

IN-PERSON SYMPOSIUM

ReThink Sodium

Science, Behavior, Guidance and Solutions for Public Health

 28 April 2026  Holiday Inn Atrium, Singapore

Excessive dietary sodium intake is considered a major contributor to non-communicable diseases, posing a significant public health challenge worldwide. Despite global recommendations and intervention measures to reduce intake, many populations, including those in Southeast Asia, continue to exceed advised levels.

This one-day symposium convenes scientific experts and stakeholders to jointly re-think longstanding issues around sodium and health. Discussions will focus on understanding sodium consumption patterns, exploring emerging assessment methods, discussing strategies and innovative solutions, and fostering collaborative actions to achieve optimal sodium intake in the region.

KEY SPEAKERS



Prof Andrew Mente

Population Health Research Institute
and Hamilton Health Sciences,
McMaster University, Canada



Prof Christiani Jeyakumar Henry

Global Centre for Asian Women's Health (GloW),
Yong Loo Lin School of Medicine,
National University of Singapore



Dr Diane Mendoza-Sarmiento

University of Santo Tomas, Manila
Philippines



Prof Yangfeng Wu

Peking University Clinical Research Institute,
China

Stay tuned for more eminent speakers!

SESSION TOPICS

Session 1: Understanding Sodium in the Diet

Session 2: Community and Public Health Approaches to Sodium Reduction

Session 3: Industry and Innovative Solutions

Panel Discussion: Challenges and Opportunities for Multi-stakeholder Approach to Sodium Reduction

REGISTRATION

Participants	Rates
Industry (Non-ILSI SEA Region Members)	380 SGD
Industry (ILSI SEA Region Members)	330 SGD
Government / Academia	280 SGD

Note: Registration fees are exclusive of Eventbrite platform charges. Applicable fees will be reflected upon checkout.

CALL FOR E-POSTERS



Researchers from academia, industry, and government institutions are invited to register for the symposium and present their research work.

Researchers submitting an e-poster can enjoy **10% discount** on their registration fee!

Note: E-poster authors are required to register and attend the symposium **IN-PERSON**.

For the submission guidelines and more details, please visit our event page link below.

To register and for more information on the program, visit:



ilsisea-region.org/event/rethink-sodium-2026/

