

Plan for the dissemination of Open Educational Resources (OER) of the Project IDRC* 108167 “Scaling-up and evaluating salt reduction policies and programs in Latin America” on World Heart Day, 2019

1. Introduction

In the framework of the celebration of *World Heart Day* and as part of the knowledge transference strategy of the IDRC 108167 project “Scaling-up and evaluating salt reduction policies and programs in Latin American” led by the Costa Rican Institute of Research and Teaching in Nutrition and Health (INCIENSA), the Costa Rican team is launching the “*Plan for the dissemination of Open Educational Resources (OER) for salt / sodium*”, which aims to raise awareness and develop skills in children, teenagers and their families to reduce excessive salt / sodium consumption to benefit of health.

The Open Educational Resources (OER) package was designed with the results of the following research conducted in Costa Rica:

- IDRC 108167 multicenter project “Scaling-up and evaluating salt reduction policies and programs in Latin American”. This project is financed with external funds from the International Center for Research Development (IDRC) of Canada.
- Project “Education, promoter of the integral health of children and adolescents of Costa Rica” of the Costa Rican Institute of Research and Teaching in Nutrition and Health (INCIENSA), University of Costa Rica (UCR) and the State Distance University (UNED).

These OER are the product of the translation of research results and the means to transfer scientific knowledge to the population, in an understandable and practical way.

2. Objective

- Raise aware and develop skills in children, teenagers and their families to reduce excessive intake of salt/sodium.

3. Target population

- Children
- Teenagers
- Families of children and teenagers

4. Means of dissemination

- Social networks: Facebook, Instagram, Twitter
- Institutional website
- Email

- Stands in health fairs

5. Publication guideline

1. Day	Monday
Hour	5:30 pm
Poster to publish	Sodium Infogram
Message	Do you know what is sodium? Do you know that excessive sodium consumption is related to the increase of blood pressure, the risk of stroke (heart attack) and heart disease?
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Sodium Infogram https://drive.google.com/file/d/1u0-rN8WuZvLHtXVCCckyvHOOpUqWTRGB/view?usp=sharing	

2. Day	Tuesday
Hour	7:30 am
Poster to publish	Salt infogram
Message	Do you know what the main source of sodium in Costa Rica is the salt we use to cook?
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Salt infogram https://drive.google.com/file/d/1GqfVo71zSw_R5GSfhfckB9xqHYLqFgtb/view?usp=sharing	

3. Day	Wednesday
Hour	7:30 am
Poster to publish	Salt and seasoning infogram.
Message	Do you know sodium is found in the salt and seasonings we use to season and flavor our food? Do you know that the perception and learning of salty taste is acquired from very early ages and over time? It is not easy to adapt eating with less salt, but it is possible with the REEDUCATION of the palate.
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Salt and seasoning infogram. https://drive.google.com/file/d/1KPDa054IaJ9B52z3c_umXsYWocY5H5ab/view?usp=sharing	

4. Day	Thursday
Hour	7:30 am
Poster to publish	Infogram of the content of sodium in food.
Message	Sodium is present in most of the foods, salty and sweet, that we buy in restaurants, supermarkets, fast food, artisanal and street sales.
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Infogram of sodium content in food. https://drive.google.com/file/d/1YiqPKHUyD1KpBQ2Ig2l86Hm6vagg_p6z/view?usp=sharing	

5. Day	Thursday
Hour	5:30 pm
Poster to publish	Video: Sodium content in food.
Message	Know the sodium content in food.
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Video of the content of sodium in foods https://drive.google.com/file/d/1ReKO5xmp6xsa9DOiXdWm7OjIva7ntGAd/view	
Link del canal YouTube: Pura vida con menos sal. Sodium content in foods https://www.youtube.com/watch?v=753csLvHar4&feature=youtu.be	

6. Day	Friday
Hour	7:30 am
Poster to publish	Infogram reading nutrition labeling
Message	Review the nutritional information found in the products labels to select foods with less sodium.
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: Infogram reading nutrition labeling https://drive.google.com/file/d/196xDUckC_Sie55Uz84Ts2SnAh2AYCJ6K/view?usp=sharing	

7. Day	Friday
Hour	5:30 pm
Poster to publish	Video: Take care of your family's health, cook with less salt. Sandwich preparation.
Message	Do you know the salt we use to cook is the main source of sodium in Costa Rica? If from childhood we foment the consumption of less salty foods, in the later stages of life, foods with less salt will be preferred. We invite you to cook with less salt and select foods with less sodium.

Canada

Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium
Link: video Take care of the health of your family, cook with less salt. Preparing a sandwich https://drive.google.com/file/d/1Fli122qZR-6P5zmx8bZgYmRe7CXwZ0X/view?usp=sharing	
Link del canal YouTube: Take care of the health of your family, cook with less salt. Preparing a sandwich. https://www.youtube.com/watch?v=txMalyUsrQQ&feature=youtu.be	

8. Day	Saturday
Hour	7:30 pm
Poster to publish	Healthy snack recipes
Message	One way to protect the health of your children and of your family, as well as to express the love you feel for them, is to cook with less salt. Substitute sauces, condiments and / or dressings with natural herbs such as garlic, onion, chili, oregano, thyme, basil. Select foods with less sodium. We share some delicious healthy snack recipes.
Hashtag	#puravidamenossal #worldheartday #costarica #lessaltperday #sodium #salt
Links: Children https://drive.google.com/file/d/0B3L31Wk2sXnTSXRHRWNBaWdCaGZzYnJiR3JTTjFDckp6UGZN/view?usp=sharing Teenagers https://drive.google.com/file/d/0B3L31Wk2sXnTS2RDc0pZTU0yYTNyWIFZeFJLQUtZNXJucE84/view?usp=sharing	

* IDRC= International Development Research Centre, Canada

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