Stricter dietary policies prevent deaths from cardiovascular disease

Écrit par WHO Mercredi, 04 Juillet 2012 21:52 -



Government policies that ban **industrial trans fats**, reduce **saturated fats** and **salt** in food, and encourage more fruit and vegetable consumption could cut

deaths

from

cardiovascular

disease

by 20%. A study published in the *Bulletin of the World Health Organization* shows that healthier

food

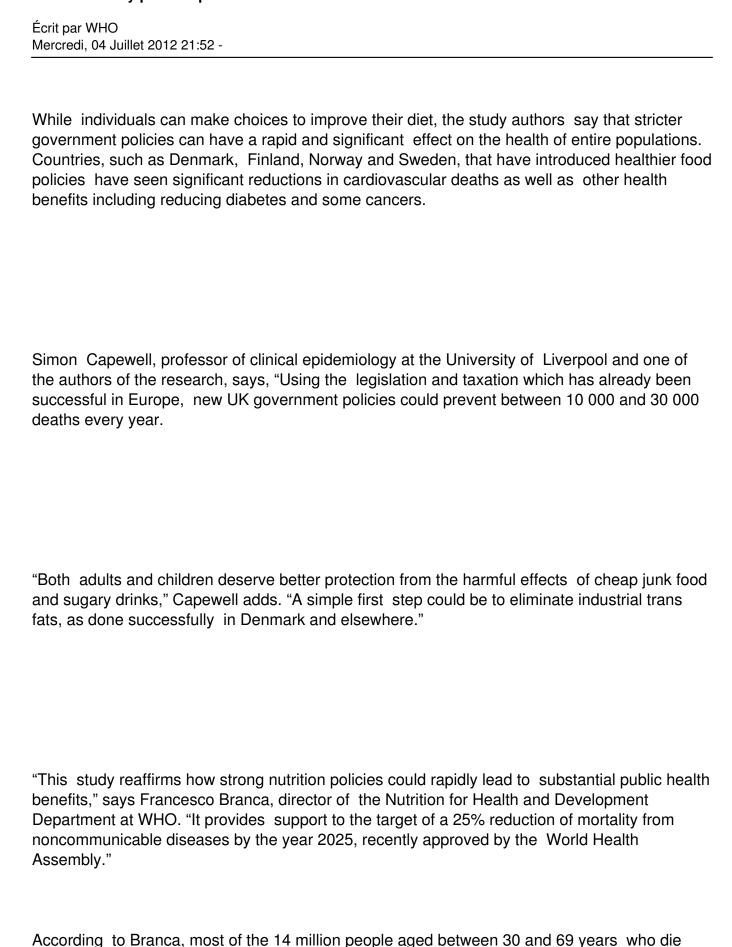
policies

, similar to those already introduced in some countries, could save up to 30 000 lives each year in the United Kingdom of Great Britain and Northern Ireland.

Death rates from cardiovascular disease are twice as high among people who eat diets high in saturated fat, trans fats, calories and salt such as processed food, junk food or canned soups. The study estimates the lives that could be saved from cardiovascular disease in the United Kingdom if stricter policies and initiatives were introduced to encourage healthier eating.

For example, the study predicts that a ban on industrial trans fats in the United Kingdom could save almost 5000 lives each year. A policy that reduced daily salt intake from 8.6g to 5.6g per day could save almost 7000 lives while an additional three portions of fruit and vegetables eaten daily could prevent 7400 deaths.

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from noncommunicable diseases each year could be saved by cost-effective interventions.

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