

## Community-based Intervention Packages to Enhance the Salt Intake Reduction in North Jordan

### Project Information

- ◆ Department: Public Health Programs
- ◆ Unit: Health Promotion and Protection

### OBJECTIVES

The main goals of Salt intake reduction project in North Jordan are to assess the salt implementation to enhance salt intake reduction in north Jordan and to improve the management of hypertension interventions at health care settings initiatives and community-based project will complement these efforts.

### REGIONS OF WORK

Salt intake reduction project will be implemented in North Jordan (Irbid and Mafraq governorates).

### PROJECT DESCRIPTION

This project will be community-based interventions in Irbid and Mafraq governorates. The selection is based on population density according to the national census of data, Syrian refugees' geographical distribution, and public health authority support to improve the Management of Hypertension interventions at Health Care Settings initiatives and community-based project will complement these efforts. The duration for the project is six months. To achieve the overall goal of this project, “Assess the salt implementation to enhance salt intake reduction in north Jordan”, The main objectives for the project are to build an enabling environment for salt intake reduction, identify key stakeholders and influential to build network of salt intake reduction accelerators and promote salt reduction within the community.

The project is divided into two main two packages’:

- First package: Conducting Knowledge Attitude and Practice survey on salt intake in North Jordan.
- Second package: Awareness campaign to promote salt intake.

### BENEFICIARIES

The beneficiaries are the general population and patients that are predisposed to NCDs or have existent NCDs in North Jordan.

### PROJECT PHASES

Salt intake reduction involves two packages:

Package I – Conduct Knowledge Attitude and Practice (KAP) survey on salt intake in North Jordan, situation analysis, data analysis, and prepare the final KAP survey report.

Package II – Conduct awareness campaign to promote salt intake reduction through design and print awareness material to be distributed in community gathering areas, organize awareness days at schools and organize contests to encourage and promote salt reduction in North Jordan.

<b>Project Start and End Date</b>	<b>October 15, 2021 – March 31, 2022</b>
<b>Partner Organizations</b>	<b>Jordan Ministry of Health</b>
<b>Funded by</b>	<b>World Health Organization WHO</b>

### Currently . . .

In Jordan, Noncommunicable Diseases (NCDs) are the first cause of death and morbidity, accounting for 78% of all deaths in 2016. The existing NCDs surveillance system in Jordan is compromised in terms of robustness, comprehensiveness, and continuity, thus creating a wide gap in the information available on the prevalence of NCDs and their risk factors. The latest national survey of NCDs risk factors took place in 2019. Fruit and vegetable consumption is considered low in Jordan, where 84% consumed less than five portions per day, as recommended by the WHO. One-third of the population always adds salt to their food, while 25% do insufficient physical activity, and 60% are overweight

### What's next . . .

Under this project, through its different phases, with the involvement of concerned sectors, will build an enabling environment for salt intake reduction, identify key stakeholders and influential to build network of salt intake reduction accelerators and promote salt reduction within the community. This will formulate an operational action plan that could enhance collaboration and reduce salt intake as one of the main factors affecting NCDs burden.

- ◆ **EMPHNET Information:** Eastern Mediterranean Public Health Network (EMPHNET) works at achieving its mission by responding to public health needs with deliberate efforts that allow for health promotion and disease prevention.
- ◆ Abdallah Ben Abbas St, Building No. 42, Amman, Jordan
- ◆ Email: [comm@emphnet.net](mailto:comm@emphnet.net)
- ◆ Tel: +962-6-5519962
- ◆ Fax: +962-6-5519963
- ◆ [www.emphnet.net](http://www.emphnet.net)