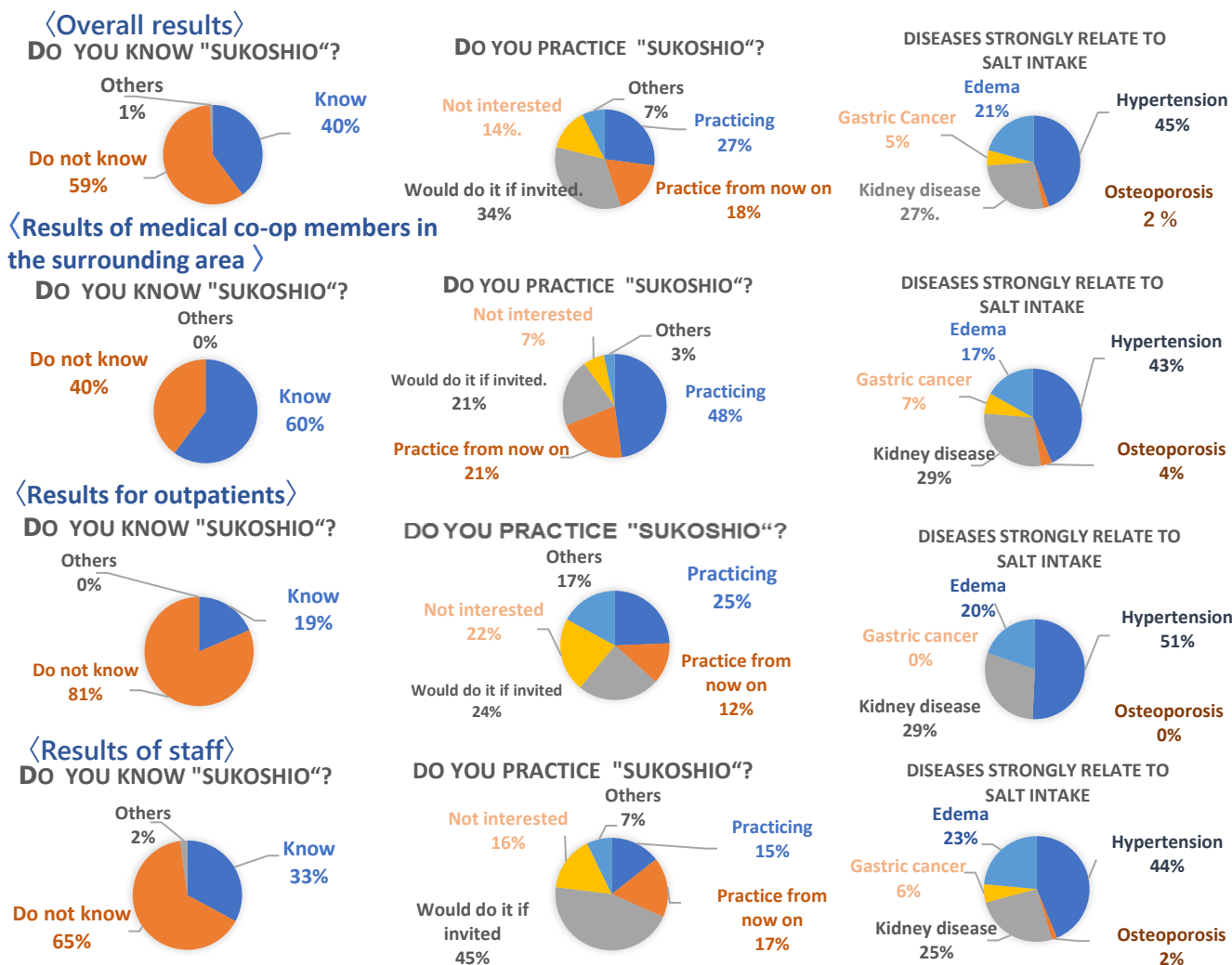


【Background】 'SUKOSHIO' is a generic name for efforts by medical and welfare cooperatives throughout Japan to lead a "healthy life with a little salt". Since the mid-1970s, local co-ops have been promoting various efforts to reduce salt intake, and in 2015, MH-Coop registered "SUKOSHIO" as a trademark®. **【Subject and Method】** In this study, we conducted a questionnaire survey (awareness survey) at our hospital, which is located in Kagawa Prefecture in Shikoku and is a member of the MH-Coop, to its staff, outpatients, and members in the surrounding area.

【Results】 Kagawa Prefecture is a region where salt intake is high at an average of 13g/day. Responses were received from a total of 282 people (96 medical co-op members, 43 outpatients, and 143 staff). Below, We present data specifically related to the awareness of efforts, the relationship between salt intake and diseases, as well as whether these efforts are being effectively implemented.



Other information was lacking in the first place, with 45% of respondents correctly answering that the Japanese Society of Hypertension recommends a salt intake standard of less than 6.0g, and 28% not knowing. The correct response rate for the average salt intake of 10.0g for Japanese people was 51%, with about half of the remaining respondents recognising a higher intake. The correct response rates for foods with high salt content were 84% for UDON (a noodle dish commonly eaten in the region) and 15% for bread, while the correct response rates for foods that promote salt elimination were 68% for raw vegetables and 18% for fruit, revealing the limited reality regarding awareness of foods to be aware of in the actual diet. **【Considerations and future tasks】** The results show that awareness of 'SUKOSO' itself is high among medical co-op members and low among outpatients and staff. The medical co-op members' awareness of 'SUKOSO' improves through salt checks at regular gatherings, but it became clear that there is a lack of awareness-raising and education for outpatients and staff. As for outpatients, 70% of them are taking antihypertensive drugs, and even so, the fact that the 'SUKOSHIO' initiative has not spread should be a cause for great reflection on the part of the healthcare professionals themselves. The tendency for people to be aware of 'SUKOSHIO' but not put it into practice is similar to other surveys on salt reduction in Japan. In particular, we considered that foods with a high salt content, which are closely linked to local food culture, are less likely to lead to behavioural change. Furthermore, with the recent increase in bread consumption in Japan, it is expected that salt reduction will still be a major challenge. Knowledge about diseases closely related to salt intake is still limited, although there is a certain amount of it. As our hospital, we are also practising health education activities for the local population, but specific guidance and advice on the foods and seasonings used on a daily basis is still needed in the

【Conclusion】 The guidance on salt reduction should include the use of low-salt foods and how to read nutrition labels, and should consider together concrete methods that can be continued in daily life without difficulty. Awareness-raising among local members and outpatients, as well as familiarization and thoroughness among staff, will continue to be an issue for the future.