

Investigating and Mitigating Cardiovascular Disease National Cerebral and Cardiovascular Center

Modern medicine has seen remarkable progress over the years, and medical advances have paved the way for incredible breakthroughs. Nevertheless, changes in lifestyles and an aging society have resulted in an increased prevalence of cardiovascular diseases. Today, heart disease, cerebrovascular disease, and similar diseases account for 30% of deaths in Japan. Through the joint efforts of hospitals, laboratories, R&D centers, and administrative departments, the National Cerebral and Cardiovascular Center strives to develop and promote comprehensive measures to prevent leading cardiovascular diseases in both children and adults (heart disease, vascular disease, stroke, etc.). These measures—designed specifically for the highest levels of medicine—include developing preventative measures, diagnoses, and therapies; identifying causes and pathologies; and training professional technicians.

■ NCVC Symbol

The double-ampersand design of the NCVC symbol signifies the circuitous, infinite interactions and mutual support created by numerous encounters between people, including between doctors and patients. In addition to being colors commonly used for portraying veins and arteries, the blue and red also symbolize the mutual inspiration and cooperation between different elements such as the brain and the cardiovascular system, intellect and passion, and medicine and research.



Salt Reduction Checklist

The first step to healthy eating habits is checking the amount of salt in your diet! Put a check ☒ in each of the following 10 items that apply. As you will find, sources of excessive salt often come from familiar situations.

- 1 ☐ Do you try to avoid overeating even with low-salt foods?
- 2 ☐ Do you drink less than 1 cup of soup dishes a day?
- 3 ☐ Do you try to avoid using additional salty seasonings with plain rice/bread?
- 4 ☐ Do you worry about salt intake when eating out?
- 5 ☐ Do you try to avoid frequently eating pureed fish products and processed meats?
- 6 ☐ Do you try to consume as little broth as possible when eating noodles?
- 7 ☐ Do you check the salt content of commercially available foods?
- 8 ☐ Do you try to avoid eating salted products such as salted salmon or dry-salted fish whenever possible?
- 9 ☐ Do you try to avoid using soy sauce or seasoning sauces at the dinner table?
- 10 ☐ Do you check the salt content of snacks?

This checklist includes all of the points you should be aware of during the day. Try to get as many checks as possible every day!



Reference: The NCVC "KARUSHIOH" Handbook (Seven & i Publishing, 2015)



National Cerebral and
Cardiovascular Center

■ "KARUSHIOH" Project

<http://www.ncvc.go.jp/karushio/>

Protecting Public Health

A New Approach to Reducing Salt Using Less Salt for More Flavor



やさしくおいしく



Change to a "KARUSHIOH" Diet Today!

The “KARUSHIOH” Project is designed to improve eating habits in order to help prevent cardiovascular disease. The project aims to provide an innovative approach to reducing salt intake.



What is “KARUSHIOH”?

Bringing Intellectual Assets Cultivated through NCVC History to the Forefront

The National Cerebral and Cardiovascular Center (NCVC) is dedicated to sharing its research results, expertise, and other general know-how by helping society understand and adopt the Center’s intellectual assets. One such initiative is the “KARUSHIOH” Project.

At the NCVC, diet is considered a major aspect that influences the prevention and treatment of cardiovascular disease. As such, the NCVC provides delicious hospital food with reduced salt for a good nutritional balance.

However, these meals were originally intended for hospitalized patients only, and many individuals expressed a desire to continue eating a reduced-salt diet even after being discharged.

To meet those requests, the NCVC began selling reduced-salt lunches and books featuring low-salt recipes in addition to holding cooking classes. These efforts led to the concept of “Using Less Salt for More Flavor” embodied by the “KARUSHIOH” Project. (“KARUSHIOH” can be translated from Japanese as “light on the salt”.)

Since then, the NCVC has focused on a variety of efforts designed to popularize and teach people about the “KARUSHIOH” Project.

* “Intellectual assets”= A large concept that includes not only patents and the like but also various intangible resources such as experience and know-how.



The origin of “KARUSHIOH”: NCVC hospital food

“KARUSHIOH” Project Initiatives

The NCVC is proudly engaged in the following “KARUSHIOH” initiatives, collectively referred to as the “KARUSHIOH” Project.

“KARUSHIOH” Accreditation

The “KARUSHIOH” Certification Mark is awarded to products submitted by food companies that focus on a combination of taste and nutritional balance. Product screening is performed based on the NCVC’s “KARUSHIOH” Certification Criteria.

More than 100 “KARUSHIOH”-Certified Products!

Since the “KARUSHIOH” accreditation system began in November 2014, numerous companies throughout Japan—from Hokkaido in the north to Kyushu in the south—have submitted products for certification. In 2017, the **number of accredited products exceeded 100 and continues to grow**. In addition to promoting certified products, the NCVC will continue to make selecting reduced-salt products easier while further advancing support for the development of delicious, low-salt products.

“KARUSHIOH” Certification Mark

The NCVC allows products that meet the “KARUSHIOH” Certification Criteria to proudly display the “KARUSHIOH” Certification Mark.

* “KARUSHIOH” (in its original Japanese form) is a registered trademark of the National Cerebral and Cardiovascular Center.



Cooking Workshops

In an effort to bring healthy eating habits to patients and their families, the NCVC holds cooking workshops focusing on reduced-salt dishes. These workshops are held in local educational facilities and other easily accessible locations.

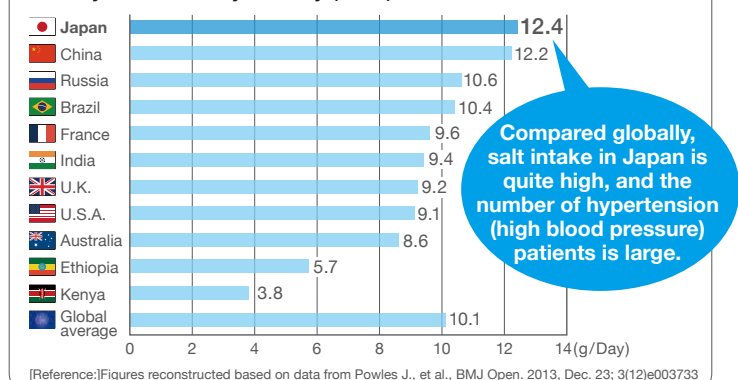


Recipe Books

These recipe books provide a collection of the reduced-salt dishes the NCVC provides to hospitalized patients. The series has become a best-seller with total sales reaching 380,000 copies. The books can be found on sale at most bookstores and other outlets throughout Japan.



Daily salt intake by country (2010)



Compared globally, salt intake in Japan is quite high, and the number of hypertension (high blood pressure) patients is large.

S-1 Grand Prix (S-1g)

The S-1 Grand Prix was started as a recipe contest with the goal of bringing to light delicious reduced-salt dishes from various locations. The contest was designed to support regional efforts to prevent cardiovascular disease.

The name “S-1g” means to reduce salt (S) by 1 gram (-1g).

Experts agree that decreasing the average intake of salt by 1g every meal can decrease blood pressure by 2 to 3 mmHg, reducing deaths from cardiovascular disease by 20 to 30 thousand people.

