

Sodium Reduction Toolkit: A Global Opportunity to Reduce Population-Level Sodium Intake

Glossary of Terms

Term	Definition
24-hour dietary recall	Obtains information on all food and fluid intake for the previous day or previous 24 hours.
24-hour urine collection	The collection of urine for a period of 24 consecutive hours. It can be used to measure the average concentration of a nutrient, such as sodium, in urine and is used to estimate average dietary intake and nutrient adequacy.
Biomarker	A biological molecule found in body fluid or tissues that is a sign of dietary intake. It also can be used to assess normal or abnormal processes, conditions, or diseases.
Cardiovascular disease	Diseases that can affect the heart or blood vessels, such as coronary artery disease, stroke, or heart failure.
Case study	An illustrative example.
Coronary artery disease	The main cause of heart attack. A less common cause is a severe spasm of a coronary artery, which also can prevent blood supply from reaching the heart.
Dietary assessment	Encompasses both objective and subjective data related to an individual's food and nutrient intake.
Diurnal variation	Daily fluctuations or range of the output or excretion rate of a substance, such as sodium.
Evaluation	The systematic and scientific collection of data to assess the impact of an activity to maximize program outcomes.
Excessive sodium intake	Refers to consumption of sodium above the Institute of Medicine's Tolerable Upper Intake Level (> 2,300 milligrams per day), which may place an individual at risk for hypertension and other adverse effects.
Food balance sheet	Provides a comprehensive picture of the pattern of a country's available food supply during a specified time period.
Food composition database	Provides nutrient values of foods, including but not limited to energy, macronutrients, vitamins, minerals (such as sodium), and other components such as fiber.
Food frequency questionnaire	Asks participants to report their usual frequency of food consumption from a list of foods for a specific period of time.
Food labeling	Refers to the disclosure of nutrients on a food product.

Term	Definition
Food procurement policy	When officially adopted by an organization or specific state, local government, province, or region, requires that any foods purchased, provided, or made available for human consumption meet certain guidelines (e.g., minimum requirements for key nutrients or levels that should not be exceeded for others).
Heart attack	An acute event that causes damage to the heart muscle due to a lack of blood flow from the coronary arteries.
Heart disease	A condition that impairs the structure or function of the heart (e.g., atherosclerotic and hypertensive diseases and heart failure).
Household food sales data	Provides detailed food-purchase information of households to study changes in the retail food market.
Household expenditure survey	Provides detailed food expenditure, income information, and other characteristics about consumers and their spending habits.
Hypertension	A condition in which a systolic blood pressure is greater than or equal to 140 millimeters of mercury or a diastolic blood pressure of greater than or equal to 90 millimeters of mercury. High blood pressure increases the risk for heart disease, stroke, chronic kidney disease, and other conditions.
Indirect estimation	Estimating usual sodium or other nutrient intake using secondary data sources (i.e., food balance sheet, sodium disappearance data, household expenditure surveys, etc.).
Knowledge translation	The synthesis, exchange, and application of knowledge by relevant stakeholders to accelerate the benefits of global or local innovation in strengthening health systems and improving health.
Logic model	A tool for planning, describing, managing, communicating, and evaluating a program or intervention. Logic models graphically represent the relationships between a program's activities and its intended effects, state the assumptions that underlie expectations that a program will work, and frame the context in which the program operates.
Market basket study	A study that analyzes a group of foods that reflect the average food consumption patterns of a given population. Results of the analyses may be used to estimate the average intake of nutrients and/or contaminants from those foods. It also can be used for economic analysis.
Market share data	Provides information about the proportion of total food sales of a specific brand product or restaurant item and often is used by marketing firms and the food industry to track product performance.
Monitoring	See Public health surveillance .

Term	Definition
Automated multiple pass method	A computerized method with food models designed to collect 24-hour dietary recalls either in person or by telephone. It is used in the U.S. Department of Agriculture's What We Eat in America survey and in the diet and nutrition component of the National Health and Nutrition Examination Survey to monitor food and nutrient intakes. Trained interviewers ask participants to recall foods consumed during the previous 24 hours. This process is repeated 3–10 days later by phone.
Noncommunicable diseases	Chronic conditions that do not result from an acute infectious process; these conditions are not contagious. The four main types of noncommunicable diseases are cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes.
Policy	A law, regulation, procedure, administrative action, incentive, or voluntary practice of governments and other institutions.
Public health surveillance	A continuous, systematic collection, analysis, and interpretation of health-related data that may be used when planning, implementing, and evaluating population-based strategies and interventions.
Salt	Salt is composed of 40% sodium and 60% chloride. The words salt and sodium are sometimes used interchangeably because most of the sodium we eat is in the form of salt (sodium chloride). Some salts don't contain sodium.
Sodium	Sodium is an essential nutrient needed in small amounts to maintain fluid balance, nerve transmission, and contraction and relaxation of muscles in the body. Sodium is a component of salt. Salt is 40% sodium and 60% chloride (sodium chloride).
Disappearance data	Data that refer to food and or nutrients that "disappear" from the food supply. It is used to determine food and nutrient availability for a population and can be calculated from national or regional statistics by the inventory-style method.
Spot urine collection	Consists of a single urine sample. Also known as casual urine collection.
Stroke	Occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts; sometimes called a brain attack. In either case, parts of the brain become damaged or die.
Universal Product Code	A series of vertical black bars on processed and packaged food products that, when scanned, can provide sales and nutrition information.