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Sodium Reduction Week encourages you to #BreakUpWithSalt

As part of Illinois Sodium Reduction Week, March 12-18, public health agencies across the state are joining forces with the American Heart Association (AHA) to raise awareness of the importance of lowering sodium in your diet with the "Break Up with Salt" campaign.

"Extensive Research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke," said Dr. Terry Mason, President of the Northern Illinois Public Health Consortium. "Through the 'Break Up with Salt' campaign, we hope to encourage people of all ages to make healthier food choices."

According to the AHA, Americans consume an average 3,400 mg of sodium per day. A reduction to 1,500 mg per day could result in an estimated \$26.2 billion in health care savings, and 500,000 to 1.2 million fewer deaths from cardiovascular disease over the next 10 years.

NIPHC and AHA are encouraging all Illinois residents, schools, hospitals, community- and faith-based organizations – anyone with an interest in health living – to participate in Illinois Sodium Reduction Week activities on social media:

- **Thunderclap – Monday, March 12 at 10 a.m.** Register now for the Thunderclap <https://www.thunderclap.it/projects/68542-illinois-sodium-reduction-week> to join us in broadcasting one unified message throughout Illinois about the benefits of reducing sodium.
- **Facebook LIVE healthy cooking demo – Tuesday, March 13 at 12:30 p.m.**, hosted by [Lake County Health Department](#). In this half-hour presentation, you will learn to make easy, delicious and healthy recipes from registered dietitians. Like, love, share, and post comments or questions during the event.
- **Twitter Chat – Wednesday, March 14 at 10 a.m.** led by the American Heart Association Chicago ([@HeartChicago](#)). During this one-hour chat, experts will answer questions and share easy ways to cut sodium from your diet. Follow the conversation, ask questions or share information using the #BreakUpWithSalt hashtag.
- **#BreakUpWithSalt video – Thursday, March 15 at 9 a.m.**, visit Facebook (www.facebook.com/ccdph) and Twitter www.twitter.com/cookcohealth to view, like and share a fun YouTube video featuring several county health departments using cliché breakup lines to break up with salt.
- Keep the momentum going **Friday, March 16** and all weekend long by creating your own #BreakUpWithSalt posts on your social media accounts.

More information about the benefits of reducing sodium for your heart health can be found by visiting <https://sodiumbreakup.heart.org/>.

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