

Guideline for assessing and managing CVD risk

**Response to consultation
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Recipient

The Australian Heart Foundation

Dietitians Australia contact

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About Dietitians Australia

Dietitians Australia is the national association of the dietetic profession with over 8500 members, and branches in each state and territory. Dietitians Australia is the leading voice in nutrition and dietetics and advocates for food and nutrition for healthier people and healthier communities.

The Accredited Practising Dietitian (APD) program provides an assurance of safety and quality and is the foundation of self-regulation of the dietetic profession in Australia. Accredited Practising Dietitians have an important role in the food system to support consumers in making healthy food choices.

Recommendations

Dietitians Australia:

1. Welcomes the recommendation to encourage patients to access support from and / or practitioners to provide a referral to an Accredited Practising Dietitian.

We note additional resources below which could be included on page 73.

- Link to Dietitians Australia – Find a dietitian
<https://member.dietitiansaustralia.org.au/faapd> this provides the user with a search tool to identify an Accredited Practising Dietitian by location (as well as need, and appointment type).
- Link to Medicare Benefits Schedule – Item 10954 - Dietetics Services.
<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=10954>

2. Welcomes the focus on the importance of a healthy diet and its impact on preventing and controlling chronic diseases including cardiovascular disease.

We note additional resources below which could be included on page 73.

- Link to Dietitians Australia – Fact Sheet – Salt
<https://dietitiansaustralia.org.au/health-advice/salt>
- Link to Dietitians Australia - Fact Sheet – Fats
<https://dietitiansaustralia.org.au/health-advice/facts-about-fats>

3. Advocates for a consistent approach to the nutrition considerations. For example, General considerations (page 69) – the heart healthy pattern of eating points listed are not consistent with the evidence provided via the GRADE Assessment on Quality of Evidence, including that added sugar is not assessed within the evidence.

Request further review of the evidence-based section, noting the overview of methods suggests a literature search for publications to May 2013, yet the key paper is a systematic review dated 2014 and following low-sodium salt-substitute papers are dated 2019 onwards. In the most recent update of the World Health Organization cost-effective interventions to prevent and control non-communicable diseases¹, including cardiovascular diseases, the key paper is: *Filippini T, Malavolti M, Whelton PK, Naska A, Orsini N, Vinceti M (2021) Blood Pressure Effects of Sodium Reduction: Dose-Response Meta-Analysis of Experimental Studies.*² This dose-response analysis demonstrates a linear relationship between sodium intake and reduction in both systolic and diastolic blood pressure across the entire range of dietary sodium exposure. In addition, the most recent publication regarding low-sodium salt substitutes² indicates a probable lowering of blood pressure in adults.

4. Advocates for the inclusion of a statement to raise awareness around the major sources of sodium in the diet, and acknowledgement of the Health Star Rating front-of-pack labelling system as a tool to identify pre-packaged foods lower in sodium (page 70). The rationale for this amendment is that some 75% of sodium intake is from processed foods.⁴ Providing the end-user (practitioner and/or patient) with a tool to identify products lower in sodium is required. The Health Star Rating system⁵ is a tool to support consumers in making healthier decisions and influence food manufacturers to make less unhealthy products. Labelling is fundamental to support policies on reformulation, food procurement, taxation, and marketing restrictions⁶⁻⁸ which result in a healthier food supply, and a reduction in chronic diseases.

References

1. World Health Organization (2022) Updating Appendix 3 of the WHO global action plan for the prevention and control of noncommunicable diseases 2013–2030 <https://www.who.int/teams/noncommunicable-diseases/updating-appendix-3-of-the-who-global-ncd-action-plan-2013-2030>. Accessed 19 September 2022.
2. Filippini T, Malavolti M, Whelton PK, Naska A, Orsini N, Vinceti M (2021) Blood Pressure Effects of Sodium Reduction: Dose-Response Meta-Analysis of Experimental Studies. *Circulation*143(16):1542-1567.
3. Brand A, Visser ME, Schoonees A, Naude CE. Replacing salt with low-sodium salt substitutes (LSSS) for cardiovascular health in adults, children and pregnant women. *Cochrane Database of Systematic Reviews* 2022, Issue 8. Art. No.: CD015207. DOI: 10.1002/14651858.CD015207.
4. Bhat S, Marklund M, Henry ME, Appel LJ, Croft KD, Neal B et al. A systematic review of the sources of dietary salt around the world. *Adv Nutr.* 2020;11(3):677–86 <https://pubmed.ncbi.nlm.nih.gov/31904809>
5. The Australian Government (2021) Health Star Ratings System <http://www.healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/content/home> Accessed 19 September 2022.
6. Taillie LS, Reyes M, Colchero MA, Popkin B, Corvalán C (2020) An evaluation of Chile’s Law of Food Labeling and Advertising on sugar-sweetened beverage purchases from 2015 to 2017: A before-and-after study. *PLoS Med* 17(2): e1003015. <https://doi.org/10.1371/journal.pmed.1003015>
7. Morrison H, Meloncelli N, Pelly FE. Nutritional quality and reformulation of a selection of children's packaged foods available in Australian supermarkets: Has the Health Star Rating had an impact? *Nutr Diet.* 2019 Jul;76(3):296-304. doi: 10.1111/1747-0080.12486. Epub 2018 Nov 13. PMID: 30426624.
8. Mhurchu CN, Eyles H, Choi YH. Effects of a Voluntary Front-of-Pack Nutrition Labelling System on Packaged Food Reformulation: The Health Star Rating System in New Zealand. *Nutrients.* 2017 Aug 22;9(8):918. doi: 10.3390/nu9080918. PMID: 28829380; PMCID: PMC5579711.