

Reduce Salt to Improve Health

SGHN013 Akita Minami Senior High School

1. Problem

Death rate from **cancer** and **stroke**



1st rank

Because of the **high salt intake**

High salt intake

High blood pressure

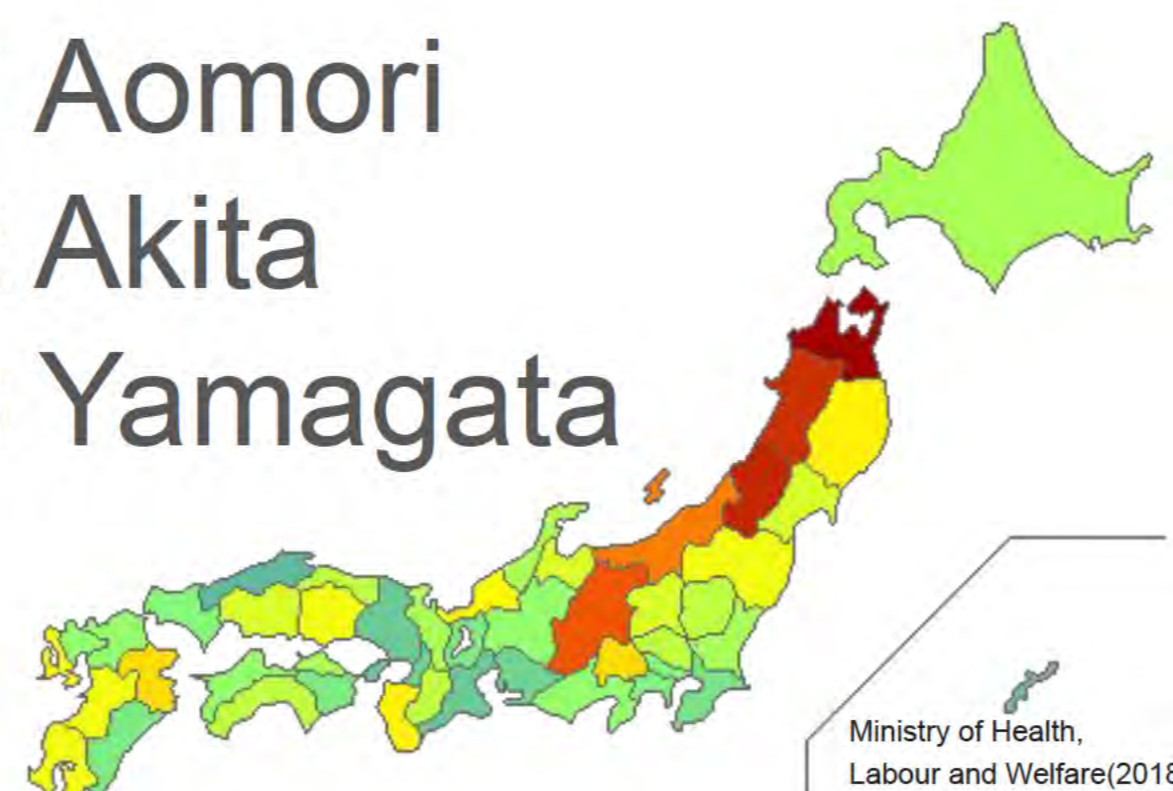
More susceptible to **cancer** and **stroke**

Death rate of stroke

- 1 Akita
- 2 Aomori
- 3 Yamagata

Salt intake

- 1 Aomori
- 2 Akita
- 3 Yamagata



Salt intake correlates with death diseases of stroke

2. Why we like salty taste?

Not enough food in winter

Preserved food

→need a lot of salt not to spoil



We have grown to like salty flavors!

3. Our survey

Do you do anything to reduce salt?

I don't know



Yes

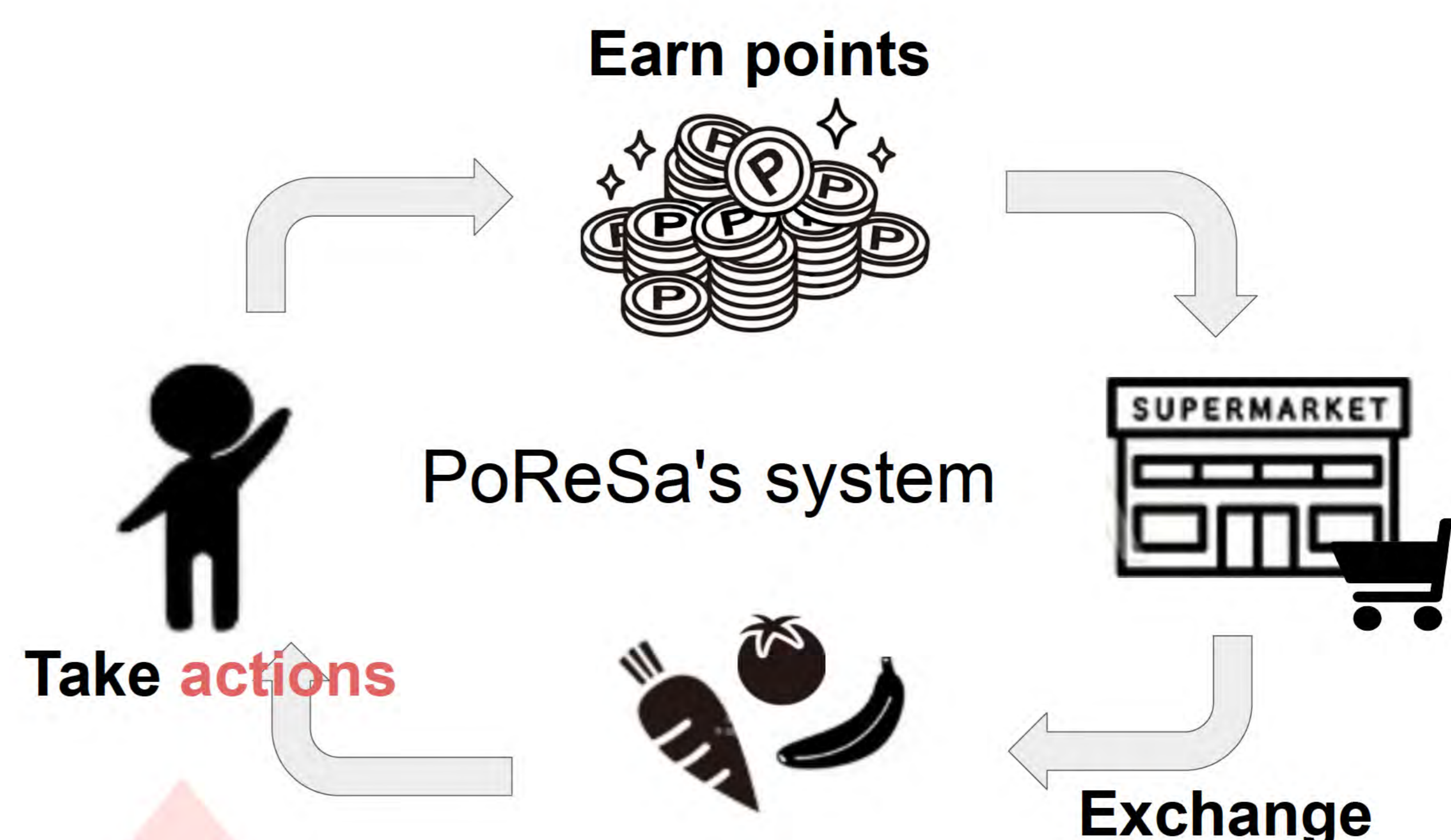
- expensive
- difficult
- not delicious

n=340
answers of students and teachers

4. Suggestion

PoReSa

=Points for Reducing Salt



- (1) Get a health checkup
- (2) Access “秋田健”
- (3) Calculate your salt intake
- (4) Purchase low-sodium products

<Three advantages>

① Improves the health

Medical check up → early detection & treatment of diseases
= preventative health care

② Reduce medical expenses

Successfully reduced salt intake
about 260 billion yen[◇]per year



③ Reduce food waste

Imperfect fruits and vegetables can be purchased with points → helps reduce food waste

5. Conclusion

Introducing PoReSa and making it available to people in Akita will make it **fun, easy, and affordable** for them to reduce their salt intake.

