

Sodium Reduction in Communities Program (SRCP)

Performance Measure Snapshot: 2016–2019



High sodium intake can lead to high blood pressure and an increased risk for heart disease and stroke. The Centers for Disease Control and Prevention’s 2016–2021 Sodium Reduction in Communities Program (SRCP) supports eight recipients, including state and local health departments and a research university. SRCP recipients are partnering with organizations to implement sodium-reduction strategies in eight kinds of venues to increase the availability and purchase of lower-sodium foods and drinks. This snapshot reflects data reported by SRCP recipients from baseline through program year 3 (2016–2019).

SRCP Strategies



Food Guidelines and Nutrition Standards



Meal and Menu Item Recipe Modification



Procurement Changes



Environmental and Behavioral Economic Strategies

22 Higher-learning Institutions

57 Early Childhood Education Centers

5 Emergency Food Service Sites

188 Distributive/ Congregate Meal Programs



3,901,440 people reached

15 Restaurants

19 Hospitals

5 Worksites

218 Schools

This profile provides an overview of activities and key achievements through Year 3 (September 30, 2016–September 29, 2019) of SRCP. Data comes from recipient performance measure reporting and annual performance reports.





Implementation of Sodium Reduction Strategies



192 food service organizations implemented comprehensive nutrition standards and practices that include sodium (14 venues reporting)



4,088 menu items were modified to reduce sodium content (17 venues reporting)



13,110 products/ingredients were replaced with a lower sodium alternative (12 venues reporting)



193 food service organizations implemented environmental choice architecture and placement interventions for lower sodium foods (13 venues reporting)



Availability of Lower Sodium Food



172mg reduction in the average sodium content of foods (11 venues reporting)



146 food service organizations implemented sodium reduction interventions (10 venues reporting)



19% increase in meals/menu items available in lower sodium form by food service organization (4 venues reporting)



Purchase of Lower Sodium Food Items



189,686 people bought or selected lower sodium foods each week (10 venues reporting)

SRCP strategies work together to achieve the long-term goal of reducing sodium intake to within the Dietary Guidelines for Americans recommended maximum