

Another Effort to Create Awareness of High Blood Pressure Danger

Alex Crichton (2010-06-29)

ROCHESTER, NY (WXXI) - As a holiday weekend approaches, local health officials are warning about the danger of using too much salt during summer barbecues & other celebrations. It's the latest local effort to combat the danger of high blood pressure.

The local chapter of the National Kidney Foundations Health and Excellus Blue Cross Blue Shield are asking people to "throw out the salt" this summer. The U.S. Centers for Disease Control reports nine out of ten people get too much salt in their diet. And overconsumption of sodium can lead to high blood pressure, stroke and kidney disease.

Sharon Stall, director of professional education at the National Kidney Foundation, says people can greatly improve their health by reducing their daily intake of salt. She says a good start is avoiding processed foods using garlic or lemon juice to season their food, rather than salt. She says people can even try going salt-free on favorites like corn-on-the-cobb.

The latest CDC report suggests Americans consume twice the recommended amount of salt. Stall says people should read labels on processed food, and educate themselves about the categories of foods that have higher amounts of salt.

Stall says the best bet for a low sodium food is fresh fruit and vegetables. She says the summer barbecue is one place where people can control their intake of sodium.

Earlier this month, the Rochester Business Alliance and the Finger Lakes Health Systems Agency's High Blood Pressure Collaborative Work Group created an online survey to increase awareness of high blood pressure dangers in our area.