The Philadelphia Department of Health (PDH) is a recipient of the CDC-funded Sodium Reduction in Communities Program (SRCP), which supports 8 recipients to implement sodium reduction strategies in conjunction with food service partners.

### Population
1,584,138

### Award Amount
$395,000 (Year 3)

### Prevalence of High Blood Pressure
33.8% of adults in Pennsylvania have high blood pressure (CDC, 500 Cities Project: Local Data for Better Health, 2017)

### Complementary CDC-Funded Local-Level Heart Disease and Stroke Programs
DP18-1817 Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes, Heart Disease, and Stroke

### Key Partners
- **Restaurants**: 11 Asian Buffet Restaurants
- **Congregate Meals**: Juvenile Justice Services Center, Out-of-School Time Program, Prisons, Parks and Recreation Summer and Afterschool Program, Riverview Home and Youth Emergency Shelter, and the Sheriff’s Office
- **Food Sector Partners**: Temple University’s Center for Asian Health, The Asian Community Health Coalition, The Greater Philadelphia Restaurant Association, and Drexel University’s Food Lab

### Program Implementation
Under SRCP, PDH is partnering with food service organizations to increase the availability and purchase of lower-sodium food options by:

- Implementing food service guidelines/nutrition standards that include sodium
- Changing procurement practices to include lower-sodium options
- Making meal and/or menu modifications to reduce sodium
- Implementing environmental strategies/behavioral economics approaches for lower-sodium products

150,234 individuals reached in Philadelphia

This profile provides an overview of activities and key achievements through Year 5 (September 30, 2016 - September 29, 2021) of SRCP. Data comes from recipient performance measure reporting and annual performance reports.

For more information visit [https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm](https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm)
### Performance Measure Highlights

**Guidelines and Nutrition Standards**

16 entities implementing comprehensive nutrition standards and practices that include sodium

Examples of PDH activities included supporting food service organizations to

- Implement Healthy Beverage Vending and Healthy Snack Standards
- Create individualized implementation plans for the agencies/departments to meet compliance requirements
- Collaborate with current or potential vendors to increase the availability of lower-sodium products that meet nutrition standards

**Meal and Menu Item Recipe Modification**

72 meal/menu items affected by recipe modification to reduce sodium content

Examples of PDH activities included supporting food service organizations to

- Distribute lower-sodium cooking materials including lower sodium recipes, tool kits, and measuring spoons to enable chefs to make lower-sodium meals in-house
- Replace canned ingredients with frozen ones, add more whole grain options, and limit fried foods

**Procurement Changes**

34 meals/menu items affected by ingredient or product modification/substitution to reduce sodium content in purchased items

Examples of PDH activities included supporting food service organizations to

- Create the Food Policy Advisory Council which facilitates the development of responsible policies to improve access to local, sustainable, nutritionally sound and affordable food
- Procure lower-sodium alternatives for soups, hot and cold breakfast entrées, and snacks

**Environmental and Behavioral Economic Strategies**

2,874 people exposed to environmental choice architecture and placement interventions for lower sodium foods

Examples of PDH activities included supporting food service organizations to

- Acclimate customers to decreases in sodium by incrementally reducing sodium in recipes
- Require 2/3 of vending machines in government worksites to meet prominent placement of healthy items, implement competitive pricing of healthy items, and enforce health labeling through compliance checks and sales data analysis.

### Intermediate- and Long-Term Outcomes

**Decreased Sodium Content of Purchased Products**

187mg reduction of sodium on average per meal

Note: SRCP recipients vary in size and scope of work, so performance measures are not necessarily comparable across recipients.

**Decreased Sodium Consumption**

162,465 individuals purchasing or selecting lower-sodium items

For more information visit: [https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm](https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm)