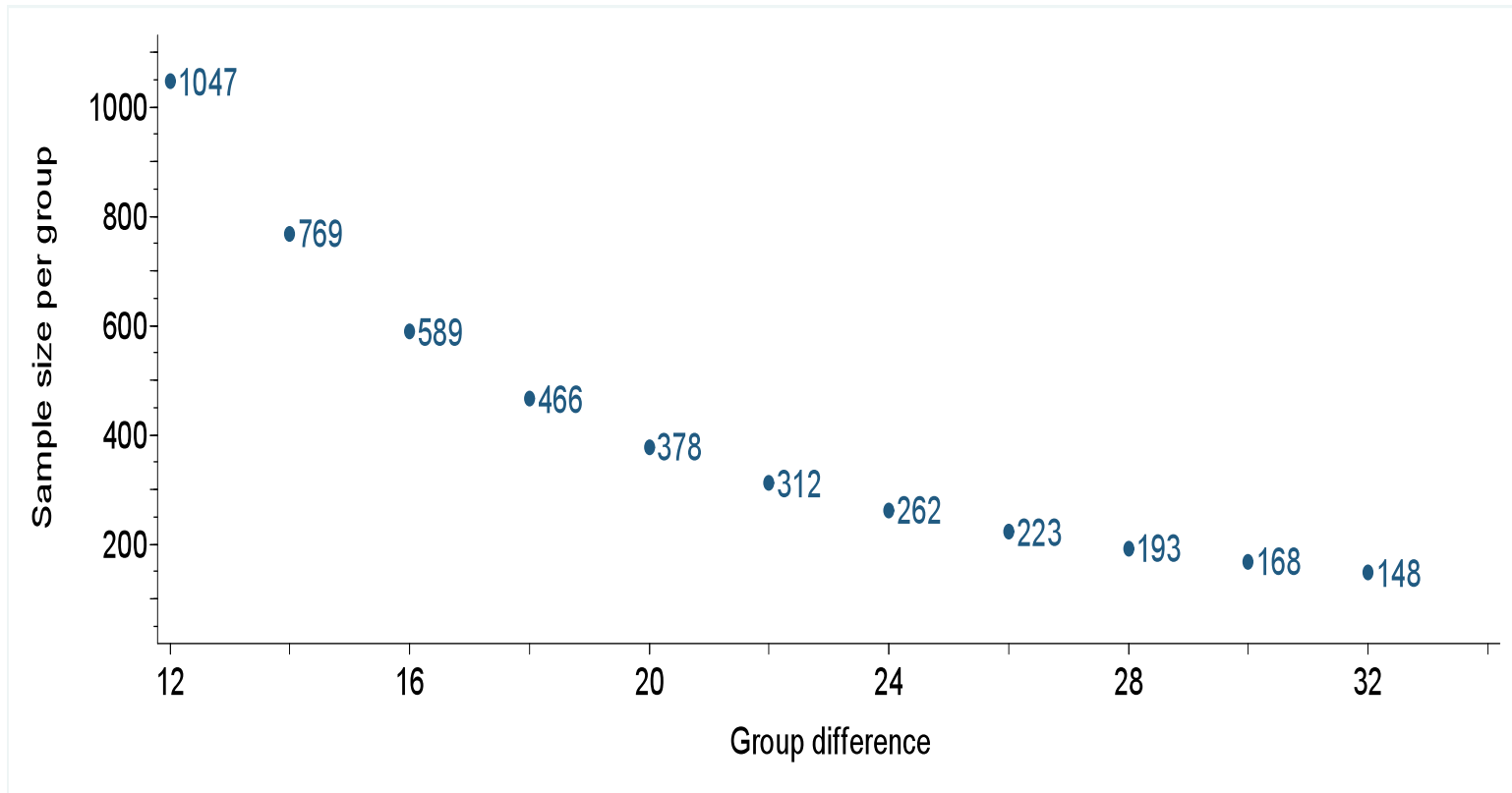
	Overall sample size					
	1500	1600	1700	1800	1900	2000
Women						
25-39	254	270	288	305	321	338
40-54	272	290	309	327	345	364
55 and older	254	272	288	305	323	340
Men						
25-39	255	271	288	306	323	340
40-54	264	281	299	316	333	352
55 and older	188	201	214	226	238	251

Health of the Nation study



- National Survey: Health of the Nation
 - Risk factor, health status, lifestyle behaviours, costs
 - questionnaire
 - Anthropometry
 - Blood pressure
 - Lab studies – blood, urine
- Substudies
 - Salt Intake, Dietary adequacy and biomarkers
 - Physical activity

BSIS Sampling methods



BSIS: Current status



- Sampling – being finalised; staff recruited; training in progress
- Challenges
 - Need to update nutritional database (FFQ); create a database for the 24 hr recalls
 - Finalise sampling issues with Statistical service

BSIS: Current status



- Opportunities
 - Robust data on salt intake to inform practice and policy
 - Data available for international comparisons