

Study shows salt substitutes help to maintain healthy blood pressure in older adults

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The replacement of regular salt with a salt substitute can reduce incidences of hypertension, or high blood pressure, in older adults without increasing their risk of low blood pressure episodes, according to

a recent study in the *Journal of the American College of Cardiology*. People who used a salt substitute had a 40% lower incidence and likelihood of experiencing hypertension compared to those who used regular salt.

According to the World Health Organization, hypertension is the leading risk factor for [cardiovascular disease](#) and mortality. It affects over 1.4 billion adults and results in 10.8 million deaths per year worldwide. One of the most effective ways to reduce hypertension risk is to reduce sodium intake. This study looks at salt substitutes as a better solution to control and maintain healthy blood pressure than reducing salt alone.

"Adults frequently fall into the trap of consuming excess salt through easily accessible and budget-friendly processed foods," said Yangfeng Wu, MD, Ph.D., lead author of the study and Executive Director of Peking University Clinical Research Institute in Beijing, China. "It's crucial to recognize the impact of our dietary choices on heart health and increase the public's awareness of lower-sodium options."

Researchers in this study evaluated the impact of sodium reduction strategies on blood pressure in elderly adults residing in care facilities in China. While previous studies prove that reducing salt intake can prevent or delay new-onset hypertension, long-term salt reduction and avoidance can be challenging.

The DECIDE-Salt study included 611 participants 55 years or older from 48 [care facilities](#) split into two groups: 24 facilities (313 participants) replacing usual salt with the [salt substitute](#) and 24 facilities (298 participants) continuing the use of usual salt. All participants had blood pressure

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