

# Sodium Reduction in the U.S. Advances and Challenges



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# Overview

- ❑ **Excess sodium intake: A significant health problem**
- ❑ **Advances in the U.S. related to sodium reduction**
  - U.S. Department of Health and Human Services
    - Food and Drug Administration (FDA)
    - Centers for Disease Control and Prevention (CDC)
    - National Institutes of Health (NIH)
  - United States Department of Agriculture
  - State and local health authority action
- ❑ **Challenges in the U.S. related to sodium reduction**



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# HHS Advances in Promotion and Awareness of Sodium Reduction

## ☐ 2020 Healthy People sodium recommendations

- Reduce consumption of sodium in the population aged 2 and older to 2,300 mg per day

## ☐ HHS Health and Sustainability Guidelines for Federal Concessions and Vending Operations

## ☐ Dietary Guidelines for Americans



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# Dietary Guidelines Recommendations for Sodium Intake

## ❑ 2010 Dietary Guidelines for Americans recommended levels of sodium intake

- Reduce to  $\leq 2,300$  mg/day for general population
- Reduce to 1,500 mg/day for specific populations including  $\geq 51$  years old, African Americans, persons with high blood pressure, diabetes, or chronic kidney disease
  - About 1/2 U.S. population and the majority of adults

## ❑ Actual sodium intake

- Average daily sodium intake for U.S. adults is  $> 3,400$  mg/day
- For persons age 2 and older, 98.6% of people recommended to consume 1500 mg per day exceed the limit; 88.2% of persons recommended to consume 2300 mg per day exceed the limit

# HHS Advances in Promotion and Awareness of Sodium Reduction - FDA

- ❑ **Joint sodium education initiative in 1981 with the NHLBI of the NIH as part of the National High Blood Pressure Education Program**
- ❑ **Nutrition Labeling and Education Act of 1990**
  - Required inclusion of sodium on Nutrition Facts panels
  - Established standards for sodium-related nutrient content and health claims
- ❑ **Public hearing on sodium in 2007 concerning policies regarding salt and sodium in food**
- ❑ **Implementing menu labeling as required by PPACA**



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# Advances in Promotion and Awareness of Sodium Reduction – Regulation of Sodium

- ❑ **2010 IOM report recommended FDA set mandatory national standards for sodium content of foods**
- ❑ **FDA and USDA are considering potential ways to promote gradual, achievable, and sustainable reduction of sodium intake over time**
  - The Agencies recently established dockets to obtain data and evidence relevant to sodium intake, as well as current and emerging approaches designed to promote sodium reduction
  - FDA, USDA and CDC are co-hosting a public meeting in November to discuss the topics on which information is being requested

# HHS Advances in Promotion and Awareness of Sodium Reduction - CDC

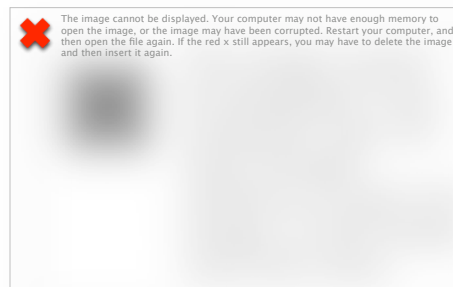
- ❑ **Monitoring progress of sodium reduction in the food supply**
  - How much sodium is in the food we eat?
  - How much sodium do we consume?
  - Are we ready for a nationwide action to reduce sodium intake?
- ❑ ***Annual Report to Congress on CDC's Sodium Reduction Activities***
- ❑ **Provide funding to grantees for sodium reduction work**
- ❑ **Provide technical assistance to grantees working on sodium reduction**



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# HHS Advances in Promotion and Awareness of Sodium Reduction - NIH

- ❑ Incorporated sodium as a component of the National High Blood Pressure Education Program in the 1970's
- ❑ The National Heart Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH) published guidelines recommending a sodium intake of no more than 2,400 mg per day dating back to 1993



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# USDA Advances in Promotion and Awareness of Sodium Reduction

- ❑ In 1993, USDA's FSIS issued regulations establishing nutrition labeling requirements for meat and poultry products
- ❑ Dietary Guidelines (mentioned previously)
- ❑ Proposed rule, *Common or Usual Name for Raw Meat and Poultry Products Containing Added Solutions*
- ❑ Proposed rule, *Nutrition Standards in the National School Lunch and School Breakfast Programs*
- ❑ Updated the National Nutrient Database



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# Advances in Promotion and Awareness of Sodium Reduction – Other

- ❑ **In 2008, the New York City Department of Health and Mental Hygiene initiated the National Salt Reduction Initiative (NSRI)**
- ❑ **Some large food manufacturers have publicly committed to reducing sodium in their products**
  - Other companies have voluntarily identified specific product goals for sodium reduction



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# Challenges to Advancing and Promoting Awareness of Sodium Reduction in the U.S.

- ❑ **Competing (and important) nutrition priorities including those related to obesity**
- ❑ **Inordinate contribution to sodium intake from processed and restaurant foods**
- ❑ **Lack of consumer awareness about primary sources of sodium; lack of desire to reduce personal sodium intake**
- ❑ **Voluntary efforts by the food industry have not been consistently undertaken by all, have not been sustained, and have proven unsuccessful in lowering overall sodium intake**



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# Summary

- ❑ Sodium reduction work in the U.S. spans across Federal, State, and local government agencies
- ❑ Voluntary efforts by the food industry have been unsuccessful in lowering overall sodium intake
- ❑ Further changes in the food supply are needed to bring sodium intake to within recommended levels



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## For More Information

**Centers for Disease Control and Prevention**

[www.cdc.gov/salt](http://www.cdc.gov/salt)

**Food and Drug Administration**

[www.fda.gov](http://www.fda.gov)

**United States Department of Agriculture**

[www.usda.gov](http://www.usda.gov)

**New York City National Salt Reduction Initiative**

<http://www.nyc.gov/html/doh/html/cardio/cardio-salt-initiative.shtml>



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# Front-of-Package Labeling Recommendations

- ❑ **The Front-of-Package labeling system recently recommended by the IOM suggested that the FDA and USDA develop, test, and implement a single, standardized system that is easy to understand by most age groups and appears on all food products**
  - All products would display calories per serving size in common household measures as well as a rating of zero to three “points” for sodium, as well as saturated and *trans* fats, and added sugars



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# Thank you

## Questions?

**For more information please contact Centers for Disease Control and Prevention**

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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