



Public Health Law Program

OFFICE FOR STATE, TRIBAL, LOCAL AND TERRITORIAL SUPPORT

Other Resources Related to Sodium Reduction for STLTS¹

Legislative Actions to Commend, Support, or Gather Information on Sodium Reduction: Summary of Related Laws and Policies

Legislatures can commend, support, or gather sodium reduction information by publishing legislative findings, supporting various programs and projects, educating the public, and studying the health issue. The state laws and policies found in legislative history and policy archives, while not exhaustive, present opportunities that legislatures have taken to ensure that sodium is a factor in the health decisions the public makes. Other laws have brought attention to the issues of high blood pressure, cardiovascular disease, and general nutrition promotion, but the scope of this research only includes those laws that have expressly address sodium. Examples of these provisions are listed in the following Appendix, Table of Laws and Policies Related to Legislative Actions to Commend, Support, or Gather Information on Sodium.

¹ This document was developed by Tara Ramanathan, J.D., M.P.H., Public Health Analyst with the Public Health Law Program (PHLP) within CDC's Office for State, Tribal, Local and Territorial Support. PHLP provides technical assistance and public health law resources to advance the use of law as a public health tool. PHLP cannot provide legal advice on any issue and cannot represent any individual or entity in any matter. PHLP recommends seeking the advice of an attorney or other qualified professional with questions regarding the application of law to a specific circumstance. For more information, please contact PHLP at phlawprogram@cdc.gov or (404) 498-0470.

PHLP would like to acknowledge Janelle Peralez Gunn, R.D., M.P.H. and Jessica Levings, M.S., R.D. with the Division for Heart Disease and Stroke Prevention in CDC's National Center for Chronic Disease Prevention and Health Promotion for lending their scientific expertise to this collaboration. PHLP would also like to thank Gia Simon, Health Communication Specialist with McKing Consulting and James Beck, Sr Static Web Designer, Emergint Technologies, Inc. a subsidiary of CACI, INC.-FEDERAL within CDC's Office for State, Tribal, Local, and Territorial Support for their invaluable assistance in editing and producing these materials.

Last modified Oct. 1, 2012



Three states commended or supported various activities surrounding dietary sodium:

- California's legislature passed a resolution in 2008 urging the US Food and Drug Administration (FDA) to respond to the public consumption of sodium by reclassifying it as an additive in food. That resolution also urged the US Department of Agriculture and the US Department of Health and Human Services to set new guidelines addressing the amount of sodium in foods.
- North Carolina's legislature supported measures aimed at decreasing heart disease and stroke and encouraged its citizens to reduce dietary sodium in a 2011 resolution.
- Finally, a South Dakota law authorized the state Board of Education to adopt a policy recommending standards for food and beverages to local agencies, including that schools offer fruits and vegetables without added sodium and remove salt shakers from all cafeteria tables.

A Louisiana law authorized regulations to gather information on sodium, particularly requiring foods sold in schools to be analyzed for sodium content, and requiring availability of sodium information from manufacturers of certain foods in schools in order to conduct nutrient analyses of menus, compare nutritional contents of like or similar products, and serve as an incentive for food companies to improve the nutritional content of their products. Louisiana's legislature also directed its Department of Social Services to assess efforts to promote healthy food choices among recipients of the federal Supplemental Nutrition Assistance Program (SNAP), acknowledging that foods purchased may be high in sodium.

State legislatures in Colorado, Illinois, and New Jersey acknowledged sodium's role in healthy diets and lifestyles in findings related to other nutrition laws. In an effort to educate the public, Pennsylvania's legislature adopted a resolution recognizing May 2009 as National High Blood pressure Education Month, listing salt and sodium as risk factors for that condition.

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Appendix: Table of Laws and Policies Related to Legislative Actions to Commend, Support, or Gather Information on Sodium Reduction

State	Policy Type	Citation	Authority	Brief Description	Effective Date
CA	Resolution <i>support</i>	S. Res. 28, 2008 Leg. Ch. 107 (Ca. 2008)	None found	<ul style="list-style-type: none"> • Urges FDA to respond to issue of sodium consumption by reclassifying sodium as an additive • Urges USDA and HHS to respond by setting new food guidelines addressing the amount of sodium in foods 	Aug. 7, 2008
CO	Statute <i>findings</i>	2012 Colo. Legis. Serv. Ch. 256 (S.B. 12-068) (West)	N/A	States in legislative findings that overall healthy lifestyles include low intake of sodium	June 4, 2012
IL	Statute <i>findings</i>	105 ILL. COMP. STAT. ANN. 5/10-20.55 (West 2012)	N/A	States in legislative findings that overall healthy lifestyles include low intake of sodium	Feb. 7, 2012
LA	Regulations <i>information-gathering</i>	LA. ADMIN. CODE tit. 28, pt. XLIX, §§ 701, 705, 709 (2006)	LA. REV. STAT. ANN. § 17:191-199 (1950)	Requires foods sold in schools to undergo computerized nutrient analysis that includes sodium (though without set quantity) and maintenance of manufacturer's Nutrient Analysis and Nutrition Facts label that provides sodium information that may be used to <ul style="list-style-type: none"> • Conduct nutrient analyses of menus • Compare nutritional contents of like or similar products • Serve as an incentive for food companies to improve the nutritional content of their products 	Last amended effective May 2006
	Resolution	H. Res. 150, 2010 Leg.	None found	Directs Department of Social	June 6, 2010

	<i>information-gathering</i>	(La. 2010)		Services to assess efforts to date to promote healthy food choices among recipients of SNAP benefits, acknowledging that benefits may be used to purchase all foods, including items high in sodium	
NJ	Statute findings	N.J. STAT. ANN. § 26 :3E-16 (West 2011)	N/A	Declares in legislative findings that <ul style="list-style-type: none"> • There is a strong link between diet and health • Portion sizes are increasing so that a restaurant entrée can provide half of an individual's total recommended daily allowance of sodium, • It is in the public's interest to enable families to make informed choices about diets 	Jan. 17, 2011
NC	Resolution support	H. Res. 670, 2011 Leg. (N.C. 2011)	N.C. GEN. STAT. § 120-20.1 (1987)	<ul style="list-style-type: none"> • Supports measures aimed at decreasing heart disease and stroke • Encourages citizens to reduce sodium in diets 	May 17, 2011
PA	Resolution education	S. Res. 112, 2009 Leg. (Pa. 2009)	101 PA. STAT. ANN. §17.45 (West 2001)	Recognizes May 2009 as National High Blood Pressure Education Month in Pennsylvania, listing salt and sodium as risk factors for high blood pressure	May 2009
SD	Policy support	S.D. BOARD OF EDUCATION, MODEL WELLNESS POLICY (Sept. 20, 2005)	S.D. CODIFIED LAWS § 13-35-1 (1997)	Recommends standards for foods and beverages to local agencies, including that schools offer fruits and vegetables without added sodium and remove salt shakers from all tables	Sept. 20, 2005