1st Symposium on Salt Reduction
4th November 2016

Opening and welcome speeches  09:15-10:15

Rector of the Agricultural University of Athens
Minister of Rural Development and Food*
Minister of Health*
President of the Hellenic Dietetic Association
President of the Hellenic Food Authority

Round Table 1 – Scientific progress
10:15-11:15

Chair: Maria Kapsokefalou, Deputy-Rector of Agricultural University of Athens / Grigoris Risvas, member of the Executive Committee of EFAD

1. Hypertension: the problem and its management – Kostas Tsioufis, Ass. Professor of Cardiology, A’ Cardiology Clinic, University of Athens, Hippocratio Hospital; General Secretary of European Society of Hypertension; President Elect of Hellenic Society of Cardiology

2. “Hidden” sources of sodium intake in primary school children: data from GRECO study – Antonis Zampelas, Professor of Human Nutrition, Department of Food Science and Human Nutrition, Agricultural University of Athens

3. Indications of sodium chloride intake in Greek population from the “HYDRIA” study – Antonia Trichopoulou, Professor, Director of the WHO Collaborating Centre for Nutrition at the Department of Hygiene and Epidemiology, School of Medicine, University of Athens; President of the Hellenic Health Foundation

Break 11:15-11:35

*TBC
**Round Table 2 – Strategy, Actions, Awareness**
11:35-12:35
*Chair: Eirini Tsigarida*, Head of Nutrition Policy and Research Directorate, Hellenic Food Authority / *Panagiotis Varagiannis*, Gen. Secretary of the Hellenic Dietetic Association

4. **Salt Reduction Strategies within WHO European Region** – *João Breda*, Programme Manager Nutrition, Physical Activity and Obesity, World Health Organization, Regional Office for Europe (via web-conference)


6. **The role of dietitians in raising awareness regarding salt reduction in Greece** – *Dorina Sialvera*, President of the Hellenic Dietetic Association

**Break** 12:35-13:00

**Round Table 3 – Actions from stakeholders regarding salt reduction**
13:00-14:30
*Chair: Ioannis Tsialtas*, President of the Hellenic Food Authority / *Antonis Zampelas*, Professor of Human Nutrition, Agricultural University of Athens

7. **Chefs’ proposals for meals with less salt** – *Miltiadis Karoumpas*, President of the Hellenic Chef Federation; President of Hellenic Chefs Club

8. **Actions and challenges in reducing the salt content of bread** – *I. Manos*, Vice-President of the Hellenic Federation of Bakers

9. **Actions by the Greek Food Industry regarding salt reduction in processed foods** – *Antonis Kampanis*, Co-ordinator of the Nutrition Policy Committee of the Federation of Hellenic Food Industries (SEVT)

10. **Contribution of consumer associations in salt reduction strategy** – *Eleni Alevritou*, Medical Doctor, President of Consumers' Association "The Quality of Life" [E.K.Pi.ZO.]

14:30-15:00 **Closing Remarks**