

Presenter Disclosure Information

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Sodium Reduction: Current Landscape

FINANCIAL DISCLOSURE:

No relevant financial relationship exists

Agenda

- Goals
- Why focus on sodium?
- Current landscape
- Institute of Medicine's report: [*Strategies to Reduce Sodium Intake in the United States*](#)
- American Heart Association efforts

American Heart Association: 2020 Health Impact Goal

“By 2020, to improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%.”

Sodium Intake Goal

The American Heart Association recommends that all Americans should consume less than 1500 mg of sodium daily.

Why focus on sodium?

Why focus on sodium?

- **Blood pressure (BP)-related diseases**, specifically stroke, coronary heart disease (CHD), heart failure and kidney disease, are leading causes of morbidity and mortality
- The **majority of the American public** today either has high BP or is at high risk for developing it. Approximately **90% of all Americans will develop hypertension** over their lifetime.
- **62% of strokes** and 49% of CHD events attributed to elevated BP*
- Direct relationship between **sodium intake and left ventricular mass** (a powerful predictor of stroke and other forms of CVD)**

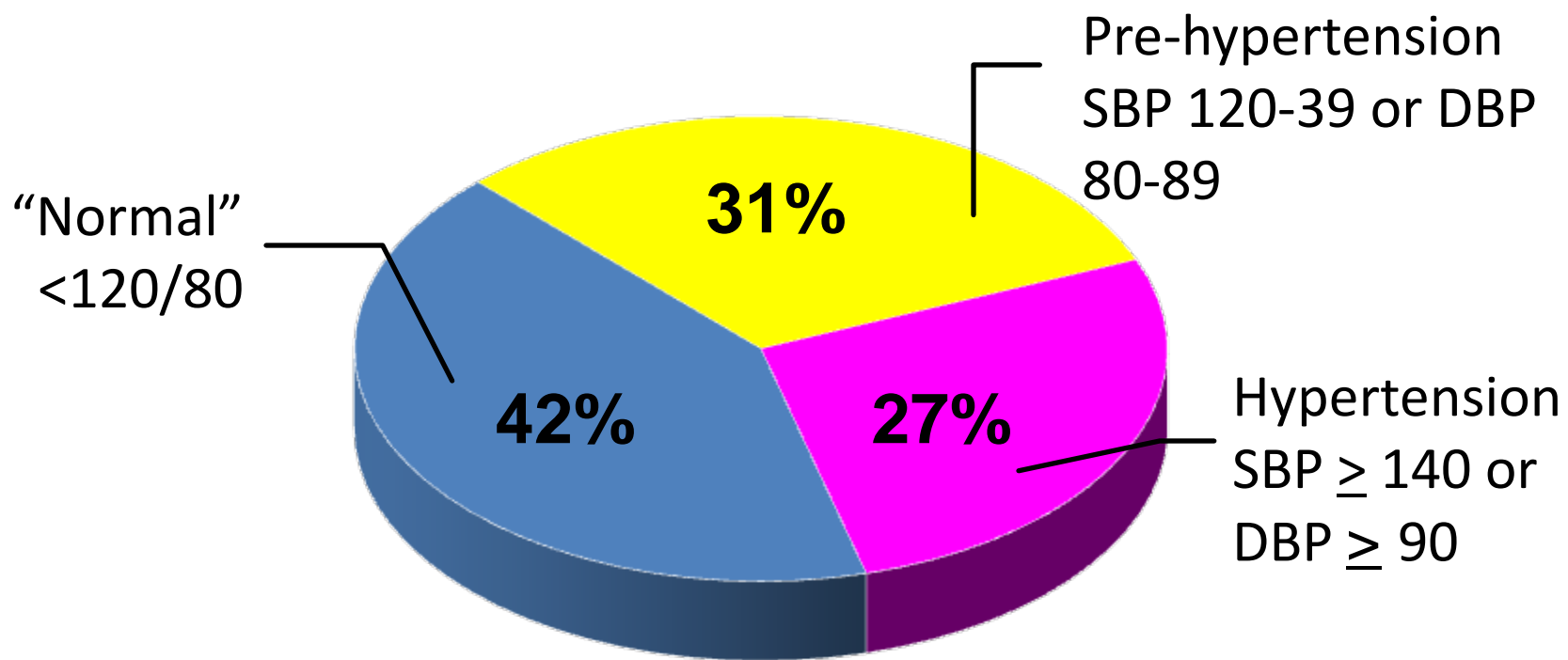
Lawrence J. Appel, Edward D. Frohlich, John E. Hall, Thomas A. Pearson, Ralph L. Sacco, Douglas R. Seals, Frank M. Sacks, Sidney C. Smith, Jr, Dorothea K. Vafiadis, and Linda V. Van Horn The Importance of Population-Wide Sodium Reduction as a Means to Prevent Cardiovascular Disease and Stroke: A Call to Action From the American Heart Association *Circulation*, Jan 2011; doi:10.1161/CIR.0b013e31820d0793

*WHO, World Health Report 2002: Reducing Risks, Promoting Healthy Life

** Strategies to Reduce Sodium Intake in the United States Strategies to Reduce Sodium Intake in the United States Committee on Strategies to Reduce Sodium Intake Food and Nutrition Board Jane E. Henney, Christine L. Taylor, and Caitlin S. Boon, Editors INSTITUTE OF MEDICINE OF THE NATIONAL ACADEMIES THE NATIONAL ACADEMIES PRESS

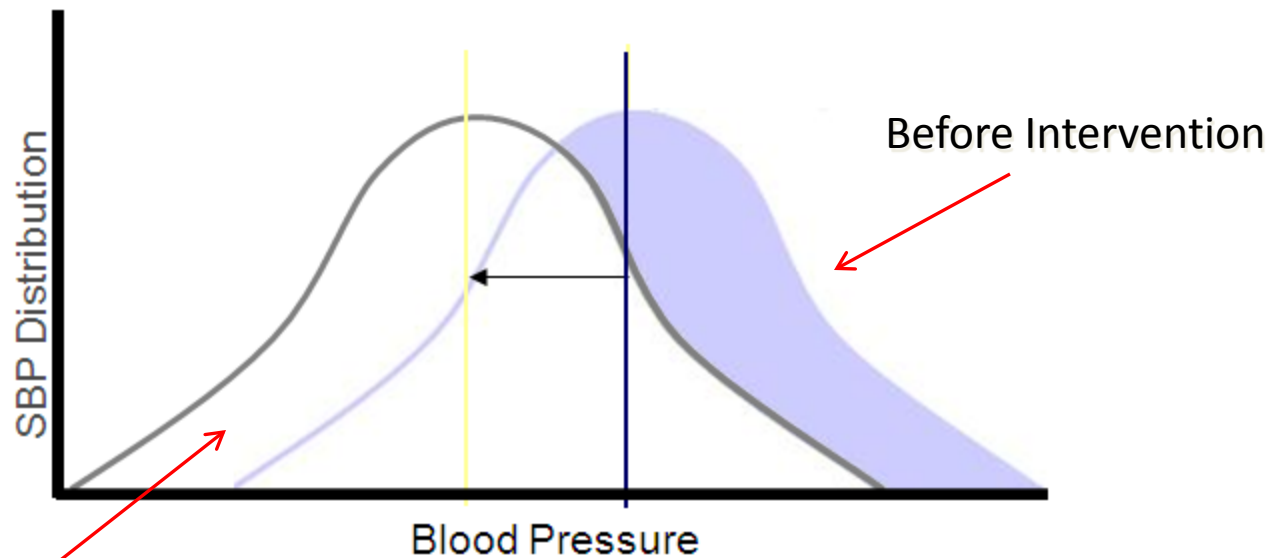
Washington, D.C. www.nap.edu

Distribution of Blood Pressure Levels in US Adults (Ages 18 and Older)



Systolic Blood Pressure - SBP
Diastolic Blood Pressure - DBP

Effects of Systolic Blood Pressure (SBP) Reductions



After Intervention
(reducing SBP)

<u>Reduction in SBP mmHg</u>	<u>% Reduction in Mortality</u>		
	<u>Stroke</u>	<u>CHD</u>	<u>Total</u>
2	- 6	- 4	- 3
3	- 8	- 5	- 4
5	- 14	- 9	- 7

Why focus on sodium?

- Current **sodium consumption in the U.S. is more than two times higher** than the recommended upper limit of 1500 mg sodium per day
- **97 percent of children and adolescents** are eating too much salt, which puts them at greater risk of developing cardiovascular disease as they age.*
- Overall **healthcare savings**

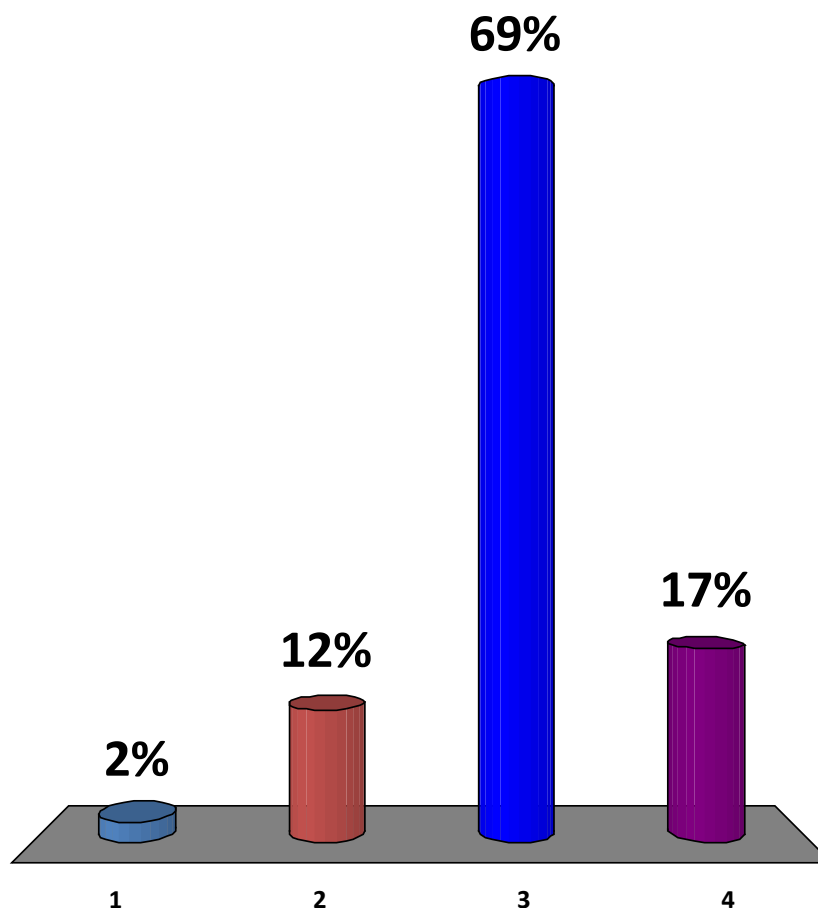
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* Institute of Medicine. Dietary reference intakes for water, potassium, sodium chloride, and sulfate. 1st ed. Washington, DC: The National Academies Press; 2004.

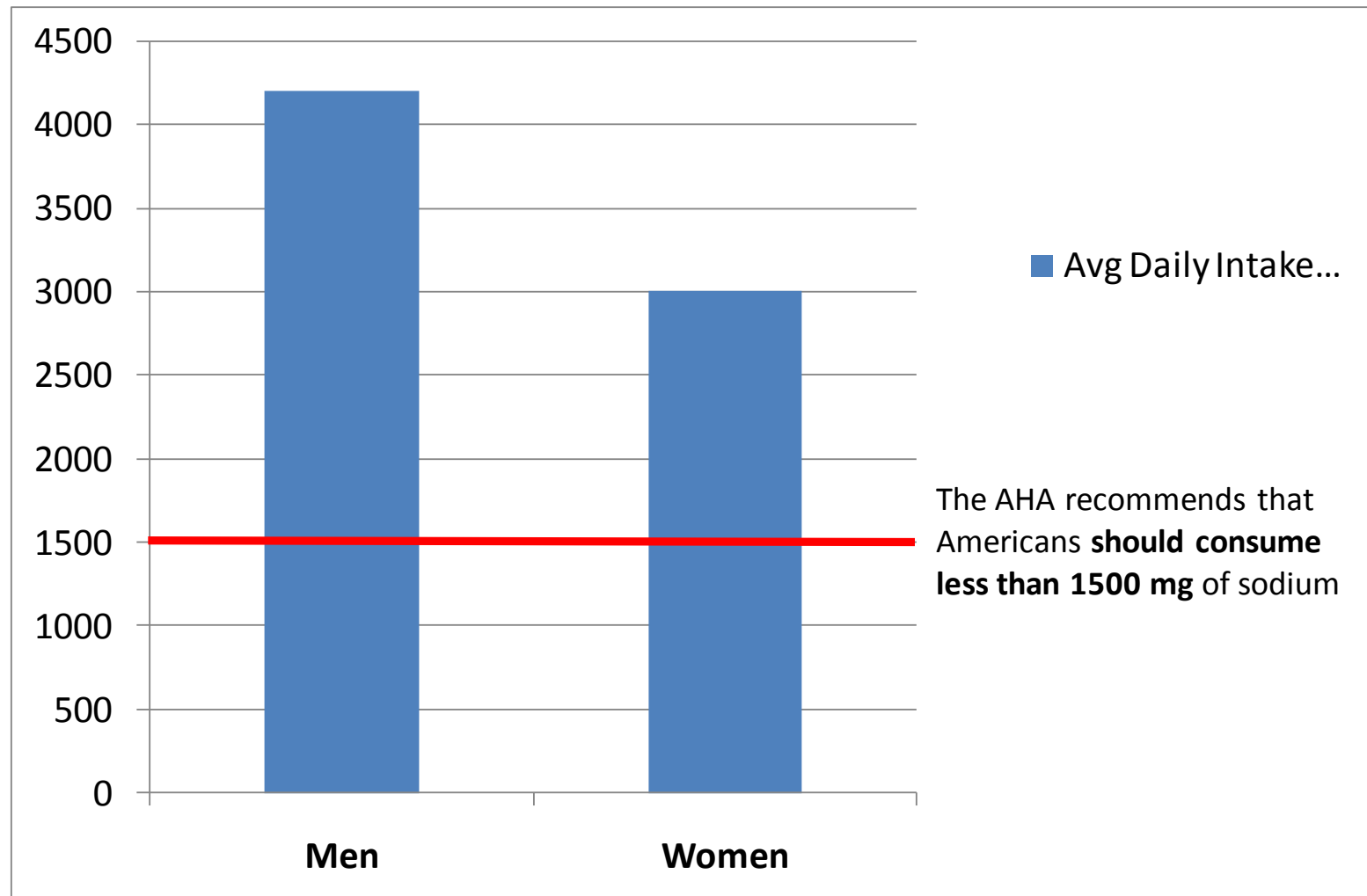
Brain Break

American Consume an average of _____mg of sodium per day.

- 1. 1,500
- 2. 2,300
- ✓ 3. 3,400
- 4. 4,200



Sodium Goals and Average Daily Consumption



From NHANES 2003-2006 -CDC. 2009. Application of lower sodium intake recommendations to adults – United States, 1999-2006. *Morbidity and Mortality Weekly Report* 58(11):281-283.

Healthcare Savings

A national effort that reduces sodium intake by 1200 mg/d should result in up to:

- 120,000 fewer coronary heart disease events
- **66,000 fewer strokes**
- 99,000 fewer myocardial infarctions
- 92,000 fewer deaths

... ultimately saving up to 392,000 quality-adjusted life-years (QALY) and \$24 billion in healthcare costs annually.

What is being done around sodium reduction?

Current Landscape

2005:

Institute of Medicine - Dietary Reference Intake for Sodium: Adequate Intake (AI) = 1,500 mg/day and Tolerable Upper Level (UL) = <2,300 mg/day

The *Dietary Guidelines for Americans* recommends that persons 2 or more years of age consume no more than 2,300mg of sodium per day (about 1 teaspoon). Individuals with hypertension, blacks, middle-aged and older adults (high-risk populations) should aim to consume no more than 1,500 mg/d of sodium.

2009:

The Centers for Disease Control and Prevention (CDC) reports that these special at-risk persons now constitute approximately 70 percent of the U.S. adult population.

The National Salt Reduction Initiative launches, working with industry to voluntarily reduce sodium levels in their food.

January 2010:

The American Heart Association releases their 2020 Health Impact Goals, adopting the recommendation that all Americans should consume less than 1500mg/d.

Current Landscape

April 2010:

The IOM releases their report *Strategies to Reduce Sodium Intake in the United States*.

The National Salt Reduction Initiative announces targets for 62 categories of packaged food and 25 categories of restaurant food.

June 2010:

The Dietary Guidelines Advisory Committee recommends to the secretaries of the USDA and HHS that the sodium goal should be modified to 1,500 mg per day for the general population.

January 2011:

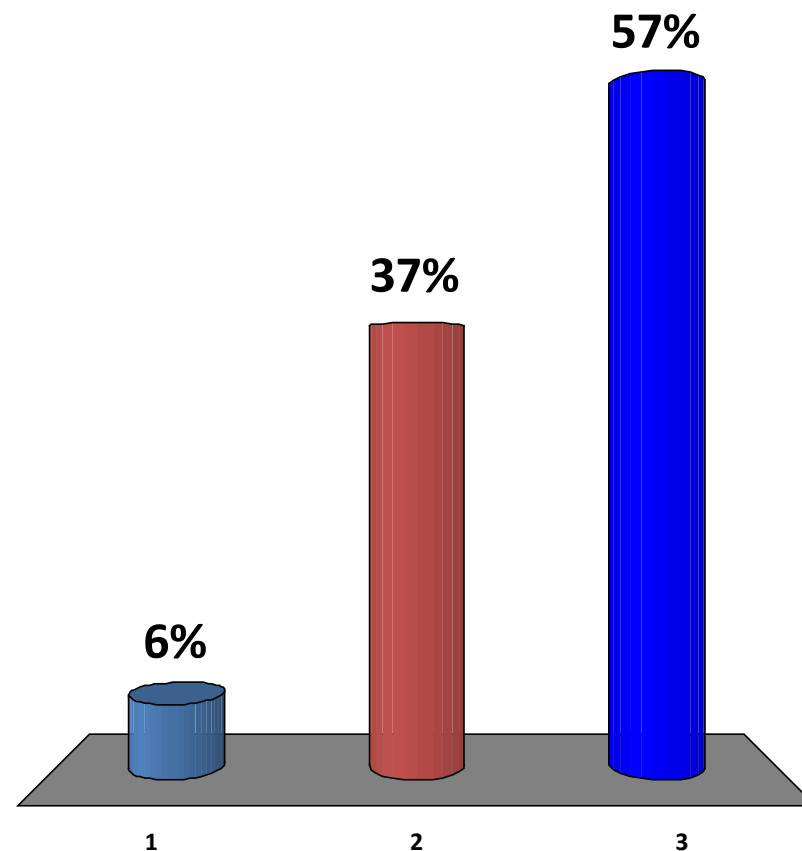
AHA releases presidential sodium advisory reaffirming the science supporting 1,500 mg of sodium per day.

USDA and HHS releases the *Dietary Guidelines for Americans 2010*.

Brain Break

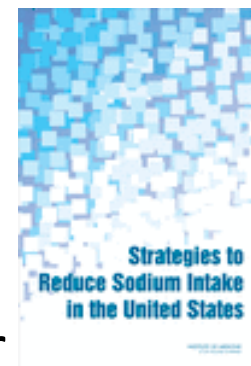
Are you familiar with the Institute of Medicine's Report:
Strategies to Reduce Sodium Intake in the United States?

1. Yes - I've read the entire report!
2. Somewhat - I have heard of it and/or I've read the summary.
3. No - I'm not familiar with the report.



Institute of Medicine Report: *Strategies to Reduce Sodium Intake in the United States*

Institute of Medicine Report: Strategies to Reduce Sodium Intake in the United States



In 2008, Congress asked the IOM to recommend strategies for reducing sodium intake to levels recommended in the Dietary Guidelines for Americans. In this report, the IOM concludes that reducing sodium content in food requires new government standards for the acceptable level of sodium.

Primary Recommendation: The Food and Drug Administration (FDA) should expeditiously initiate a process to set mandatory national standards for the sodium content of foods.

IOM Report: Strategies to Reduce Sodium Intake

Recommendation 2: The **food industry should voluntarily act** to reduce the sodium content of foods in advance of the implementation of mandatory standards.

Recommendation 3: Government agencies, public health and consumer organizations, and the food industry should carry out activities to support the **reduction of sodium levels in the food supply.**

Recommendation 4: In tandem with recommendations to reduce the sodium content of the food supply, government agencies, public health and consumer organizations, health professionals, the health insurance industry, the food industry, and public-private partnerships should conduct augmenting activities to **support consumers in reducing sodium intake.**

Recommendation 5: **Federal agencies should ensure and enhance monitoring and surveillance** relative to sodium intake measurement, salt taste preference, and sodium content of foods, and should ensure sustained and timely release of data in user-friendly formats.

IOM Report: Strategies to Reduce Sodium Intake

- These strategies outline important **environment, labeling, consumer education and policy changes**
- Implementing these recommendations will **require robust commitment and multi-sector collaboration**
- Once implemented, these strategies will not only make it **easier for consumers to choose healthier food options**, but it will also help improve their overall health

American Heart Association Efforts

What the AHA is Doing

The AHA will focus on helping Americans lower the amount of sodium they consume via three strategies:

1. reducing the amount of sodium in the food supply;
2. making more healthy foods available (e.g. more fruits and vegetables, lower-sodium options, smaller portion sizes); and
3. providing consumers with education and option-making tools to make better choices.

Key AHA Strategies

- Organize an effort to **support the implementation** of the recommendations included in the IOM report on sodium intake
- Continue to partner with industry and policymakers to develop effective strategies to:
 - maximize **technologies that remove sodium from the food supply**
 - create **economic incentives for manufacturers and retailers** to develop sodium reduction plans
- **Strengthen nutrition standards** in schools for meals and competitive foods, as well as all government nutrition assistance or feeding programs

Key AHA Strategies

- Encourage **nutrition education and promotion in schools**
- **Create incentives for health insurers and providers** to offer sodium-related consultation and/education to patients with HBP or who are at risk for high blood pressure
- Work with federal agencies to:
 - improve **food labeling**
 - encourage **menu labeling** in restaurants
 - support appropriate **procurement policies**
 - develop **consumer education campaigns**
 - promote a **progressive sodium reduction strategy**
 - advocate for **robust surveillance**



Key AHA Strategies

- Work with local and state agencies to:
 - address the issue of sodium as part of a larger effort to set **procurement standards** for foods purchased by government entities
 - advocate for **standards and legislation** that include guidelines for sodium, including menu labeling
 - support **voluntary reduction** efforts that include benchmarks and accountability

Want Your Voice Heard?

The federal government is [asking for comments](#) on sodium reduction, including:

- consumer motivation and barriers to reduce sodium intake
- consumer understanding of the role of sodium in hypertension and other chronic illnesses
- current and emerging practices by the food industry to reduce sodium

Comments are due **November 29th**. If you would like information on submitting comments, sign up for the AHA's [sodium reduction listserv](#) and we will keep you informed!

Summary

Reducing sodium intake is a high priority for the American Heart Association because of the adverse effects of excess sodium – elevated blood pressure and increased risk of stroke, heart attacks and kidney disease. The cardiovascular benefits of reduced sodium intake are enormous and as critical as the benefits of population-wide reductions in tobacco use, obesity, and cholesterol levels.

Several efforts are underway to support the recommendation and promote the health benefits of lowering sodium consumption to less than 1500 mg of sodium daily. For more information, visit: heart.org/sodium

Great stroke-related materials for you to share can be found at:
powertoendstroke.org/healthcare.html