Indicators Spotlight

SODIUM REDUCTION

Background for Sodium Reduction

Funded programs can play a role in reducing population-based sodium consumption by implementing policy and systems changes in communities. Policy- and systems-level interventions, such as changes to procurement policies at the state, local, and organizational levels as well as community and clinical interventions, will ultimately affect adults who have high blood pressure.

Purpose of the Indicators Spotlight

The purpose of this document is to give funded programs working on sodium reduction a list of potential indicators to explore for planning and evaluation purposes. Multiple indicators can be chosen as outcomes for logic models and measures for companion evaluation plans. This Indicators Spotlight should be used with the Expert Panel Indicator Ratings Table and Indicator Profiles found in *Outcome Indicators for Policy and Systems Change: Controlling High Blood Pressure.*

Using Indicators for Planning

Step 1

Determine the setting in which you want to intervene. Many sodium reduction activities occur in the community or worksite arena. See Intervention Examples on Page 2 for ideas.

Step 2

Select a short-term policy/systems change indicator from the setting of choice. Interventions should be implemented at the highest level to impact the largest population. Sodium reduction policy and systems change approaches that successfully affect short-term outcomes will—with sufficient time and sustained effort—affect intermediate outcomes related to behavioral and physiological risk factors among individuals affected by the environmental changes.

Step 3

Map outcomes of interest over time. It is advantageous to determine the logic model pathway of one or more intermediate outcomes. Measuring short-term and intermediate outcomes along a logic model pathway allows programs to identify gaps in program implementation before completing a comprehensive evaluation that focuses on long-term outcomes related to death and disability.

Step 4

Enhance the evaluation with practice-based indicators. As the literature continues to develop and emerge around sodium reduction it is useful to consider practice-based indicators. These indicators are measures that show change from sodium reduction initiatives that have been implemented in the field but currently lack a sufficient evidence base. See Practice-Based Indicator Examples on the reverse for ideas.

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention

Implementation	Evaluation		
	Short-Term	Intermediate	
Intervention Examples	Policy/Systems Change	Knowledge/Behavior Change (Choose one or more)	Health Outcomes (Choose one or more)
Consumer Awareness Promote and support low-sodium JNC-7 diet recommendations for people with hypertension	**1.2.6** ▸ Proportion of patients with high blood pressure who receive provider-initiated recommendation and follow-up of therapeutic lifestyle modifications	**1.5.2** ▸ Proportion of adults who know what therapeutic lifestyle behavior changes are associated with improved blood pressure control	**1.7.1** ▸ Average blood pressure levels among adults with known high blood pressure
Menu Changes Changes to cafeteria/vending to offer and promote low-sodium choices	**1.3.6** ▸ Proportion of worksites with environmental supports to control high blood pressure	**1.6.2** Proportion of adults reporting lifestyle behavior change to control high blood pressure	**1.7.3** ▸ Disparity in average blood pressure levels between general and priority populations with known high blood pressure
Public Policy Encourage local public policies that reduce sodium in restaurants	**1.4.1** ▸ Number of public policies to support therapeutic lifestyle behaviors for controlling high blood pressure	**1.6.7** ▸ Proportion of adults adopting the Dietary Approaches to Stop Hypertension (DASH) eating plan to control high blood pressure	**1.8.1** ▸ Proportion of adults with known high blood pressure who have achieved blood pressure control as defined by current evidence-based guidelines
Menu/Product Labeling Work with grocery stores to provide point-of-purchase nutritional information to encourage lower sodium food purchases	**1.4.2** ▸ Number of community interventions to control high blood pressure		**1.8.2** Disparity in blood pressure control between general and priority populations with known high blood pressure
Procurement Standards Procurement changes for meals in state-run programs such as senior programs, school lunches, and daycare centers	**1.4.4** ▸ Number of community environmental supports to control high blood pressure		

Practice-Based Indicator Examples

In addition to the evidence-based outcome indicators, you may want to monitor additional practice-based indicators:

- Number/percentage of low-sodium meals/items served/offered (procurement standards)
- Percentage of low-sodium pantry/constituent ingredients used in restaurants (menu changes)
- Amount of bulk salt purchased for cooking and for use by patrons in restaurants (menu changes)
- Percentage of consumers who use sodium nutrient information to inform their food purchases (menu/product labeling)
- Percentage of items/products sold that are lower in sodium (pricing strategies)
- Number of venues that have made efforts to reduce the price of lower sodium items (pricing strategies)

For More Information

- **Evaluation Guides:** https://www.cdc.gov/dhdsp/evaluation_resources/guides/index.htm
- **CDC Salt Webpage:** www.cdc.gov/salt
- **Contact Your CDC Evaluation Technical Assistance Provider or Project Officer**

For more information please contact Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov **Web:** www.cdc.gov