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).

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.

For more information visit: https://www.cdc.gov/dhdsp/programs/sodium_reduction.htm
SRCP strategies work together to achieve the long-term goal of reducing sodium intake to within the Dietary Guidelines for Americans recommended maximum.

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