



**InterAmerican Heart Foundation
Fundación InterAmericana del Corazón
Fundação InterAmericana do Coração**



**Fundación
InterAmericana
del Corazón Argentina**

***"Mapping of civil society organizations in Latin
America and the Caribbean working on
initiatives to reduce
salt intake in the population"
2012-2013***

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**Acknowledgement: The InterAmerican Heart Foundation and FIC
Argentina thank the American Heart Association for their support of
this project.**

Preamble

The **InterAmerican Heart Foundation** (IAHF) is a nonprofit organization incorporated in 1995 whose mission is to promote health and reduce heart and cardiovascular disease in Latin America and the Caribbean through education, advocacy and research. IAHF's efforts are directed towards population actions for tobacco control, promoting physical activity and proper nutrition.

The **Fundación Interamericana del Corazón Argentina** (FIC Argentina) is a nonprofit organization affiliated with the InterAmerican Heart Foundation (IAHF). FIC Argentina was created in 2008 to promote public policies and social changes that ensure the protection of the right to health through reducing chronic non-communicable diseases, specially cardiovascular and cerebrovascular.

These two entities' work is aimed at promoting public policies and strengthening civil society as an engine of change, based on a comprehensive and interdisciplinary conception of public health which involves the participation and commitment of actors in diverse fields. We develop this work at a national, sub-national and regional level and frame it in a global movement that requires states to implement measures guaranteeing their populations' right to health.

The activities carried out by these organizations are framed under three main programs: tobacco control, healthy eating and physical activity, always with a perspective that focuses on reducing disparities and understanding health as a human right. In this sense, IAHF and FIC Argentina develop research, political and media advocacy, education and community participation activities, networking with other organizations, among other strategies, to achieve their corporate objectives.

"Mapping of civil society organizations in Latin America and the Caribbean working on initiatives to reduce salt intake in the population" is a research developed as part of a collaborative proposal between IAHF and FIC Argentina and has been possible by the support of the American Heart Association. The views expressed are those of the author (s) and do not necessarily reflect the institutional opinion of the IAHF and FIC Argentina.

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Introduction

The mapping of civil society is performed as part of a project to reduce cardiovascular disease in Latin America and the Caribbean by reducing salt intake. The results of this mapping provide information about the number of organizations working or planning to work on this issue in order to develop future collaborations and undertake strategic actions.

This document contains several sections. In the first section, information on the Americas' current situation regarding high blood pressure and sodium intake is presented. Also, some of the main international documents encouraging the development of actions to reduce sodium intake in the population are mentioned. In this regard, the importance and the essential role played by civil society to carry out these actions are pointed up.

Methodological aspects are described: Objectives, type of study, variables and prioritized indicators, study's population, data collection and data analysis used instruments.

Finally, we present the results and analyze the organizations' profile, interests and knowledge on the subject and interagency coordination, among other variables.

Current situation in Latin America and the Caribbean

Hypertension is the leading cause of death and the second disability cause in the world for cardio and cerebrovascular disease¹. In Latin America, the prevalence of hypertension ranges from 26 to 42% in the general adult population² and excessive salt intake is the main risk factor for hypertension in both adults and children^{3 4}. A high-salt diet causes kidney disease, gastric cancer⁵, asthma, obesity, etc⁶.

¹ He FJ, MacGregor GA. Reducing Population Salt Intake Worldwide: From Evidence to Implementation. *Prog Cardiovascular Dis* 2010;52:363-382

² Sanchez RA, Ayala M, Baglivo H, Velazquez C, Burlando G, Kohlmann O, Jimenez J, Jaramillo PL, Brandao A, Valdes G, Alcocer L, Bendersky M, Ramirez AJ, Zanchetti A; LatinAmericaExpertGroup. Latin American guidelines on hypertension. *J Hypertens*. 2009;27:905-22.

³ He FJ, MacGregor GA. A comprehensive review on salt and health and current experience of worldwide salt reduction programmes. *J Hum Hypertens*. 2009;23: 363-84.

⁴ Feng J, MacGregor GA. Importance of salt in determining blood pressure in children: Meta-analysis of controlled trials. *Hypertension*. 2006;48:861-69.

⁵ Tsugane S, Sasazuki S, Kobayashi M, et al. Salt and salted food intake and subsequent risk of gastric cancer among middle-aged Japanese men and women. *Br J Cancer* 2004;90:128-134.

⁶ Vartanian LR, Schwarz MB, Brownell KD: Effects of soft drink consumption on nutrition and health: a systematic review and metaanalysis. *Am J Public Health* 2007;97:667-675

The World Health Organization (WHO) recommends a salt intake of less than 5g/day/person, equivalent to 2000 mg of sodium⁷. However, in different countries of Latin America, salt intake is between 11.5 to 17.0 g /day/person.

To counter this epidemic a clinical approach but also the implementation of preventive measures including policies to reduce salt intake in the general population are necessary.

The Pan American Health Organization (PAHO) responded to this situation with a policy statement "Prevention of cardiovascular disease in the Americas by reducing dietary salt intake in the entire population". The Independent Expert Group on salt and health convened by PAHO has produced this Policy Statement, where they point out the importance of reducing dietary salt intake among all people in the Americas, whether adults or children and set recommendations with a population-based approach. The initiative's aim is the gradual and sustained reduction in dietary salt intake, either by reaching national targets or the internationally recommended target of less than 5g/day/person for 2020. The Policy Statement is aimed at policy makers, others in charge of government decisions and leaders in non-governmental organizations (representing consumers, health, science and health professionals), civil society, food industry (including food processors and distributors) among food importers and exporters, and PAHO⁸.

The regional initiative has been useful to strengthen national actions in different countries such as Argentina, Costa Rica, Barbados, Brazil, Canada, Chile, Mexico, etc. where substantial progress has been made.

Also in Central America and the Dominican Republic, countries have established two challenges. The first one, agreed in late 2009 by the Ministers of Health of the Region in the *Central America and Dominican Republic Health Plan 2010-2015*, states that the countries of the sub region commit to develop or implement over a period of five years at least one strategy to reduce sodium intake in the diet of the population⁹. The second challenge took place in Rio de Janeiro, in 2011 when PAHO and the World Economic Forum launched the Proclamation on low sodium/salt food in Latin America¹⁰. This proclamation was the first consensus including governments in the Americas, all of the food industry sectors and civil society according to their respective roles and responsibilities in reducing dietary salt. It sets that governments, the food industry and civil society organizations should coordinate their efforts to increase consumers'

⁷ World Health Organization. Reducing salt intake in populations: report of a forum and WHO technical meeting, October 5-7, 2006, Paris, France. Available at: <http://www.who.int/entity/dietphysicalactivity/salt-report-SP.pdf> Accessed July 2013

⁸ Pan American Health Organization. Policy Statement: Prevention of cardiovascular disease in the Americas by reducing dietary salt intake in the whole population. Available www.paho.org/ecnt_ecv/sal Accessed May 26, 2010

⁹ Council of Ministers of Health of the System for Central American Integration COMISCA (2009). Central America and Dominican Republic Health Plan 2010 - 2015. Available at <http://www.sica.int/busqueda/Noticias.aspx?IDItem=45368&IDCat=3&IdEnt=143&Idm= &IdmStyle=1>, Accessed May 4, 2010

¹⁰ Reducing food sodium/salt in Latin America. Proclamation of 2011 in Rio de Janeiro. PAHO. World economic forum. Rio de Janeiro, 2011..

awareness on the harmful effects of excessive dietary sodium/salt intake, educate consumers so that they can reduce excessive dietary sodium/salt intake and strengthen consumers' demand of affordable food products with low or no sodium/salt.

Civil society's role

According to the Global Strategy on *Diet, Physical Activity and Health*¹¹ proposed by the WHO, civil society organizations have a vital role in promoting healthy habits. The PAHO's Political Declaration settles recommendations for NGO's policy and action: to educate its members about the health risks of high salt intake in the diet and how to reduce salt intake; encourage participation in advocacy; promote and monitor publications on topics related to dietary salt; promote the importance of reducing salt intake in the media in order to reach the public, include children and women in particular, given their integral role in family health and food preparation; widely disseminate relevant literature; educate decision makers about the benefits of reducing blood pressure among normotensive and hypertensive individuals, regardless of age; advocate for policies and regulations that contribute to the reduction of salt in the diet of the entire population; promote the formation of coalitions, increase the capacity of these organizations for advocacy and advocacy tools to promote civil society's actions.

However, there have been relatively few initiatives from the civil society regarding research and advocacy for salt reduction, and even less networking or regional collaborations, while there has been a great development in other issues such as tobacco control.

In this sense, a mapping of social organizations is essential to identify committed actors, their initiatives regarding research, education and advocacy, as well as their needs and interests to strengthen the agenda for the promotion of public policies to reduce salt intake and thus contribute to the strengthening of regional networking and collaborations.

Methodological Aspects

Objectives

- Identify civil society organizations in Latin America and the Caribbean working on initiatives to reduce salt intake in the population.
- Analyze the institutional profile of the organizations in the region, including their activities, initiatives, scope and experience.

¹¹ Global Strategy on Diet, Physical Activity and Health. WHO, 2004

Type of study

The **mapping** of actors is a technique that enables the identification of individuals and organizations considered as relevant to a project's design and/or implementation. It also allows knowing in advance who will be available to define and design strategies. The mapping of actors not only identifies individuals, groups and organizations but also interests, goals and actions. In this case, the mapping performed was also aimed at convening civil society organizations and expanding the knowledge and/or awareness on a specific issue.

The present study is a descriptive cross-sectional study.

The dimensions and variables surveyed and analyzed were:

1. Organization's Profile:

- Main activities
- Audience
- Scope

2. Institutional knowledge and interest on the subject

- Type of activities
- Strengths and needs

3. Interagency coordination

- Participation in networks
- Knowledge and interest

The **Universe** is composed of civil society organizations in Latin America and the Caribbean working or that could work on issues related to hypertension and salt intake in the population.

We first used a purposive sample and a snowball sampling in a second stage. This type of sample does not have statistical significance; each of the units included in the sample is included because of its specific relevance for the subject of study.

In order to develop the purposive sample, different types of organizations were identified in the first place:

- ✓ Scientific heart societies (cardiology and hypertension organizations)
- ✓ Organizations with an activist profile, public policy advocacy, legal action, consumer's protection, (organizations with political profile)
- ✓ Organizations with an academic profile (research institutes)
- ✓ Organizations concerned with patients care.

Various activities were designed in order to contact different key organizations, aiming to include the previously identified profiles. The following activities were performed:

- a) Contact with regional referents on tobacco control to request contact lists of their respective countries.
- b) Contact with members of the collaborative study on the composition of processed foods led by the George Institute of Australia in Latin America and the Caribbean.
- c) Contact Organizations of Latin America and members of the following networks: WASH (World Health Awareness or Salt), CLASS (Healthy Latin American Coalition), ALASS (Latin American Action Salt and Health) , IAHF (InterAmerican Heart Foundation), LATIN FOOD, Consumers International.
- d) Contact with member and affiliated organizations of the InterAmerican Heart Foundation.
- e) Request for contact information to regional organizations currently funding projects on salt (IDRC, FOGARTY, AHA).
- f) Consults with experts on the subject: Pan American Health Organization (PAHO)
- g) Contacts - Congress SLAN Cuba.
- h) Contacts - Forum in Mexico on "Legislation, regulations and public policies to stop obesity and promote healthy eating among children in Latin America: progress, obstacles and opportunities".
- i) Contacting organizations in Argentina that were convened to participate in the event held by FIC Argentina: "Reducing sodium in processed foods and its impact on public health: the role of civil society."

The main **collection technique** used in this study is the survey. The questionnaire was sent via e- mail to the selected organization's representatives.

Questions on the organization's general activities, audience and scope of activities were included. More specifically, questions were asked about the activities the organization could be doing in the fields of research, education or public policy advocacy, community action, etc., regarding blood pressure and reduced salt intake. Details on the actions taken were requested for each type of activity. Also, questions about the organizations' interest on starting actions related with salt reduction were included. If they were not currently working on this, they were asked about other organization's strengths and obstacles. Finally, questions were asked about the knowledge on existing organizations and networks focused on salt reduction.

To validate the instrument, a pilot test was conducted in 4 referent organizations from different countries (Argentina, Chile, Colombia and Venezuela) working on topics related to salt intake. Based on the recommendations, the final version of the questionnaire was designed and was also translated into English for the Caribbean countries. The final instrument used version in Spanish and English is attached in Annex 2.

Participants were contacted via e- mail with an attached questionnaire in English or Spanish (as appropriate) and were informed about the research's nature and objectives. Once the

questionnaire was submitted, follow up was made with up to 3 reminders via e-mail or telephone if there was no response.

The questionnaire combined closed questions that were analyzed quantitatively and open-ended questions which provided qualitative information. While quantitative **analysis** examines the characteristics of the different organizations that make up the universe of surveyed organizations, qualitative analysis emphasizes on the characteristics possessed by the units that make up a given universe. Both similarities and differences between the organizations were explored.

Results

A total of 75 regional organizations in 20 countries were contacted directly (excluding networks). Thirty nine (39) organizations responded, resulting in a response rate of 52 %.

A total of **46 questionnaires, 39 from nongovernmental organizations (see Annex 1) and 7 from Government Agencies** were received.

The 39 questionnaires received from civil society organizations cover 17 countries in the region: 15 from Latin America (Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, El Salvador, Guatemala, Mexico, Nicaragua, Panama, Paraguay, Peru, Venezuela and Uruguay) and 2 from the Caribbean (Barbados and Jamaica). (See Figure 1)

General characteristics of the interviewed organizations

The 39 identified organizations included: 14 foundations, 10 universities, 8 consumer associations, 2 hospitals, 2 research centers, 1 Hypertension Society, 1 nutritionists association and 1 association for cancer prevention.

Government

Even though this is a mapping of civil society, after sending the questionnaire to several chains and networks such as WASH, CLASS, ALASS, IAHF, LATIN FOOD, CONSUMERS INTERNATIONAL, we received questionnaires from both non-governmental organizations and some government agencies. Even though we have not included the latter in the final analysis, they were of great importance to know about the activities being undertaken at a state level and evaluate the knowledge possessed by civil society organizations regarding initiatives linked to the reduction of the population's sodium intake being held in their countries. Some examples of initiatives aimed to reduce the sodium in processed foods are the experiences of Costa Rica, Mexico and Guatemala.

In Costa Rica, the Ministry of Public Health has made progress in educational activities to reduce sodium in food. With the publication of the *Regulations of Student stores*, they have worked from different angles, reducing sodium intake in products that can be sold in the

student stores. They have also worked on the recommendations for the use of spices (promoting natural ones) and other products to help reduce sodium in foods, both in school cafeterias and student stores. They use training workshops and printed materials on the topic. Healthy nutrition education including, among other things, awareness on excessive sodium intake is encouraged.

The INCIENSA (Costa Rican Institute for Research and Education on Nutrition and Health) has conducted research on sodium intake. The amount of salt and sodium available at homes has been estimated and the amount of sodium in processed foods has been determined by means of nutritional labeling. Currently, qualitative studies are being conducted in order to analyze the beliefs and attitudes regarding dietary sodium. Also, this institute developed, negotiated and promoted the Ministry of Health's approval of the *"National Plan to Reduce Sodium Intake and Salt for the Population of Costa Rica from 2011 to 2021"*.

In Mexico, various agencies are developing actions related to sodium intake. The Public Health Institute (INSP) of Mexico has developed studies to estimate sodium intake in Mexico, characterize the problem and develop a baseline to assess changes in intake over time.

In the State of Morelos, the Institute of Public Health is currently conducting research to estimate the levels of sodium in low-income population of the state by collecting 24-hour urine samples. Also, they are working to identify foods that contribute in a higher percentage to sodium intake in the Mexican population using data from the National Health and Nutrition Survey 2012.

Additionally in Mexico, the National Institute of Medical Sciences and Nutrition Salvador Zubiran Department of Nephrology and Mineral Metabolism has conducted population studies on salt and its consequences.

Finally, the Institute of Nutrition of Central America and Panama, INCAP, conducts research on diet and cardiovascular risk and cardiovascular health in schools. It also develops models of intervention in primary health care.

Figure 1: Countries in Latin America and the Caribbean that have participated in the mapping of civil society. 2012-2013



.com

 Argentina (13)	 Ecuador (2)	 Venezuela (2)
 Chile (1)	 Colombia (2)	 Paraguay (1)
 Brazil (4)	 Panamá (1)	 Mexico (3)
 Uruguay (1)	 Nicaragua (1)	 Jamaica (1)
 Peru (2)	 Guatemala (2)	 Barbados (1)
 El Salvador (1)	 Bolivia (1)	

Source: Prepared by the authors.

Organizations' Profile

Most organizations are currently working on hypertension or dietary sodium topics, except for 6 organizations which have expressed interest to include these topics in their agenda.

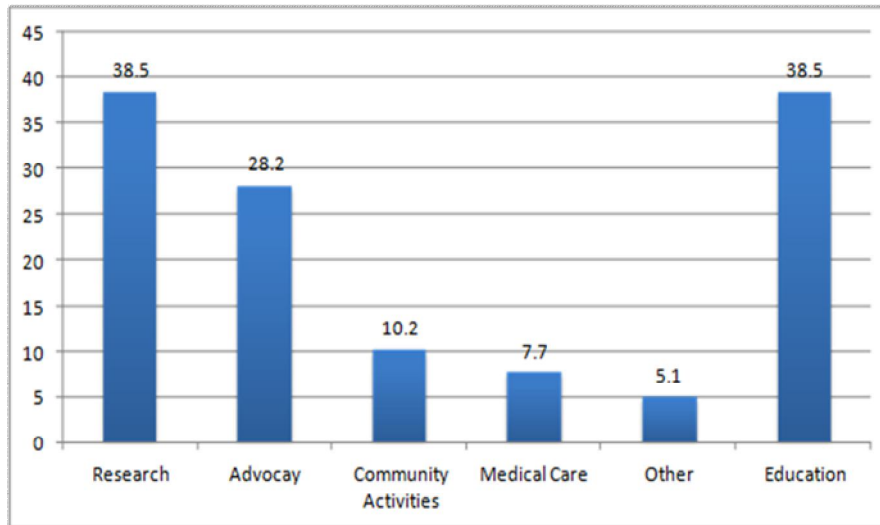
Organizations working on projects related to population level sodium reduction initiatives have a diverse profile. The universe of analysis is composed of consumers, medical and academic organizations. A directory of all the surveyed organizations during this study is included in Annex 1 with the following information: name, address, phone number, fax, email, Institutional web site and Institutional mission.

Organization's main activities

The main activities performed by organizations are research and education (38.5 % each). Secondly, there are the organizations dedicated to advocacy work (28.2%). Community activities and medical care were the less mentioned activities in the set of answers related to the main activity performed. (Graph 1)

It should be noted that the tasks are not performed exclusively and much of the surveyed organizations having education within its main tasks, also dedicate much of their time to other activities, either advocacy, community activities or research.

Graph 1: surveyed civil society organizations. Main activity performed in organizations (%). 2012- 2013



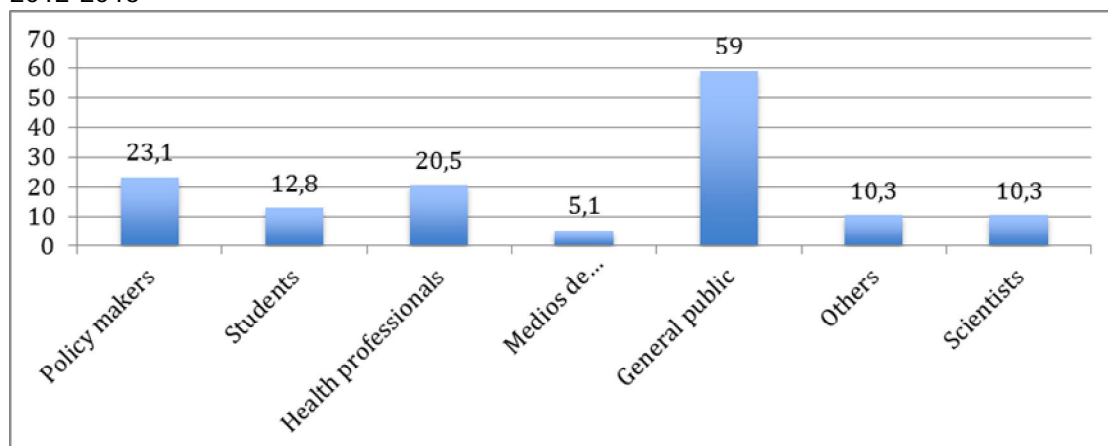
Source: prepared by the authors.

Audience

The primary organizations' audience is the general public (59%), followed by health professionals (20.5%), policy makers (23.1%), students (12.8%), scientists (10.3%) and media (5.1%). (Graph 2)

It is worth mentioning that each of the activities listed above does not correspond to a specific audience. Thus, organizations where research activities are mainly developed have different types of audiences: health professionals, policy makers and/or the general public. This audience heterogeneity is related to civil society's different roles.

Graph 2: Surveyed civil society organizations. Organizations' main target audience (%). 2012-2013

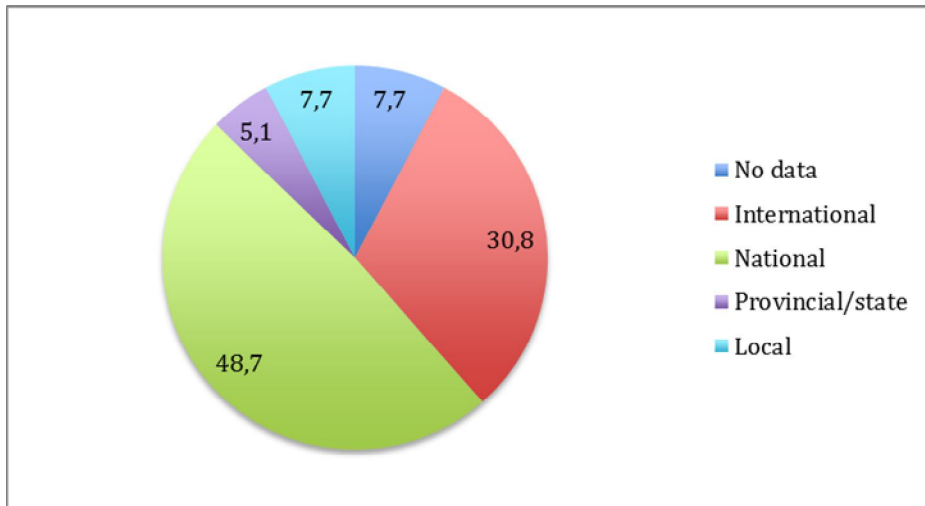


Source: prepared by the authors.

Organization's scope

Of the 39 organizations surveyed, about half has a range of activities at a national level, 30.8 % at an international level, 5.1 % at a provincial/state level, and 7.7 % at a local level. (Graph 3)

Graph 3: Surveyed civil society organizations. Distribution (%) by target audience. 2012-2013.



Source: prepared by the authors.

Institutional Interest and knowledge on the study's subject

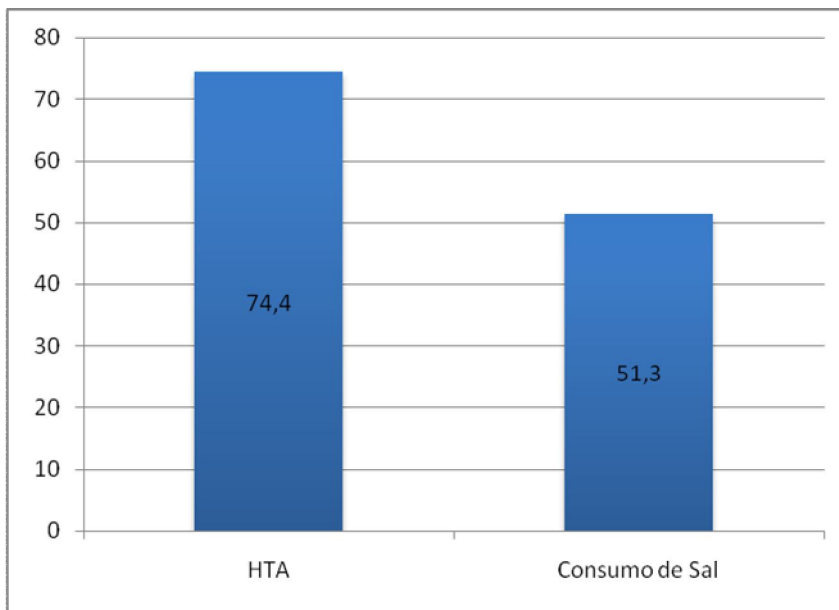
Type of activities

Of all the organizations, 74.4 % work on issues related to high blood pressure and 51.3 % work on issues related to salt intake in the general population. (Graph 4)

More than half of the organizations working on hypertension related issues have included salt intake in their agenda (58.6 %). Most organizations have begun working on salt intake reduction over the last 5 years.

However, work on salt related issues is not exclusive to the organizations developing actions related to hypertension. Organizations whose mission is related to the promotion of healthy eating, also address the issue of salt intake in the population, even when blood pressure is not on their agenda. For example, among consumer organizations, a greater trend to work on issues related to salt intake than to hypertension is observed.

Graph 4: Surveyed civil society organizations. Civil society organizations working on issues related to high blood pressure (hypertension) and issues related to salt intake (%). 2012-2013.



Source: prepared by the authors.

Activities performed by organizations working on **hypertension** related topics are primarily educational activities for consumers, patients and health professionals (93.1%). They are followed by advocacy activities to promote public policies (72.4%), community activities (65.5 %) and research (62.1 %).

Activities performed by organizations working on **salt intake** related issues are primarily educational (81%) and research activities (71.4 %). In addition, more than half of the organizations working on salt intake related issues perform advocacy activities (61.9 %).

Table 1: Percentage of organizations working on high blood pressure (HBP) or salt intake related issues, performing various activities. 2012-2013

Activities	HBP	Salt intake
Education	93,1	81,0
Research	62,1	71,4
Advocacy	72,4	61,9
Community activities	65,5	47,6

Source: Prepared by the authors.

Organizations working on issues related to HBP

Within the organizations working on issues related to hypertension, two main research directions are stated: sodium in particular and the prevalence of high blood pressure in the general population and in specific groups. In this last line of research, the following organizations can be mentioned: Argentina Heart Foundation, conducting the RENATEA study (National Register of Hypertension); Core de Pesquisas Epidemiologic em Nutrição e Saúde of Brazil, carrying out a study to estimate the prevalence of hypertension in Brazil; and AMPAC (Mexican Association for the Prevention of Atherosclerosis and its

complications), Tlaxcala Delegation in Mexico, conducting studies to estimate the prevalence of hypertension in 6 to 18 years old children.

The advocacy actions mentioned in organizations working on hypertension are related to the participation in committees and assessment on draft legislations. Among the specific actions that have been mentioned there is the Foundation for Educational and Social Development (FES), Health Division, Colombia. In 2009 researchers at the Health Division actively participated in the legislative process oriented to the adoption of the Law on Prevention of Obesity in Colombia (Law 1355/2009).

As mentioned, most of the organizations conduct educational actions. Activities carried out in this area consist mainly of workshops and seminars, intended for different audiences: physicians, general community, and other actors. Publications, training of health professionals and participation in seminars and congresses are other activities held by organizations working on hypertension.

Organizations working on issues related to salt intake in the general population

It should be highlighted that in the region different researches related to salt intake in the population are being conducted by the civil society (see Table 2). The information's analysis enables the identification of the following main research lines.

- a. Estimation of sodium intake in the population through the development of specific surveys, through the analysis of household expenditure surveys.
- b. Monitoring of salt reduction policies.
- c. Chemical analysis of foods.
- d. Development of low-sodium foods.
- e. Analysis of the nutritional value of meals
- f. Evaluation of the use and understanding of nutrition labeling.

NOTE: This list does not include research that could be being conducted by governments, such as the analysis of 24-hour urine samples to estimate salt intake, as it only focuses on reports from social organizations.

Table 2: Organizations working on topics related to salt intake in the population. Research areas that have been developed. 2012-2013

Cantonal Health Council of Cuenca Ecuador	Nutritional habits and students lunchbox content in urban and rural schools in Cuenca
University of Cuenca Ecuador	Studies on food composition and local preparations
Nutrition and Food Security University Observatory Guanajuato State – Mexico	Environmental Nutrition and Food Security: Focus on prematurity and pregnancy. Arsenic in water and food. Subjects: trans fats in processed food, high fructose syrup in sodas, sugar, food security in food and water toxic as arsenic, food security for water and food
Faculty of Bromatology University of Entre Rios	Low-sodium foods development
CESNI- Argentina	Sodium intake in the first Nutritional Food survey of Buenos Aires

CEPEA- Argentina	Population's consumption and market products' quality
Argentine Consumers	Comparative test of cereals where the amount of sugar, salt and fat was analyzed
PRODANYS/PROPIA –La Plata University, Argentina	Research on sodium content in nutritional labeling (database of about 500 packaged products) and production of functional low in sodium foods. Research on sodium intake of a population by quantifying the labeling, bought in a supermarket chain with associated captive population. Research on sodium content in food of YPF workers (approximately 30000 daily rations)
Ramos Mejía Hospital – Argentina	Food consumption survey
Research Center in Food Technology - Faculty of Engineering - National University of Jujuy - Argentina	Food composition Databases - Food Analysis - Formulation of low in salt foods - Relationship between salt intake and adequacy of iodine intake. Enrichment of salt extracted from the salt flats of Puna. Iodine
FIC Argentina	Multi component research on salt policy to inform policy makers. Research includes: mapping of actors linked to sodium reduction policies; chemical analysis of sodium in breads; nutritional content analysis through food labeling aimed to monitor the voluntary agreement. This research is performed within the framework of a project.
Food and Nutrition Research Center/University of Sao Paulo (NAPAN/USP) – Brazil	The sodium content of the meals (lunch) served by the most popular restaurants in Sao Paulo is being analyzed by atomic absorption spectrometry and estimated based on the database information.
Núcleo de Pesquisas Epidemiológicas em Nutrição e Saúde - Brazil	The intake and dietary sources of salt intake in Brazil have been quantified. Data from the Household Budget Survey were analyzed since the 80's. This survey is the main source of data on salt intake in Brazil.
School of Nutrition and Dietetics, University of Antioquia, Colombia.	The protocol for determining the baseline sodium intake in Colombian population will be designed.
AIS Bolivia	Consumption habits in vulnerable populations
Peruvian Association of Consumers and Users	Analysis of the nutritional value (sodium, sugar, saturated fat, trans) in Happy Meals for children in fast food restaurants. Comparative tests to choose products with less sodium and salt. Infographics on impact on the market.
Consumer Defense Center -CDC- El Salvador	Offered food in schools (healthy food and junk food). Evaluation of cereals' nutritional quality.
IDEC - Instituto Brasileiro de Defesa do Consumidor	Evaluation of sodium reduction targets for industrialized foods and evaluation of nutrition information on packaged foods. Assessment of the amount of sodium in prepared soups, evaluating the understanding and use of nutrition labeling of packaged foods and pressure on the government to adopt a simpler labeling option, nutritional traffic.

Activities identified as advocacy by the different organizations are: participation in multi-sector agreements, participation in activities organized by Ministries of Health or PAHO, conducting seminars and being present in the media. Although various organizations advise and participate on measures related to the reduction of salt intake in the diet, the promotion of specific draft legislations was not mentioned in most of the questionnaires.

A different trend is observed among the consumer associations. Different regulations are being supported by these types of organizations: AIS Bolivia is developing specific draft legislations on food consumer's rights, canned food regulation, regulation and limitation of junk food in educational units surrounding areas. In the case of Peru, the Peruvian

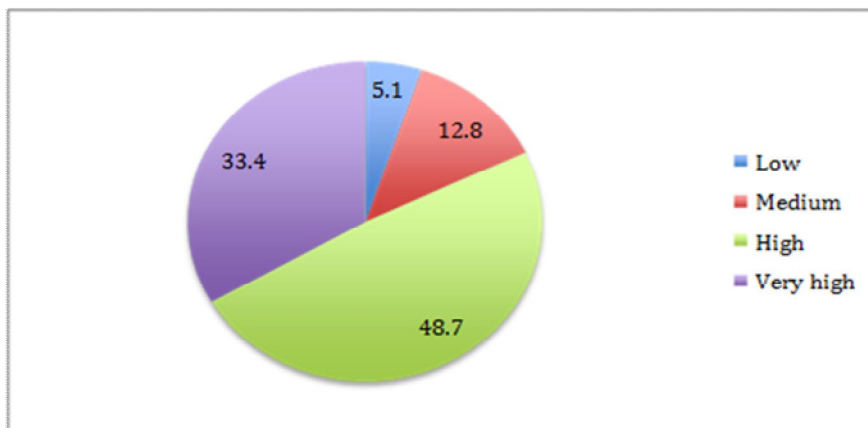
Association of Consumers and Users has "participated constantly and permanently for the approval and enactment of Law No. 30021 ": Promotion of Healthy food for Children and Adolescents Law, which includes the restriction of advertising unhealthy food for children and promotes health warnings on advertising.¹²

On the other hand, the Consumers Initiative in Venezuela promotes campaigns related to the health damage caused by high intake of salt, fat and sugar. Also, they have contacted members of the National Assembly to draft legislations regulating the sale of food in schools.

Both Argentina and Brazil (FIC Argentina, Instituto Brasileiro de Defesa do Consumidor), civil society organizations also play a watchdog role, monitoring the signed voluntary agreements between the government and the food industry to reduce sodium in processed foods. Likewise, regional parliamentary processes on promoting bills linked to sodium intake restriction are monitored.

Even though more than half of organizations have included the issue of salt intake on their agenda, the priority level of dietary salt reduction related topics varies in each organization: in 48.7% of the cases the priority level is very high, in 33.4% is high, in 12.8% is medium and in 5.1% is low.

Graph 5: Surveyed civil society organizations. Distribution of the priority level of dietary salt reduction on the NGO's agenda. 2012-2013.



Source: Prepared by the authors.

¹²Article 8. Advertising of food and non-alcoholic beverages: advertising targeted to children and adolescents under 16 years old and disseminated by any medium of social communication should be consistent with the policies of health promotion and should not encourage immoderate consumption of food and non -alcoholic beverages with trans fats, high in sugar, sodium and saturated fats, as provided in this Law.

Article 10. Warnings: Advertising, including that which is contained in the product, of food and non-alcoholic beverages with trans fats, high in sugar, sodium and saturated fats, should disclose in a clear, legible, prominent and understandable way the following statements, as appropriate: "High in (Sodium - sugar - saturated fat): Avoid excessive consumption." Such advertising warning applies to food and non-alcoholic beverages that exceed the technical parameters established in the regulations (Source: Peruvian Association of Consumers and Users)

Less than half of the surveyed organizations (41%) consider they have enough information on the subject of salt intake and its impact on health. This situation is linked to the organizations' need to further develop research in this regard. From the total, 92.3% would be willing to share information on their activities related to salt intake with other organizations.

Also, 94.7 % of the 19 organizations that do not work on salt-related issues are interested in beginning to work on this field. The main lines of research in which organizations would like to participate are linked to population consumption and developing educational and awareness actions for different actors and groups. The importance of information on salt levels in foods, even in products with no labeling, was also mentioned. Additionally, the importance of working with other organizations and joint efforts in the same direction was pointed out.

The main obstacle mentioned is the difficulty in accessing funding to have the resources to develop research, education and awareness activities.

According to 61.5 % of the organizations, their country's government is developing plans and programs to reduce salt in the diet. The surveyed organizations identified the following state actions.

- a. Argentina: Agreement on voluntary reduction of sodium in processed foods signed between the Ministry of Health and the food industry; Less Salt More Life Program; legislative initiatives to regulate sodium reduction in processed foods.
- b. Brazil: Agreement on voluntary reduction of sodium in processed foods signed between the Ministry of Health and the food industry; bills under consideration in Congress to regulate advertising; regulation by the National Health Surveillance Agency (ANVISA) of high sodium foods advertising.
- c. Chile: Law 20,606 , published on July 6, 2012 , is a joint initiative with the baking industry to voluntarily reduce the amount of salt in bread.
- d. Colombia: There are working groups looking for voluntary agreements with the food industry and research on communication and strategies for the general population's awareness on risks. Regarding the sodium intake base line, work is being done together with the School of Nutrition and Dietetics at the University of Antioquia to design the protocol to determine the baseline.
- e. Ecuador: A policy to regulate the salt content is being developed.
- f. Mexico: A voluntary agreement to reduce salt in 10% in white sliced bread has been signed. There is a national consensus to fight obesity. There are also recommendations for foods labeling, but there is still no concrete progress.
- g. Peru: recently adopted Law No. 30.021 - *Promotion Act for Healthy Eating for Children and Adolescents*. This law states that food advertisements should warn about the products with high sodium content.
- h. Uruguay: Meetings have been held with the baking industry to reduce salt in baked goods.

Organizations' strengths and needs to work on dietary salt reduction

Organizations mentioned different strengths they have when including dietary salt topics in their agenda: scientific knowledge; experience on the working area, multidisciplinary work team; access to reliable information, prestige, trajectory and skilled human resources.

Some of the main organizations' needs to develop their projects mentioned during the survey are: access to funds, access to networks and recruitment of human resources. It is worth mentioning that depending on the type of organization, different weaknesses are identified. Access to funding appears to be a concern in all organizations. While some organizations consider their trained human resources as a strength, in other organizations the need for trained human resources is pointed out, particularly to conduct research.

Interagency coordination

Participation in networks

Only 28% of organizations participates in some Intersectoral Commission coordinated by the government for the prevention of non-communicable diseases (NCD), or cardiovascular disease control. In Argentina, organizations involved in this type of commission participate in the Program Less Salt More Life mentioned above. In Colombia, one of the organizations has been called to provide evidence at the working groups created under the strategy to reduce sodium intake in Colombia's population. In the same direction, in Brazil one of the organizations is participating in the ongoing debate forum to reduce sodium in processed foods. In other countries, organizations are not called to specifically related to sodium actions, but to more general issues. For example, in Jamaica, the Heart Foundation of Jamaica participated in the design of action plans for the prevention of non communicable diseases at the NCD Committee. In Brazil, the IDEC (Instituto Brasileiro de Defesa do Consumidor) participates at the National Food and Nutritional Security Council (CONSEA). CONSEA has the fundamental role of advising the President on the formulation and development of national policy guidelines to ensure the human right to food. Similarly, in Mexico the organizations participate at the National Council for the Prevention and Control of NCDs (CONACRO).

One in three (30.5%) organizations have at least one member that participates at a regional or national network of organizations dedicated to high blood pressure control or to measures to reduce salt in the diet.

Knowledge and interest

Most of the organizations (77.3%) are interested in integrating some specific hypertension control or salt reduction network. However, despite of mentioning the importance of working inter organizationally and expressing a desire to participate, only half of the organizations surveyed have knowledge on networks such as ALASS or WASH. 53.8 % of NGOs know about WASH (World Action on Salt and Health) and 48.7 % know ALASS (Latin American Action Salt and Health).

Two out of three organizations are interested in integrating ALASS and 81.6 % would be interested in receiving information about it.

Conclusions

Civil society plays a fundamental role in actions such as promoting public policies, building networks, generating scientific evidence, providing services and monitoring design and implementation processes to ensure their transparency and effectiveness. Civil society represents an independent voice from governments and is important for its active role to strengthen democratic processes, participation and progress of public policies.

In Latin America and the Caribbean, civil society's important role has been clearly documented in areas such as tobacco control, where civil society was one of the main engines to drive effective policies and ensure their compliance¹³.

This survey of organizations in the region working (or planning to work) on topics related to salt intake reduction in the population is a key step to build and improve networking, and promote collaboration between countries and between organizations within the countries. This survey also reveals the work of different organizations, which remains invisible on numerous occasions to the rest of the organizations, even for those with similar characteristics. Similarly, through this mapping we have gained awareness on a significant amount of research, government initiatives and other actions towards salt intake reduction, information that has not been sufficiently widespread in the region so far.

This mapping has allowed us to reach some conclusions that can be useful for future action. First, although the work on reducing salt intake was reported by only half of the organizations, a high interest to begin to include this subject was observed. Secondly, it is important to note that while there are strengths within organizations surveyed that can help strengthen the work on reducing salt intake, as qualified human resources, technical knowledge, and multidisciplinary teams, most of the organizations identified the lack of funding as the main need to take forward their projects. Finally, although only half of the surveyed organizations know networks related to salt intake reduction as ALASS, most of them are interested in participating and willing to share information. This shows the importance of promoting actions to expose ALASS and strengthen its work in the region.

This study has strengths and limitations. One of the strengths is that this mapping is an input of great importance for the future development of methodological tools that enable a more comprehensive survey of the universe of organizations through a representative sample and a standardized questionnaire. Likewise, it would be important to investigate in future research on the specific characteristics of certain organizations, such as their abilities for inter organizational work or their main obstacles to go forward with their various tasks. Another strength is that, through this first mapping of organizations working on salt intake, we establish a preliminary assessment of available resources and perceived needs to improve capacity in the subject.

¹³ Marcet Champagne B, Sebrié E, Schoj V. The role of organized civil society in tobacco control in Latin America and the Caribbean *Public Health Mex* 2010;52 supl 2:S330-S339.

Some of the main constraints identified are that the sample is not representative of the universe of civil society organizations in the region working on issues related to sodium intake. For this reason, the results are not applicable to the entire universe. It is considered that this paper's results are an exploratory step to identify general characteristics and features to consider joint work between organizations.

In conclusion, as with our experience with tobacco control in the region, we hope to contribute to the creation of a network of organizations that can work in an organized way to share information, knowledge, experiences and work towards promoting healthy changes regarding salt intake in the region. This work was useful to identify the potential in the region regarding the participation of civil society in reducing salt intake in the population. Strengthening networking among these organizations and others that may be added in the future will be essential to contribute to improve the entire population's health.

Annex 1

Surveyed organizations Directory

1

- Name: Facultad de Bromatología
- Country: Argentina
- Region / State and / or City:: Entre Ríos- Gualeguaychú
- Organization's year of establishment: 1973
- Institutional Mission: Producción y transmisión de conocimientos. Docencia. Investigación. Extensión Universitaria y Vinculación Tecnológica.
- Website :
- E-mail: agarcia@fb.uner.edu.ar
- Phone number: +54 11 03446 426115
- Facebook: <https://www.facebook.com/facultaddebromatologiauner>
- Twitter:-
- Interviewee: Magister Elida Alicia García
- Position within the organization: Secretaria de Extensión Universitaria y Cultura. Docente Adjunta de la Cátedra de Nutrición y Salud Pública.
- E-mail: agarcia@fb.uner.edu.ar

2

- Name: CESNI (Centro de Estudios Sobre Nutrición Infantil)
- Country: Argentina
- Region / State and / or City:: Buenos Aires
- Organization's year of establishment: 1976
- Institutional Mission: Hacer operativo el conocimiento para promover una mejor nutrición infantil.
- Website : www.cesni.org.ar
- E-mail: secretaria@cesni.org.ar
- Phone number:+54 11 4334 1545
- Facebook: <http://www.facebook.com/cesniao>
- Twitter: <http://www.twitter.com/infocesni>
- Interviewee: Alicia Rovirosa
- Position within the organization:
- E-mail: arovirosa@cesni.org.ar

3

- Name: CEPEA (Centro de estudios sobre Políticas y Economía de la alimentación)
- Country: Argentina
- Region / State and / or City:: Capital Federal
- Organization's year of establishment: 2012
- Institutional Mission: Ampliar conocimientos en el campo de las políticas y la economía de la nutrición que favorezcan cambios saludables en el consumo y en los entornos alimentarios y liderar procesos que contribuyan a repensar y comunicar nuevas ideas y estrategias nutricionales.

- Website : www.cepea.com.ar
- E-mail: -
- Phone number: -
- Facebook: <http://www.facebook.com/cepealimentacion>
- Twitter: -
- Interviewee: Agustina Saraví
- Position within the organization: Directora Asociada
- E-mail: asaravi@cepea.com.ar

4

- Name: Consumidores Argentinos
- Country: Argentina
- Region / State and / or City:: Buenos Aires (Filiales en Mar del Plata, Jujuy y Tucumán)
- Organization's year of establishment: 1995
- Institutional Mission: promover y proteger los derechos de los consumidores a través de la educación, la capacitación, información así como la defensa y la protección del ambiente, impulsando un consumo responsable, racional y sustentable.
- Website : www.consumidoresarg.org.ar
- E-mail: consumidores@consumidoresarg.org.ar
- Phone number:+54 11 4331 2122/2128
- Facebook: <https://www.facebook.com/consumidoresargentinos>
- Twitter: <http://www.twitter.com/Consumidoresarg>
- Interviewee: Beatriz Garcia Buitrago
- Position within the organization: Presidente
- E-mail: beatrizgb@consumidoresarg.org.ar

5

- Name: Sociedad Argentina de Hipertensión Arterial
- Country: Argentina
- Region / State and / or City:: Ciudad Autónoma de Buenos Aires
- Organization's year of establishment: 1982
- Institutional Mission: La misión de la Sociedad Argentina de Hipertensión Arteriales promover un mejor nivel de atención en prevención y tratamiento de la hipertensión arterial, para mejorar la calidad de vida y la sobrevivencia de la población
- Website : saha@saha.org.ar
- E-mail:-
- Phone number:+ 54 11 0341 155 416828
- Facebook: -
- Twitter: -
- Interviewee: Daniel Leonardo Piskorz
- Position within the organization:Presidente
- E-mail: danielpiskorz@ciudad.com.ar

6

- Name: PRODANYS (Programa de Desarrollo de Alimentos, Nutrición y Salud) y PROPIA (Programa de Prevención del Infarto en Argentina)
- Country: Argentina
- Region / State and / or City:: Buenos Aires
- Organization's year of establishment: 2011
- Institutional Mission:
 - o PRODANYS: Investigar, Desarrollar y Certificar alimentos, que por evidencia científica demuestren sus calificaciones de Saludables y/o Funcionales. Promover la alimentación saludable, según lo establecido por OMS Asamblea 57° - 2004.
 - o PROPIA consiste en **disminuir la cantidad de muertes y enfermos por aterosclerosis (infarto)**, atacando los denominados factores de riesgo cardiovascular: colesterol elevado, sobrepeso, diabetes, presión arterial alta, sedentarismo y tabaquismo. Sus acciones se focalizan en tres campos interrelacionados: **alimentación sana, actividad física y antitabaquismo**. En virtud de tener asiento en la universidad, PROPIA articula los tres objetivos básicos: docencia, investigación y extensión. Los esfuerzos se dirigen a transferir a la comunidad los desarrollos teórico-prácticos generados a través de investigaciones biomédicas, tecnológicas y sociales.
- Website : www.propia.org.ar
- E-mail: -
- Phone number: +54 11 0379 4410000
- Facebook: -
- Twitter: -
- Interviewee: Flavio A. Dombrowski
- Position within the organization: Áreas de Nutrición Clínica y Comunitaria. PROPIA (Programa de Prevención del Infarto en Argentina) – UNLP
- PRODANYS (Programa de Desarrollo de Alimentos, Nutrición y Salud) – CIC (Comisión de Investigaciones Científicas) – Pcia. de Bs. As.
- E-mail: fadombrowski@ge-mail.com

7

- Name: Instituto de Cardiología "Juan F Cabral"
- Country: Argentina
- Region / State and / or City:: Corrientes
- Organization's year of establishment: 1986
- Institutional Mission: Diagnostico, tratamiento y prevención de enfermedades cardiovasculares.
- Website : www.icc.org.ar/index.php
- E-mail: -
- Phone number: +54 11 0379 4410000
- Facebook: -
- Twitter: -
- Interviewee: Eduardo Francisco Farias
- Position within the organization: Director
- E-mail: eduardofarias@funcacorr.org.ar

8

- Name: Fundación Cardiológica Argentina
- Country: Argentina
- Region / State and / or City:: Ciudad Autónoma de Buenos Aires
- Organization's year of establishment: 1976
- Institutional Mission: Promoción de la salud y prevención de las enfermedades cardiovasculares, primera causa de morbimortalidad en los adultos de nuestro Country. Tiene como misión difundir y promover los principios de prevención de las enfermedades cardiovasculares en la comunidad, brindando los conocimientos médicos necesarios para mejorar su calidad de vida
- Website : fundacioncardiologica.org
- E-mail: info@fundacioncardiologica.org
- Phone number: + 54 11 4961 6520/9388
- Facebook: <https://www.facebook.com/fundacioncardiologica.argentina>
- Twitter: http://www.twitter.com/f_cardiologica
- Interviewee: Lic. Gabriela Rodríguez Moran
- Position within the organization: Comunicadora Institucional
- E-mail: grodriguez Moran@fundacioncardiologica.org

9

- Name: Hospital Ramos Mejía
- Country: Argentina
- Region / State and / or City:: CABA
- Organization's year of establishment: 1883
- Institutional Mission: Asistencial
- Website : ramosmejia.org.ar
- E-mail: alimramos@ge-mail.com
- Phone number: +54 11 41270333
- Facebook: -
- Twitter: -
- Interviewee: Luisa Obdulia Martin
- Position within the organization: Jefe División Alimentación
- E-mail: dulinutri@hote-mail.com

10

- Name: Centro de investigaciones en Tecnología de alimentos- Facultad de ingeniería – Universidad Nacional de Jujuy
- Country: Argentina
- Region / State and / or City:: Jujuy
- Organization's year of establishment: 1973
- Institutional Mission: Formación de Recursos Humanos – Investigación - Transferencia
- Website : -
- E-mail: -
- Phone number: +54 11 0388 4221590
- Facebook: -

- Twitter: -
- Interviewee: Norma Sammán
- Position within the organization: Docente/Investigadora
- E-mail: nsamman@arnet.com.ar

11

- Name: PROSAHI (Programa Saludable para el Sobrepeso y Obesidad del Hospital Italiano)
- Country: Argentina
- Region / State and / or City:: Capital Federal
- Organization's year of establishment: 1994
- Institutional Mission: incorporación de hábitos saludables en las personas con sobrepeso y obesidad
- Website : -
- E-mail: prosahi@hospitalitaliano.org.ar
- Phone number: 4 861 3375
- Facebook: <http://www.facebook.com/PROSAHI>
- Twitter: -
- Interviewee: Irene Ventriglia/Tamara Lareu
- Position within the organization: Directora de PROSAHI/Coordinadora del área de Nutrición de PROSAHI (Programa Saludable para el Sobrepeso y Obesidad del Hospital Italiano)
- E-mail: irene.ventriglia@hospitalitaliano.org.ar; tamaralareu@hote-mail.com

12

- Name: FIC Argentina (FundacionInterAmericana del Corazón Argentina)
- Country: Argentina
- Region / State and / or City:: Buenos Aires
- Organization's year of establishment: 2008
- Institutional Mission: Promover políticas publicas y cambios sociales que garanticen la protección del derecho a la salud a través de la reducción de las enfermedades crónicas no transmisibles, especialmente las cardiovasculares y cerebrovasculares.
- Website : www.ficargentina.org
- E-mail: /
- Phone number: +54 11 4831 2238
- Facebook: <https://www.facebook.com/ficargentina>
- Twitter: -
- Name y apellido: María Victoria Tiscornia
- Position within the organization: Nutricionista
- E-mail: victoria.tiscornia@ficargentina.org

13

- Name: Acción del Consumidor (ADELCO)
- Country: Argentina
- Region / State and / or City:: CABA
- Organization's year of establishment: 1980

- Institutional Mission: Trabajamos para alcanzar el consumo responsable y el desarrollo sostenible de nuestra sociedad, protegiendo a los consumidores y el medio ambiente.
- Website : www.adelco.org
- E-mail: claudiacollado@ge-mail.com
- Phone number: 3535 2294/95
- Facebook: <https://www.facebook.com/>
- Twitter: @adelcoarg
- Interviewee: -
- Position within the organization: -
- E-mail: -

14

- Name: Heart and Stroke Foundation of Barbados
- Country: Barbados
- Region / State and / or City:: St Michael
- Organization's year of establishment: 1986
- Institutional Mission: Promover la salud cardiovascular de la población de Barbados.
- Website : www.hsfbarbados.org
- E-mail: enquires@hsfbarbados.org
- Phone number: 246 4373312
- Facebook: <http://www.facebook.com/hsfbarbados>
- Twitter: <http://www.twitter.com/hsfbarb>
- Interviewee:GinaPitts
- Position within the organization: Director Ejecutivo
- E-mail: ceo@hsfbarbados.org

15

- Name: NAPAN/USP (Food and Nutrition Research Center/Universidad de San Pablo)
- Country: Brasil
- Region / State and / or City:: San Pablo
- Organization's year of establishment: 2010
- Institutional Mission:
 - o 1.Fortalecer la competencia para el desarrollo de proyectos de investigación multidisciplinarios en la USP, en las zonas fronterizas, para la resolución de problemas en la alimentación y la nutrición que se centran en la salud de la población y la innovación para el desarrollo tecnológico.
 - o 2. Estimular el desarrollo de proyectos integrales, en las zonas fronterizas, que coordinen la participación en la USP, en otros grupos de excelencia en Brasil y en todo el mundo y la industria.
- Permitir la creación de proyectos globales para desarrollar el trabajo que abarcan toda la cadena de producción de la generación de la solución de la competencia, las sugerencias para las políticas públicas de mayor problema y proporcionar servicios de consultoría al sector productivo.

- Optimizar los recursos humanos y de investigación, buscando la generación de conocimiento, la publicación en revistas científicas de alto impacto y el fortalecimiento de la innovación en este sector.
- Implementar la integración entre los diversos sectores y unidades de la USP, por medio de una plataforma informática que también proporcionará noticias para la comunidad y la prensa, así como una utilización coordinada de laboratorios y equipos de gran capacidad.
- Website : <http://www.usp.br/napan>
- E-mail: napan@usp.br
- Phone number: +55 11 3091 2402
- Facebook: <http://www.facebook.com/napan>
- Twitter: -
- Interviewee: Eliana RodriguesMazzini
- Position within the organization: Estudiante de maestría
- E-mail: elianamazzini@usp.br

16

- Name: Instituto Brasileiro de Defesa do Consumidor (IDEC)
- Country: Brasil
- Region / State and / or City:: San Pablo
- Organization's year of establishment: 1987
- Institutional Mission: Su misión es promover la educación, la conciencia, la defensa dos derechos del consumidor y la ética en las relaciones de consumo, con total independencia política y económica. La meta-misión de Idec es contribuir para que todos los ciudadanos tengan acceso a bienes y servicios esenciales y para el desarrollo social, el consumo sustentable, la salud del planeta y la consolidación de la democracia en la sociedad brasileña
- Website : www.idec.org.br
- E-mail: coex@idec.org.br / anapaula@idec.org.br
- Phone number: 55 11 3874-2166
- Facebook: <https://bit.ly/idec2013>
- Twitter: <https://twitter.com/idec>
- Interviewee: -
- Position within the organization: -
- E-mail: -

17

- Name: Sociedad Brasileña de Cardiología (SBC)/ Consejo de Promoción de la Salud Cardiovascular
- Country: Brasil
- Region / State and / or City::-
- Organization's year of establishment: 1943
- Institutional Mission: Unir a la clase médica especializada en cardiología para la ejecución de proyectos en beneficio de la cardiología brasileña, facilitando el intercambio de información técnica y científica y la educación permanente.
 - o El Consejo de Promoción de la Salud Cardiovascular es la interfaz entre la SBC y la comunidad y se ha comprometido a ayudar a la población

brasileña en la prevención de factores de riesgo para las enfermedades cardiovasculares, para mejorar la calidad de vida.

- Website : <http://prevencao.cardiol.br/>
- E-mail: dpsc@cardiol.br
- Phone number: + 55 11 3411-5500
- Facebook: <http://facebook.com/prevencao.sbc>
- Twitter: http://twitter.com/sbc_prevencao
- Interviewee: Gislaine
- Position within the organization: -
- E-mail: gislaine@cardiol.br

18

- Name: Centro de Investigación Epidemiológica en Salud y Nutrición
- Country: Brasil
- Region / State and / or City:: San Pablo
- Organization's year of establishment: 1990
- Institutional Mission: Núcleo de apoyo a la investigación epidemiológica de la Universidad de San Pablo
- Website : www.fsp.usp.br/nupens
- E-mail: nupens.usp@ge-mail.com
- Phone number: + 55 11 30617954
- Facebook: <http://facebook.com/nupens.usp>
- Twitter: -
- Interviewee: Rafael Moreira Claro
- Position within the organization: Nutricionista
- E-mail: rafael.claro@ge-mail.com

19

- Name: Acción Internacional Por La Salud- Bolivia (AIS-Bolivia)
- Country: Bolivia
- Region / State and / or City:: La Paax
- Organization's year of establishment: 1925
- Institutional Mission: Promover el Derecho a la Salud, promocionar una alimentación y nutrición saludable
- Website : www.aisbolivia.org
- E-mail: aisbol@accelerate.com
- Phone number: 591 2 2221177 - 591 2 2222987
- Facebook: <https://www.facebook.com//codedcoBolivia>
- Twitter: <https://twitter./consumidoresBol>
- Interviewee: -
- Position within the organization: -
- E-mail: -

20

- Name: Consumers International
- Country: Chile
- Region / State and / or City:: RM/Santiago
- Organization's year of establishment: 1960
- Institutional Mission: Crear un poderoso movimiento de defensa de los derechos de los consumidores y ayudar a proteger y empoderar a los consumidores de cualquier lugar del mundo.
- Website : www.consumersinternational.org
- E-mail: -
- Phone number:+56 2 632 2084
- Facebook: -
- Twitter: -
- Interviewee: HubertLinders
- Position within the organization: Encargado de Recaudación de Fondos y
 - o Coordinación de Proyectos
- E-mail: hlinders@consumidoresint.org

21

- Name: FES (Fundación para la Educación y el Desarrollo Social, División Salud)
- Country: Colombia
- Region / State and / or City:: Cali (sede principal) y Bogotá (sucursal)
- Organization's year of establishment: 1964
- Institutional Mission: Promover la equidad social de la población colombiana a través de la incidencia en el desarrollo de políticas públicas y la generación y uso adecuado del conocimiento.
- Website : <http://www.fundacionfes.org>
- E-mail: -
- Phone number: 57-1-5105850
- Facebook: -
- Twitter: -
- Interviewee: Diego Iván Lucumí Cuesta
- Position within the organization: Investigador
- E-mail: dilucumi@fundacionfes.org

22

- Name: Escuela de Nutrición y Dietética, Universidad de Antioquia
- Country: Colombia
- Region / State and / or City:: Medellin, Antioquia
- Organization's year of establishment: 1801
- Institutional Mission: Docencia e investigación
- Website :www.udea.edu.co
- E-mail: -
- Phone number:+57 43178939941

- Facebook: -
- Twitter: -
- Interviewee: Diego Gaitán
- Position within the organization: -
- E-mail: dgaitan@siu.udea.edu.co

23

- Name: Consejo Cantonal de Salud de Cuenca
- Country: Ecuador
- Region / State and / or City:: Cuenca
- Organization's year of establishment: 1998
- Institutional Mission: Consolidación del Sistema Cantonal de Salud y la integralidad del mismo.
- Website : -
- E-mail: consejo_cantonalde salud@hote-mail.com
- Phone number: 2800670
- Facebook: <https://www.facebook.com/consejo.saludcuenca>
- Twitter: -
- Interviewee:LuzuriagaVazcones Edgar Patricio
- Position within the organization:Director Ejecutivo
- E-mail:pluzuria@hote-mail.com

24

- Name: Universidad de Cuenca
- Country: Ecuador
- Region / State and / or City:: Cuenca- Azuay
- Organization's year of establishment: 1867
- Institutional Mission: Docencia e investigación
- Website : www.ucuenca.edu.ec
- E-mail: -
- Phone number: 593 7 405100
- Facebook: -
- Twitter: -
- Interviewee:Ortiz Ulloa Silvia Johana
- Position within the organization:Investigadora
- E-mail:joha_ortiz6183@yahoo.com; johana.ortiz@ucuenca.edu.ec

25

- Name: Centro para la Defensa del Consumidor (CDC)
- Country: El Salvador
- Region / State and / or City:: San Salvador
- Organization's year of establishment:1992
- Institutional Mission: CDC es una organización de la sociedad civil, que promueve la construcción de una cultura de derechos y deberes para la práctica del consumo sustentable, a través del apoyo a la articulación del movimiento

consumerista, la incidencia en la institucionalidad pública y la promoción del consumo crítico

- Website : www.cdc.org.sv
- E-mail: direccion@cdc.org.sv
- Phone number: 503 2222 1122
- Facebook: <https://www.facebook.com/CDCEISalvador>
- Twitter: @CDCEISalvador
- Interviewee: -
- Position within the organization: -
- E-mail: -

26

- Name: Asociación de Nutricionistas de Guatemala
- Country: Guatemala
- Region / State and / or City:: Guatemala
- Organization's year of establishment: 1860
- Institutional Mission: Fortalecer: La participación, la organización y la unidad de los y las nutricionistas, La promoción, creación y desarrollo de los espacios ocupacionales, La búsqueda de la excelencia en el desempeño, incluyendo la aplicación de los valores morales y el liderazgo idóneos, para contribuir a la construcción de la Seguridad Alimentaria y Nutricional en la sociedad guatemalteca"
- Website : andeguat.org.gt
- E-mail: andeguat@ge-mail.com
- Phone number: 24409712
- Facebook: <https://www.facebook.com/pages/AndeguatAsociación-Nutricionistas-Guatemala>
- Twitter: -
- Interviewee: Sara
- Position within the organization:-
- E-mail:saragarcia2000@hote-mail.com

27

- Name: Escuela de Nutrición, Universidad de San Carlos de Guatemala
- Country: Guatemala
- Region / State and / or City:: Guatemala
- Organization's year of establishment: 1986
- Institutional Mission: Formación de nutricionistas a nivel de licenciatura
- Website : -
- E-mail: -
- Phone number: 502 24769817
- Facebook: -
- Twitter: -
- Interviewee: Julieta Salazar de Ariza
- Position within the organization: Jefe Departamento de Alimentos.
- E-mail: jusal10@yahoo.es

28

- Name: The Heart Foundation of Jamaica
- Country: Jamaica
- Region / State and / or City::Caribbean
- Organization's year of establishment: 1971
- Institutional Mission: Promover un estilo de vida saludable para prevenir enfermedades cardiovasculares a través de educación para la salud y ofrecer servicios accesibles para la detección en un ambiente profesional.
- Website : www.heartfoundationja.org
- E-mail: info@heartfoundationja.org
- Phone number: 876-926-4378/926-6492
- Facebook: <http://facebook.com/heartjamaica>
- Twitter: -
- Interviewee: Deborah Chen
- Position within the organization: Directora ejecutiva
- E-mail:execdir@heartfoundationja.org

29

- Name: Fundación Mídete
- Country: México
- Region / State and / or City:: Ciudad de México
- Organization's year of establishment: 2007
- Institutional Mission: Convertirnos en el principal motor ciudadano que fomente la prevención del sobrepeso y la obesidad.
- Website : www.fundacionmidete.org
- E-mail: agonzalez@midete.org
- Phone number: -
- Facebook: <https://www.facebook.com/F.Midete>
- Twitter: <http://twitter.com/fundacionmidete>
- Interviewee:Ahtziri Alejandra González García
- Position within the organization:Coordinadora de alianzas estratégicas y campañas
- E-mail:ahtzirigonzaez@ge-mail.com; agonzalez@midete.org

30

- Name: AMPAC A.C Delegación TLAXCALA
- Country: México
- Region / State and / or City:: TLAXCALA
- Organization's year of establishment: 2009
- Institutional Mission: Coadyuvar con la disminución en la prevalencia de aterosclerosis y sus complicaciones a través de educación para la salud
- Website : -
- E-mail: -
- Phone number: 012461067656
- Facebook: <https://www.facebook.com/ampac.delegaciontlaxcala>
- Twitter: -

- Name Entrevistada: Gabriela Martínez
- Position within the organization: Subdelegada
- E-mail: gabimar55@yahoo.com.mx

31

- Name: Observatorio Universitario en Seguridad Alimentaria y Nutricional del Estado de Guanajuato, A.C.
- Country: México
- Region / State and / or City:: León, Guajanato
- Año de establecimientode la organización: 2011
- Institutional Mission: coadyuvar con los problemas de nutrición ambiental y seguridad alimentaria en el Estado a través de la investigación y la educación de la población.
- Website : en tramite
- E-mail: ousaneg@ge-mail.com
- Phone number: + 52 0454775647090
- Facebook: <https://www.facebook.com/pages/OUSANEG>
- Twitter: -
- Name Entrevistada: Rebeca Monrroy
- Position within the organization: -
- E-mail:rmonroy79@ge-mail.com

32

- Name: Movicancer Nicaragua
- Country: Nicaragua
- Region / State and / or City:: Managua
- Organization´s year of establishment: 2009
- Institutional Mission: Investigación y desarrollo de estrategia para el control del cáncer y sufrimiento que causa.
- Website : www.movicacncer.org.ni
- E-mail: juan.almendarez@movicancer.org.ni
- Phone number: 22501648 22501729
- Facebook: <https://www.facebook.com/pages/MOVICANCER-NICARAGUA>
- Twitter: @movicancer
- Interviewee: Orlando Granera
- Position within the organization: -
- E-mail:orlando.granera@movicancer.org.ni

33

- Name: Instituto Especializado de Análisis-Universidad de Panamá
- Country: Panamá
- Region / State and / or City:: Panamá
- Organization´s year of establishment: 1961
- Institutional Mission: -
- Website : -
- E-mail: -
- Phone number: 507 523 6278

- Facebook: -
- Twitter: -
- Interviewee: Liliana Nuñez
- Position within the organization: -
- E-mail:li_nunez@hote-mail.com

34

- Name: Actitud Saludable
- Country: Paraguay
- Region / State and / or City:: Asunción
- Organization's year of establishment: 2011
- Institutional Mission: una organización preocupada en reducir la incidencia de las enfermedades no transmisibles trabajando en la difusión, educación y estrategias para reducir las causas que las producen.
- Website : -
- E-mail: actitudsaludablepy@hote-mail.com
- Phone number: 492 268
- Facebook: -
- Twitter: -
- Interviewee: -
- Position within the organization: -
- E-mail:-

35

- Name: Universidad Peruana Cayetano Heredia (CRONICAS Centro de Excelencia en Enfermedades Crónicas)
- Country: Perú
- Region / State and / or City:: Lima
- Organization's year of establishment: 1961 (Junio 2009)
- Institutional Mission: Conservar y acrecentar el conocimiento y la cultura universal para transmitirlos al individuo y la comunidad; realizar y fomentar la investigación en las humanidades, ciencias y tecnología y propiciar la creación intelectual y artística; formar humanistas, científicos, profesionales y técnicos de alto nivel académico y competencia profesional, dotados de una mentalidad inquisitiva y creadora y una actitud crítica frente a la institución y a la realidad nacional, comprometidos en servir a la sociedad, contribuyendo así al adelanto científico y tecnológico requeridos para el desarrollo del Country; y contribuir a la realización plena del hombre y al desarrollo integral de la sociedad, orientando el quehacer institucional hacia la persona y la sociedad; en el esfuerzo nacional encaminado hacia el desarrollo del Perú.
- Website : www.upch.edu.pe / www.cronicas.pe
- E-mail: duct@oficinas-upch.pe
- Phone number: (511) 319-0000
- Facebook: <https://www.facebook.com/universidad.p.cayetanoheredia>
- Twitter: https://twitter.com/DURIN_UPCH
- Name y apellido: Antonio Bernabe-Ortiz
- Position within the organization: Investigador asociado y profesor investigador

- E-mail: Antonio.Bernabe@upch.pe

36

- Name: Asociación Peruana de Consumidores y Usuarios
- Country: Perú
- Region / State and / or City:: Lima
- Organization's year of establishment: 1994
- Institutional Mission: promoción y protección de los derechos de los consumidores y usuarios en el Perú a través de la capacitación, información y defensa
- Website : www.aspec.org.pe
- E-mail: aspec@aspec.org.pe
- Phone number: 4485000
- Facebook: <https://www.facebook.com/aspec.paginaoficial?fref=t>
- Twitter: [@aspecperu](https://twitter.com/aspecperu)
- Interviewee: -
- Position within the organization: -
- E-mail: -

37

- Name: Comisión Honoraria para la Salud Cardiovascular (CHSCV)
- Country: Uruguay
- Region / State and / or City:: Montevideo
- Organization's year of establishment: 1996
- Institutional Mission: Promoción de la Salud y Prevención de las Enfermedades Cardiovasculares
- Website : www.cardiosalud.org
- E-mail: -
- Phone number: (+598)99168107
- Facebook: -
- Twitter: -
- Interviewee: Dr Mario Zelarayán
- Position within the organization: Director Ejecutivo
- E-mail: mzelarayan@presidencia.gub.uy

38

- Name: Fundación Venezolana del Corazón
- Country: Venezuela
- Region / State and / or City:: Maturín, Estado Monagas
- Organization's year of establishment: 1996
- Institutional Mission: Prevención y control de las enfermedades cardiovasculares
- Website : en tramite
- E-mail: -
- Phone number: Móvil 58 424 9422168. Hab 58 6514706
- Facebook: <https://www.facebook.com/pages/Fundación-Venezolana-Del-Corazón>
- Twitter: -

- Interviewee: José Félix Ruiz
- Position within the organization: Coordinador Nacional del programa de prevención y control del tabaco.
- E-mail: josefelix.ruizlugo@ge-mail.com

39

- Name: Movimiento Iniciativa de los Consumidores
- Country: Venezuela
- Region / State and / or City:: Caracas
- Organization's year of establishment: 1989
- Institutional Mission: Promoción y defensa de los derechos de los consumidores en Venezuela.
- Website : -
- E-mail: iniciativaconsumidores@ge-mail.com
- Phone number: 58 414 8220302
- Facebook: <https://www.facebook.com/Movimientoconsumidores>
- Twitter: @iniciativacons
- Interviewee: -
- Position within the organization: -
- E-mail: -

Annex 2

Data Collection Questionnaire (Spanish version)

“El mapeo de organizaciones de la sociedad civil se realiza en el marco de un proyecto para reducir las enfermedades cardiovasculares en América Latina y el Caribe mediante la reducción del consumo de sal.

Los resultados de este mapeo permitirán conocer el grupo de organizaciones que se encuentran trabajando en este tema y desarrollar futuras colaboraciones y estrategias, fortaleciendo la red ALASS (Acción Latinoamericana Sal o Salud).”

El cuestionario cuenta con espacios libres para texto (), casilleros para marcar las opciones correspondientes () y casilleros con múltiples opciones ().

Fecha:

1. DATOS PERSONALES

- Name y apellido:
- Position:
- Mail:

2. DATOS DE LA ORGANIZACIÓN

- Name:
- Country:
- Region / State and / or City::
- Organization´s year of establishment:
- Institutional Mission:
- Website :
- Mail:
- Phone number:
- Facebook:
- Twitter:

Seleccione la opción que corresponda haciendo clic sobre el casillero:

- **¿Cuál diría que es la principal actividad de la organización?**

Investigacion

- **¿Cuál considera que es la principal audiencia?:**

Decisores políticos

- **Alcance de las actividades que realizan**

Internacional

3. ACTIVIDADES RELACIONADOS A LAS POLITICAS DE REDUCCION DE LA SAL EN LA DIETA

1. ¿Su organización trabaja en temas relacionados a la hipertensión arterial?

SI NO

Si la respuesta es SI: (1.a)

Si la respuesta es NO: (1.b)

1.a

Especifique si trabaja en:		Detallar:
Investigación	<input type="checkbox"/> SI <input type="checkbox"/> NO	Tipo de investigación/es:
Incidencia política (advocacy) para la promoción de políticas públicas	<input type="checkbox"/> SI <input type="checkbox"/> NO	Tipo de actividades de abogacía:
Educación para consumidores, pacientes y profesionales de la salud	<input type="checkbox"/> SI <input type="checkbox"/> NO	Tipo de actividades y a quien va dirigido:
Actividades comunitarias	<input type="checkbox"/> SI <input type="checkbox"/> NO	Tipo de actividades con la comunidad:
Otras	<input type="checkbox"/> SI <input type="checkbox"/> NO	

1.b. ¿Tienen interés en comenzar a trabajar en este campo?

SI NO

En caso afirmativo: Por favor, detalle en que le interesaría trabajar específicamente y cuales serían las necesidades /obstáculos para hacerlo:

2. ¿Su organización trabaja específicamente en temas relacionados al consumo de sal en la población general?

SI NO

En caso afirmativo: Por favor, especifique:

2. a. Desde cuando trabaja en este tema:

2. b. Cómo esta conformado el equipo de trabajo involucrado en este tema dentro de su organización y, de ser posible, su dedicación de tiempo.

- Médicos/Profesionales de la salud: Full time Part time
- Abogados: Full time Part time
- Comunicadores/Periodistas: Full time Part time
- Otros: Full time Part time

2. c. Áreas en las cuales su organización trabaja:

2. c.1. Investigación: SI NO

En caso afirmativo: Por favor, detalle el tipo de investigación/es relacionadas al consumo de sal de la población o al contenido de sal de los alimentos u otro campo relacionado a las políticas de consumo de sal.

- o Líneas de investigación que se desarrollan actualmente:
- o Investigaciones realizadas:
- o Líneas de investigación en vías de desarrollo:

2. c.2. Incidencia política (advocacy) para la promoción de políticas publicas para la reducción del consumo de sal: SI NO

En caso afirmativo: Por favor, detalle el tipo de actividades que desarrolla y el tipo de legislación que se está promoviendo incluyendo sus puntos principales:

2. c.3. Educación: SI NO

En caso afirmativo: Por favor, detalle tipo actividades educativas específicamente relacionadas al tema de la sal y a quienes esta dirigida.:

2. c.4. Campañas de difusión en los medios de prensa nacional, regional o local vinculadas al consumo de sal: SI NO

En caso afirmativo: Por favor, especifique al menos 3 medios de difusión que ha utilizado su organización para difundir el tema:

2. c.5. Actividades con la comunidad vinculadas al consumo de sal: SI NO

3. ¿Estaría dispuesto a compartir información sobre sus actividades vinculadas al consumo de sal con otras organizaciones?
SI NO

4. ¿Considera que tiene información suficiente sobre el tema del consumo de sal y su impacto en la salud?
SI NO

5.¿Tiene interés de trabajar en el campo de la sal de la dieta?
SI NO

6. Identifique algunas actividades que le gustaría desarrollar en relación al consumo de sal.

7.¿Qué obstáculos identifica para poder desarrollarlas? (Recurso económico, recurso humano, capacidad técnica, etc.)

8. En su conocimiento, ¿el gobierno de su Country, está desarrollando planes o programas para reducir la sal de la dieta?
SI NO

En caso afirmativo: Por favor, describa brevemente las acciones que se están llevando a cabo:

9. ¿Su organización integra alguna Comisión Intersectorial coordinada por el gobierno para la prevención de las ENT, o el control de las Enfermedades cardiovasculares?
SI NO

En caso afirmativo: Por favor describa:

- Name de la Comisión a la que pertenece:
- Actividades que desarrolla:

10. ¿Algún miembro de su Organización integra alguna red regional o nacional de organizaciones que se dedican al control de la hipertensión arterial o de medidas para la reducción de la sal en la dieta?
SI NO

Si la respuesta es SI: (10.a)

Si la respuesta es NO: (10.b)

10. a. Especifique como se llama esa red y a que se dedica esa red:

10. b. ¿Le interesaría integrar alguna red específica de control de HTA o reducción de sal?

11. ¿Conoce AHA (American Heart Association – Asociación Americana del Corazón)?

SI NO

12. ¿Conoce la Fundación InterAmericana del Corazón?

SI NO

13. ¿Conoce WASH (World Action on Salt and Health)?

SI NO

14. ¿Conoce ALASS (Acción Latinoamericana de Sal o Salud)?

SI NO

Si la respuesta es SI: (14.a)

Si la respuesta es NO: (14.b)

14. a. ¿Su organización estaría interesada en integrar ALASS?

SI NO

14. b. ¿Le interesaría recibir información acerca de ALASS?

SI NO

15. ¿Qué nivel de prioridad tiene el tema de reducción de la sal en la dieta, en la agenda de su organización? Asigne un valor entre 1 y 10 en donde 1 es el nivel más bajo de prioridad y 10 es el nivel más alto.

16. ¿Cuáles considera que son las fortalezas de su organización para trabajar en el tema de reducción de sal en dieta?

17. Por favor, identifique 3 ó 4 necesidades de su organización para desarrollar el tema de la reducción del consumo de sal.

Data Collection Questionnaire (English version)

This project is conducted in order to map civil society organizations in Latin America and the Caribbean. The final objective of this project is to reduce cardiovascular disease in the region by reducing salt intake.

This mapping tends to detect and know the civil society organization in the region and to promote future collaborations and strategies thus strengthening the ALASS Coalition (Acción Latinoamericana Sal o Salud).

The questionnaire has blank spaces for text (), check boxes for the corresponding options () and boxes for multiple options ().

Date:

4. PERSONAL DATA

- First and last name:
- Position within the organization:
- E-mail:

5. INFORMATION ABOUT THE ORGANIZATION

- Name:
- Country:
- Region/State or City:
- Year of establishment of the organization:
- Institutional Mission:
- Institutional Web Site:
- E-mail:
- Phone number:
- Facebook:
- Twitter:

Select the appropriate option by clicking on the box:

- **Which is the organization's core activity?**

Research

- **What do you consider to be the main audience?**

Students

- **Scope of the activities**

Local

6. ACTIVITIES RELATED TO SALT REDUCTION POLICIES

1. Is your organization working on issues related to high blood pressure?

YES NO

If the answer is YES: (1.a)

If the answer is NO: (1.b)

1.a

Specify if you work in:		Detail:
Research	<input type="checkbox"/> YES <input type="checkbox"/> NO	Type of research:
Advocacy to promote public policies to reduce salt intake	<input type="checkbox"/> YES <input type="checkbox"/> NO	Type of advocacy activities:
Education for consumers, patients and health professionals	<input type="checkbox"/> YES <input type="checkbox"/> NO	Type of activities and their audience:
Community-based activities	<input type="checkbox"/> YES <input type="checkbox"/> NO	Type of activities with the community:
Other	<input type="checkbox"/> YES <input type="checkbox"/> NO	

1.b. Are you interested in starting to work in this field?

YES NO

If yes: Please specify which activity you are interested in and which are the needs / barriers:

2. Is your organization working on issues related to salt intake?

YES NO

If yes: Please specify:

2. a. How long has the organization been working on this topic?

2. b. Team involved and time devoted to this issue.

- Health professionals: Full time Part time
- Lawyers: Full time Part time
- Journalists: Full time Part time
- Others: Full time Part time

2. c. Areas in which your organization works:

2. c.1. **Research:** YES NO

If yes: Please specify the type of research study (salt intake, salt content in processed foods, monitoring of salt policy, etc.)

- o Current study/ies:
- o Completed study/ies:
- o Future study/ies:

2. c.2. **Advocacy to promote public policies to reduce salt intake:**

YES NO

If yes: Please specify the type of activities your organization is conducting and the type of legislation that is being promoted including their main items:

2. c.3. **Education:** YES NO

If yes: Please specify the type of educational activities and the intended audience:

2. c.4. **National, regional or local media campaigns regarding salt intake:**

YES NO

If yes: Please name at least 3 mass media campaigns:

2. c.5. **Community-based activities related to the reduction of salt intake:** YES NO

3. Would you be willing to share information on activities related to salt intake which you are undertaking with other organizations?

YES NO

4. Do you consider you have enough information regarding salt intake and its impact on health?

YES NO

5. Are you interested in working in the field of dietary salt intake?

YES NO

6. Identify some activities you would like to develop in relation to salt intake:

7. Which obstacles do you identify in order to carry them out? (Economic resources, human resources, technical capacity, etc.)

8. Has your country's government developed plans and programs to reduce salt intake in the general population?

YES NO

If yes: Please briefly describe the actions that are being carried out:

9. Is your organization part of an NCD prevention or cardiovascular disease control intersectoral comInstitutional Mission coordinated by the government?

YES NO

If yes: Please describe:

- ComInstitutional Mission's name:
- Activities:

10. Is any member of your organization part of a regional or national network to either hypertension control or dietary salt reduction?

YES NO

If the answer is YES: (10.a)

If the answer is NO: (10.b)

10. a. Specify the name of the network and its main objective:

10. b. Are you interested in joining a network to promote hypertension prevention or dietary salt reduction?

18. Do you know the AHA (American Heart Association)?

YES NO

19. Do you know the InterAmerican Heart Foundation?

YES NO

20. Do you know WASH (World Action on Salt and Health)?

YES NO

21. Do you know ALASS (Acción Latinoamericana de Sal o Salud)?

YES NO

If the answer is YES: (14.a)

If the answer is NO: (14.b)

14. a. Would your organization be interested in being part of ALASS?

YES NO

14. b. Are you interested in receiving information about ALASS?

YES NO

22. What level of priority is the issue of salt reduction on your organization's agenda? Select a value from 1 to 10 where 1 is the lowest priority and 10 is the highest level.

23. Which strengths do you consider your organization has in order to work on dietary salt reduction?

24. Please identify 3 or 4 needs your organization would possibly face when working on dietary salt reduction.