

SALT AND MEN'S HEALTH



THE GEORGE INSTITUTE FOR GLOBAL HEALTH
INVITES YOU TO ATTEND A
DROP THE SALT! CAMPAIGN DEBATE
ON WEDNESDAY 23 MARCH 2011
9AM - 12PM (FOLLOWED BY LUNCH)
AT THE GEORGE INSTITUTE FOR GLOBAL HEALTH
LEVEL 7, 341 GEORGE ST (OPPOSITE MARTIN PLACE), SYDNEY

Did you know that the most common cause of death among males aged 25-64 years is coronary heart disease? In a rapidly changing society where processed and often salty fast food is cheap and readily accessible and is served in canteens, worksite restaurants and schools there is an urgent need to raise awareness of the dangers of a high-salt diet in young men and provide knowledge about healthier food choices.

World Salt Awareness Week 2011 aims to make men more aware of the risks of a high salt diet and to make them more responsible for their own health.

To coincide with this the Australian Division of World Action on Salt and Health (AWASH) invites you to attend **Salt and Men's Health**, an interactive event to discuss the challenges and opportunities for reducing salt in foods. The event will bring together around 100 representatives of the food and catering industries with health professionals, food critics, academics and media personnel.

Professor Bruce Neal, Chairman of AWASH will highlight the health implications of high salt diets for men and launch the findings of new research looking at salt levels in Australian foods. Representatives from government and the food industry will be invited to update on the progress they are making to reduce salt levels in Australia.

The opening remarks will be followed by a lively expert panel debate on how best to get the message across to men with leading Nutritionist, Author and Speaker, Sue Radd, from the Nutrition and Wellbeing Clinic, and representatives from the food industry, NGOs and health experts.



DROP THE SALT! DEBATE

If you would like to attend the event then please RSVP to Lizzy Dunford - edunford@georgeinstitute.org.au with your name, position and organisation and any special dietary requirements by 18 March 2011.