

# The State of Salt: the case for salt reduction in Victoria

## Key documents and publications

### Key documents

The State of Salt: the case for salt reduction in Victoria: <https://www.vichealth.vic.gov.au/media-and-resources/publications/state-of-salt>

Healthy Choices: food and drink classification guide and setting-specific policy guidelines: <https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/nutrition-and-healthy-eating-policies-strategies-and-guidelines>

### Key publications

#### Publications related to salt reduction programs

Christoforou A, Trieu K, Land MA, Bolam B, Webster J (2016). 'State-level and community-level salt reduction initiatives: a systematic review of global programmes and their impact', *J Epidemiol Community Health* 70(11):1140-1150.

Webster J, Trieu K, Dunford E, Nowson C, Jolly KA, Greenland R, Reimers J, Bolam B (2015). 'Salt reduction in Australia: from advocacy to action', *Cardiovasc Diagn Ther* 15;5(3):207-218.

Webster J, Bolam B (2016). 'The State of Salt: How state-based initiatives can drive national action on salt reduction in Australia', *ANZJPH* 40(3):203.

#### Publications related to increasing public awareness and debate

Trieu K, McMahon E, Santos JA, Bauman A, Jolly KA, Bolam B, Webster J (2017). 'Review of behaviour change interventions to reduce population salt intake', *Int J Behav Nutr Phys Act* 14(1):17.

#### Publications related to strengthening healthy policies

Lindberg, R, Featherson, H, Calder, R, McNamara, K, Knight, A, Livingston, M, Kypri, K, Malo, J, Roberts, L, Stanley, S, Grimes, C, Bolam, B, White, S, Purcell, L, Daube, M, O'Reilly, S, Colagiuri, S, Peeters, A, Batterham, P, Harvey, C, Dunbar, JA (2016). *Getting Australia's Health on Track 2016*. Australian Health Policy Collaboration: Melbourne, Victoria University.

McNamara K, Knight A, Livingston M, Kypri K, Malo J, Roberts L, Stanley S, Grimes, CA, Bolam B, Gooley M, Daube M, O'Reilly S, Colagiuri S, Peeters A, Tolhurst P, Batterham P, Dunbar JA, DeCourten, M (2015). *Targets and indicators for chronic disease prevention in Australia, Australian Health Policy Collaboration Technical Paper No. 2015-08*. Australian Health Policy Collaboration: Melbourne, Australia.

### **Publications related to population salt intakes**

Nowson C, Lim K, Grimes C, O'Halloran S, Land MA, Webster J, Shaw J, Chalmers J, Smith W, Flood V, Woodward M, Neal B (2015). 'Dietary Salt Intake and Discretionary Salt Use in Two General Population Samples in Australia: 2011 and 2014', *Nutrients* 7(12):10501–10512

### **Publications related to baseline assessment of knowledge, attitudes and behaviours related to salt intake among adults**

Grimes CA, Kelley S-J, Stanley S, Bolam B, Webster J, Khokhar D, Nowson CA (2017). 'Knowledge, attitudes and behaviours related to dietary salt among adults in the state of Victoria, Australia 2015', *BMC Public Health* 17(1):532.

Khokhar, D, Nowson, C, Margerison, C, Bolam, B, Grimes CA (2016). 'Knowledge, attitudes and behaviours related to salt intake among Victorian Parents' *Proceedings of the Nutrition Society of Australia* 40:54.