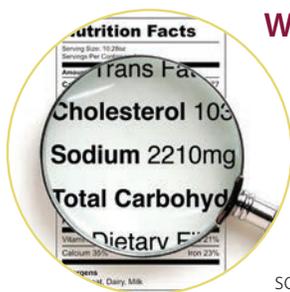


Sodium Reduction in Communities Program

The Sodium Reduction in Communities Program supports ongoing public health efforts aimed at reducing Americans' sodium intake.



What We Do

The Sodium Reduction in Communities Program (SRCP) funds community-level efforts to increase the availability and purchase of lower sodium foods through collaborations with food industry partners and food service entities to ultimately reduce daily sodium intake.

Why We Do It

Excessive sodium intake can lead to hypertension, which is a major risk factor for heart disease and stroke. SRCP supports ongoing public health efforts aimed at reducing Americans' sodium intake to no more than 2,300 milligrams (mg) per day, as recommended in the [2015-2020 Dietary Guidelines for Americans](#). Achieving recommended levels of sodium intake could save 280,000 to 500,000 lives and nearly \$100 billion in health care costs over the next 10 years.^{1,2}

How We Do It

CDC funds local and state health departments and a university to partner with food service entities to provide access to lower sodium foods by:

- Implementing food service guidelines and nutritional standards for sodium content.
- Making meal and menu modifications to reduce sodium content.

- Changing procurement practices to reduce sodium content in purchased items.
- Implementing environmental strategies and behavioral economics approaches to promote lower sodium items.
- Monitoring and evaluating results in communities to determine effective strategies.

Who Benefits From SRCP

SRCP currently funds eight recipients:

- Oregon;
 - three counties in New York State;
 - Los Angeles County, CA;
 - Marion County, IN;
 - New York City, NY;
 - Philadelphia, PA;
 - Seattle-King County, WA; and
 - the University of Arkansas for Medical Sciences.
- SRCP-funded recipients promote sodium reduction by partnering with:
- Hospitals and health care facilities.
 - Higher-learning institutions, schools, and early childhood education centers.
 - Manufacturers, food service distributors, and providers.
 - Emergency food service sites.
 - Distributive/congregate meal programs.
 - Worksites and restaurants.



Spotlight on Our Achievements

Through the first two years of the program,

- **159 food service organizations** have implemented nutrition guidelines that address sodium content,
- **151 food service organizations** have implemented environmental choice architecture,
- **1,688 products** have been replaced with a lower-sodium alternative, and
- **2,292 meals and menu items** have had recipe modifications to reduce sodium content.

Learn more

To learn more about our work, visit the Sodium Reduction in Communities Program website at https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm.

¹ Coxson PG, Cook NR, Joffres M, Hong Y, Orenstein D, Schmidt SM, et al. Mortality benefits from US population-wide reduction in sodium consumption: projections from 3 modeling approaches. *Hypertension*.2013;61:564-70.

² Bibbins-Domingo K, Chertow GM, Coxson PG, Moran A, Lightwood JM, Pletcher MJ, et al. Projected effect of dietary salt reductions on future cardiovascular disease. *N Engl J Med*. 2010;362:590-9.