JSH Statement: Tokyo declaration promoting salt reduction by the Japanese Society of Hypertension—the JSH Tokyo declaration

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The number of people with hypertension in Japan is estimated to be 43 million. The guidelines for the management of hypertension by the Japanese Society of Hypertension 2019 (JSH2019) defined blood pressure (BP) levels of 130–139/80–89 mmHg as ‘elevated blood pressure’ [1]. The JSH2019 also revised the target level of BP control to the lower level. Thus, lifestyle modifications are quite important in addressing hypertension regardless of the use of antihypertensive drugs. Among lifestyle modifications, salt reduction is most important, especially in Japanese individuals who consume significant amounts of salt. Based on the National Health and Nutrition Survey of Japan in 2018, daily salt intake is reported to be 11.0 g for men and 9.3 g for women [2]. Thus, great effort is necessary to achieve the target salt intake level of <6 g/day recommended for hypertensive patients in the JSH2019.

The JSH announced the “Tokyo Declaration Promoting Salt Reduction by the Japanese Society of Hypertension—the JSH Tokyo declaration” at the 42nd Annual Scientific

Meeting in Tokyo. We pledge to undertake a specific action plan comprising the following six strategies to achieve the target salt intake level of <6 g/day.

The JSH will:

- (1) Educate citizens on the harms of excessive salt intake and the importance of reducing salt intake.
- (2) Recommend the assessment of the salt intake of individuals or populations and propose adequate methods to reduce salt intake.
- (3) Promote salt reduction for children as a part of dietary education at school.
- (4) Promote salt reduction in takeout food, prepared dishes, canteens, and school lunches.
- (5) Encourage companies to develop and promote low-salt foods.
- (6) Encourage the government to take measures to promote salt reduction.

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Compliance with ethical standards

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