Instituto Nacional de Salud Pública

Consumo de sodio y salud

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NUTRI COI

Conflicto de interés en nutrición y salud

DECLARACIÓN DE INTERESES

GRUPO DE PROFESIONALES E INVESTIGADORES NUTRICOI

DECLARO NO TENER NINGÚN POTENCIAL CONFLICTO DE INTERÉS CON EL TEMA QUE PRESENTO
Y QUE NO RECIBO UNA REMUNERACIÓN ECONÓMICA POR ESTA PRESENTACIÓN

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Consumo de sodio

- **OMS** <5 gramos al día o <2 gramos de sodio
- Sodio mineral presente en la sal
- Sal=cloruro de sodio
- En 2.5 gramos de sal hay 1 gramo de sodio

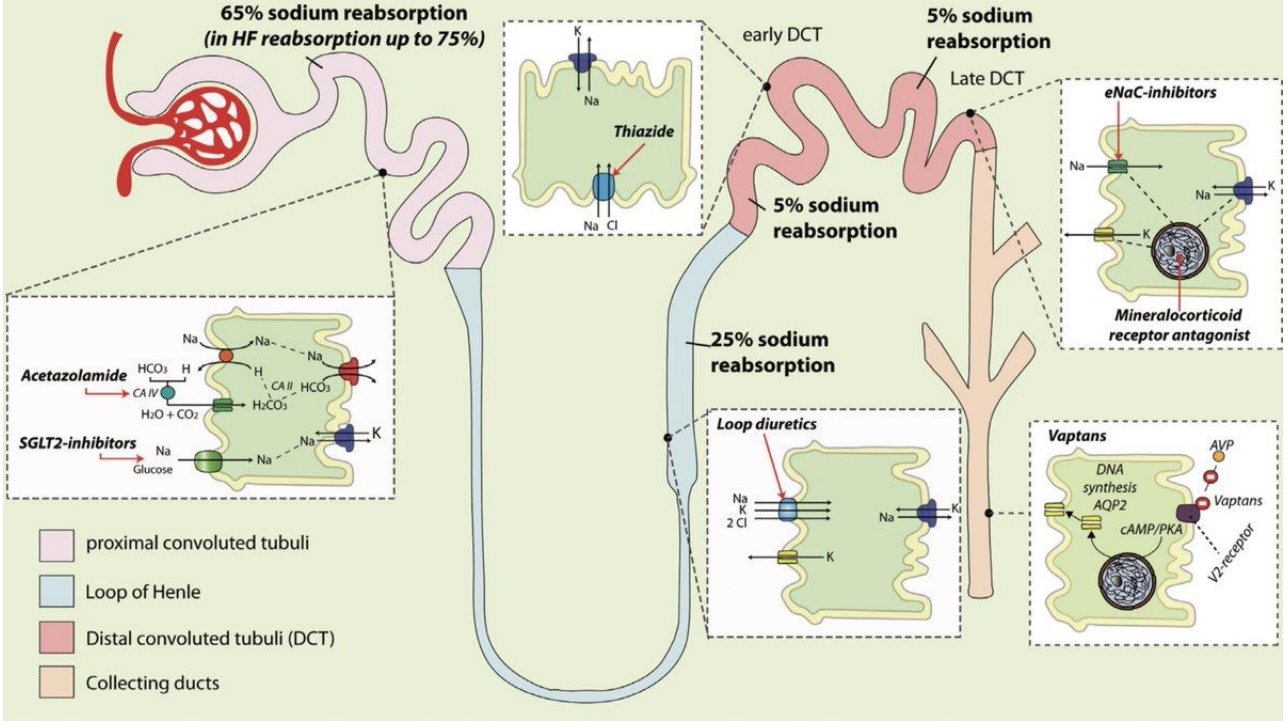
Situación en México

- Consumo en México: 3.1 gramos al día
- Principal causa de mortalidad: enfermedades cardiovasculares
- Hipertensión silenciosa
- HTA ENSANUT 2020: 50% en adultos

Campos-Nonato et al. *Frontiers PH.* 2022.

Mecanismos del sodio en cuerpo humano

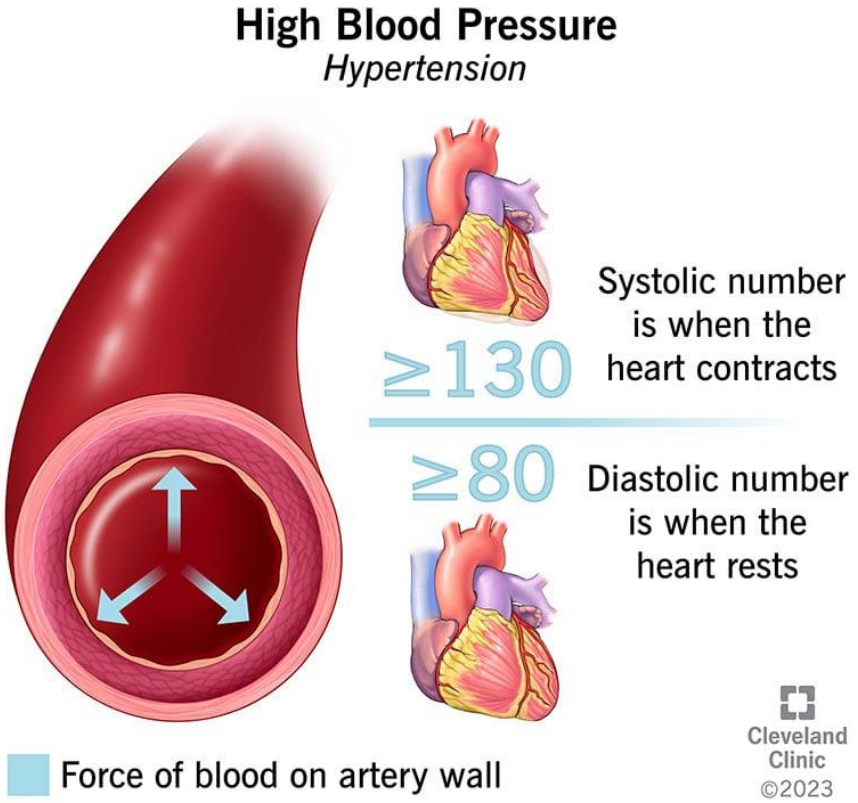
- Nutriente esencial para mantener balance de líquidos
- Impulso nervioso, sistema musculo esquelético, nivel celular
- Consumo alto de sodio→ mayor excreción urinaria
- Retención de líquidos
- Presión arterial elevada
- Funcionamiento renal



Posibles efectos del consumo de sodio elevado

- Retención de líquidos
- Disminución de la cantidad de calcio en el organismo
- Hipertensión
- Función inadecuada de los riñones/asociación con falla renal
- Accidentes cerebrovasculares

- Recordar relación sodio-potasio



Perez V. Ad Nutr. 2014.

The New England
Journal of Medicine

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A CLINICAL TRIAL OF THE EFFECTS OF DIETARY PATTERNS ON BLOOD PRESSURE

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ABSTRACT

Background It is known that obesity, sodium in-

Dieta rica en frutas y verduras, lácteos bajos en grasa, y poca grasa saturada y total reduce la presión arterial

Methods We enrolled 459 adults with systolic blood pressures of less than 160 mm Hg and diastolic blood pressures of 80 to 95 mm Hg. For three weeks, the subjects were fed a control diet that was low in fruits, vegetables, and dairy products, with a fat content typical of the average diet in the United States. They were then randomly assigned to receive for eight weeks the control diet, a diet rich in fruits and vegetables, or a "combination" diet rich in fruits, vegetables, and low-fat dairy products and with reduced saturated and total fat. Sodium intake and body

ELEVATED blood pressure is a common problem in the United States. Recent survey

stolic blood pressure, <80 mm Hg).[1] Among adults 50 years of age or older, a much higher proportion have hypertension and a much lower proportion have optimal blood pressure. Efforts to reduce the prevalence of hypertension have focused on nonpharmacologic approaches that lower blood pressure. Current national guidelines recommend weight control, reduced intake of sodium chloride (salt), reduced alcohol consumption, and possibly increased dietary potassium as nutritional approaches to pre-

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Sodium Intake and All-Cause Mortality over 20 Years in the Trials of Hypertension Prevention

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Mayor consumo de sodio relacionado con mortalidad y el beneficio de la relación sodio-potasio se observa en mortalidad en periodo de 20 años

Background—While several studies suggest beneficial effects of lower sodium on cardiovascular disease, the relationship with total mortality remains controversial. Some have reported a J-shaped curve, but this may be due to poor quality measurement of sodium or confounding bias.

Objective—To examine the relationship of well-characterized measures of sodium intake, estimated from urinary sodium excretion, with long-term mortality.

Hypertension Research (2018) 41:524–530
https://doi.org/10.1038/s41440-018-0046-0

ARTICLE

Effects of self-monitoring of daily salt intake estimated by a simple electrical device for salt reduction: a cluster randomized trial

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Received: 13 August 2017 / Revised: 27 Nove lished online: 25 April 2018

Abstract

Recently, a simple device for self-mo ed, and it is recommended by The Japanese Society of Hypertension. This study a vice on salt reduction and on lowering blood pressure. In this single blinded, cluster randomly assigned to either an intervention or a control group. Participants in both gr , but only the intervention group used the self-monitoring device to estimate their dai was the difference in the estimated daily salt intake by spot urine between the two gr ne was the difference in blood pressure. A total of 105 families (158 participants) were was 9.04 (SD 1.77) g/day in the control group and 9.37 (SD 2.13) g/day in the interve e mean daily salt intake was 8.97 (SD 1.97) g/day in the control group and 8.60 (SD mean difference between the two groups was −0.50 g/day (95% confidence interval (CI) −0.95, −0.05; $P = 0.030$). The mean difference in systolic blood pressure was −4.4 mm Hg (95% CI −8.7, −0.1; $P = 0.044$). This is the first randomized controlled trial to demonstrate the effectiveness of a device for self-monitoring of salt intake with a significant reduction in daily salt intake and systolic blood pressure.

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Consumo de ultraprocesados México

- México ocupa de los primeros lugares en venta per cápita de **productos ultraprocesados (PUP)**
- La contribución de **PUP** a la dieta de los mexicanos fue del **30%**
- En los **últimos 30 años** la compra de alimentos minimamente procesados ha disminuido mientras que el de PUP se ha **duplicado**

PAHO, 2015.
Marrón-Ponce JA. *Public Health Nutr.* 2017.
Marrón-Ponce JA. *Nutrients.* 2019.

Conclusión

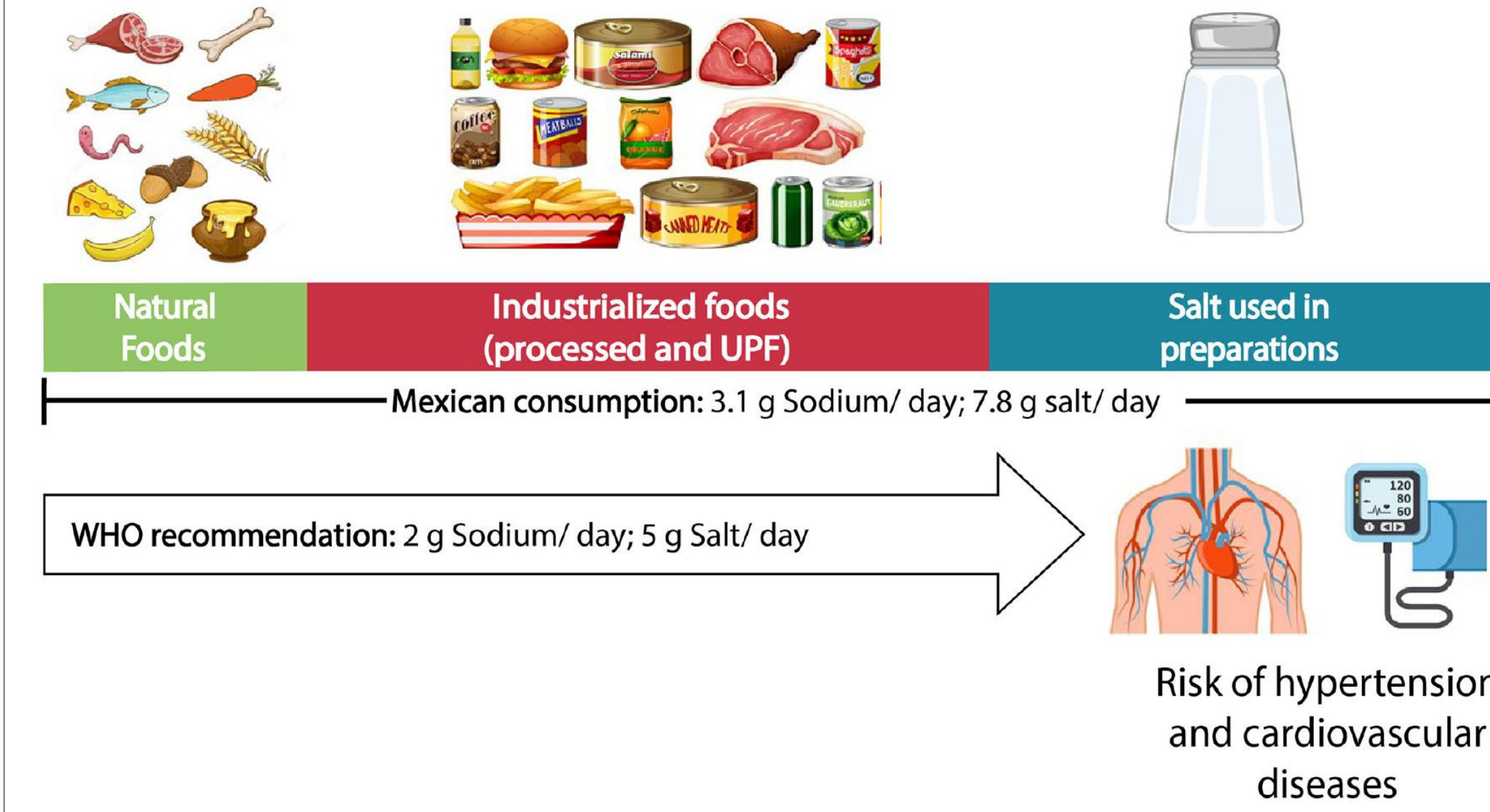

FIGURE 2 | Sources and consumption of sodium in the Mexican population. Source: Own elaboration.

Campos-Nonato et al. *Frontiers PH.* 2022.

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18 CINYS AÑOS 2001•2019
De impacto mejorando la nutrición y salud poblacional

gracias

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