



## For Immediate Release

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### Free Event “Salt Shockers - Be Informed, Be Healthy”

Shasta County – The U.S. diet is high in salt and many don’t realize that common foods often contain high amounts of sodium. During *Salt Shockers-Be Informed, Be Healthy*, Dr. Mohamed Khan from the Cardiovascular Center in Redding will explain how sodium affects your health, increases blood pressure and risk for heart disease. This free event will be held 5:30-7:30 p.m. Wednesday, March 30, at the Redding Public Library.

After Dr. Khan’s presentation a registered dietitian will engage the audience in interactive, hands-on learning activities to help identify high sodium foods and offer tips to help reduce the sodium in your diet. The event includes a light meal and drawings for prizes provided by Healthy Shasta.

Diets high in sodium have been shown to raise blood pressure, which can lead to heart disease and stroke, the first and third leading causes of death in the U.S, respectively. One in three U.S. adults have hypertension, or high blood pressure, and more than 50 percent do not have it under control.

“Even a moderate reduction in sodium can decrease blood pressure and the risk for cardiovascular disease. Everyone, not just those with high blood pressure, can benefit from reducing their sodium intake,” said Dr Khan.

Our daily salt intake has increased by more than 50% over the past few decades. Most Americans now consume about twice the recommended daily limit of sodium, the component of salt that affects blood pressure. Most of the sodium we consume is already in the foods we eat; packaged, processed and restaurant foods account for 77 percent of our sodium intake.

“A lot of people believe they’re not eating much sodium if they don’t add salt during meals or when they cook. But it’s important to read the labels of what you buy because even foods we think are healthy can be high in sodium,” said Karrie Isaacson, a registered dietitian.

*Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit [www.healthyshasta.org](http://www.healthyshasta.org) for more information.*

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Anderson Partnership for  
Healthy Children/South  
County HEAC

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City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical  
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of  
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Shasta County RTPA

Shasta Family  
YMCA

Shasta Head Start

Simpson University

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University of California  
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