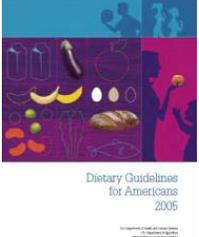
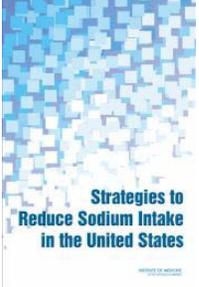
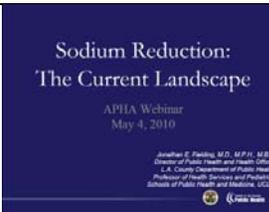


Toolkit: Sodium/Salt Reduction

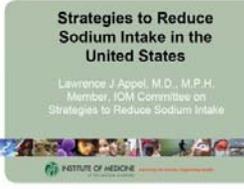
We acknowledge the Iowa Department of Public Health, Bureau of Chronic Disease Prevention and Management, Heart Disease and Stroke Program for compiling this comprehensive list of resources for providers to support prevention and control of hypertension.

Clinical Guidelines and Protocols	
<p>A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension. Institute of Medicine. Published February 2010.</p> <p>IOM discusses population-based strategies, behavioral/lifestyle interventions and the provider's role to better control hypertension. <i>Free PDF download. Paperback cost: \$36.75 from iom.edu.</i> http://www.iom.edu/Reports/2010/A-Population-Based-Policy-and-Systems-Change-Approach-to-Prevent-and-Control-Hypertension.aspx</p>	
<p>Application of Lower Sodium Intake Recommendations to Adults – United States 1999-2006. Morbidity and Mortality Weekly. Centers for Disease Control and Prevention. March 27, 2009.</p> <p><i>Free PDF download.</i> http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5811a2.htm</p>	
<p>Dietary Guidelines for Americans. United States Department of Health and Human Services and the United States Department of Agriculture. Published 2005.</p> <p>This document is intended to be a primary source of dietary health information for policymakers, nutrition educators, and health providers. <i>Free PDF download. Order from http://bookstore.gpo.gov for \$12.50 (item # 001-000-04719-1).</i> http://www.health.gov/dietaryguidelines/dga2005/document/default.htm</p>	
<p>Implementing Recommendations for Dietary Salt Reduction. Summary of a National, Heart, Lung and Blood Institute Workshop. National, Heart, Lung and Blood Institute. 1996.</p> <p>A publication from the National Heart, Lung, and Blood Institute assembled representatives from a variety of disciplines to discuss and recommend intervention strategies and materials, monitoring methods, and research directions for dietary salt/sodium reduction. <i>Free PDF download.</i> http://www.nhlbi.nih.gov/health/heart/hbp/hbp_salt.pdf</p>	
<p>Strategies to Reduce Sodium Intake in the United States. Institute of Medicine. April 2010.</p> <p>IOM concludes that reducing sodium content in food requires new government standards for the acceptable level of sodium. <i>Read report brief for free (PDF or HTML format) or order the report for \$36.00 from iom.edu.</i> http://www.iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx</p>	

Toolkit: Sodium/Salt Reduction

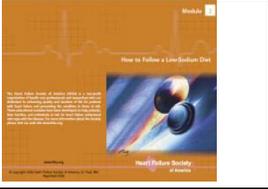
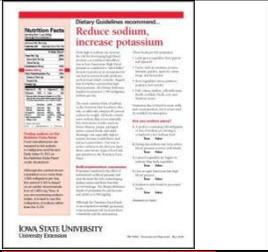
Education Materials	
<i>Provider Education</i>	
<p>Sodium Reduction: A Public Health Imperative; Darwin Labarthe, M.D., M.P.H., PhD, Director, Division for Heart Disease and Stroke Prevention, National Center for Chronic Disease Prevention and Health Promotion. Presentation given May 2010.</p> <p>Presentation given at an American Public Health Association Webinar. Presenter Darwin Labarthe, M.D., M.P.H., PhD, describes the urgent need for sodium reduction change, the current sodium climate in the U.S. and speaks about the Institute of Medicine’s sodium report. <i>Free download in PowerPoint format.</i></p> <p>https://docs.google.com/viewer?a=v&q=cache:QvZofFgKYf4J:www.apha.org/NR/rdonlyres/33A98C43-C779-4AE5-A64E-655108991FAE/0/...+Sodium+Reduction:+A+Public+Health+Imperative%2BDarwin+Labarthe%2BMay+2010&hl=en&gl=us&pid=bl&srcid=ADGEESHX3LkNDGU5wbrlj_QokcMCLYIZiyJeWPFY-a0AAqAtvoxk2w_3Vat9xprVgPweG4-9xUJETlpeXU1-9exx6Me293QDqEd8TZ6wA9jfiRBUDm2wr-nTG0SCTyNIOiejIibPEiZP&sig=AHIEtbR7VRuy3T-VTfJWvbS0OC5jwAK3zA</p>	 <p>Sodium Reduction: A Public Health Imperative Darwin Labarthe, MD, MPH, PhD Director, Division for Heart Disease and Stroke Prevention National Center For Chronic Disease Prevention and Health Promotion Centers for Disease Control and Prevention APHA Webinar May 4, 2010</p>
<p>Sodium Reduction: The Current Landscape; Jonathan E. Fielding, M.D., M.P.H., M.B.A., Director of Public Health and Health Officer, L.A. County Department of Public Health, Professor of Health Services and Pediatrics, Schools of Public Health and Medicine, UCLA. Presentation given May 2010.</p> <p>Presentation given at an American Public Health Association Webinar. Presenter Jonathan E. Fielding, M.D., M.P.H., M.B.A., compares the current state of sodium reduction in the U.S. compared to other countries. <i>Free PDF download.</i></p> <p>http://www.apha.org/NR/rdonlyres/77E0C4C1-70C3-43B1-AB6E-58B3AD518CD8/0/Sodium_Fielding.pdf</p>	 <p>Sodium Reduction: The Current Landscape APHA Webinar May 4, 2010 Jonathan E. Fielding, M.D., M.P.H., M.B.A. Director of Public Health and Health Officer L.A. County Department of Public Health Professor of Health Services and Pediatrics Schools of Public Health and Medicine, UCLA</p>
<p>Sodium: Point/Counterpoint – Centers for Disease Control, Heart Disease and Stroke Prevention. May 2010.</p> <p>A document for health program staff and partners to anticipate and respond to possible questions about sodium reduction. <i>Free PDF download.</i></p> <p>http://www.in.gov/isdh/files/Sodium_Point_Counterpoint_5-24-10.pdf</p>	 <p>Sodium: point counterpoint</p>
<p>Sodium: Q&A – Centers for Disease Control, Heart Disease and Stroke Prevention. May 2010.</p> <p>Answers general questions about sodium reduction (for health care providers and patients). <i>Free PDF download.</i></p> <p>http://www.cdc.gov/salt/pdfs/Sodium_QandA.pdf</p>	 <p>Sodium: q&a</p>

Toolkit: Sodium/Salt Reduction

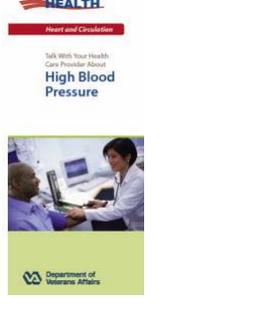
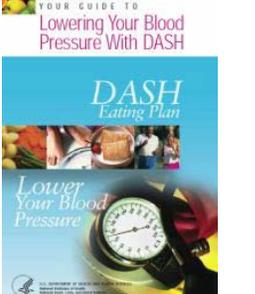
<p>Sodium: the facts – Centers for Disease Control, Heart Disease and Stroke Prevention. April 2010.</p> <p>Fact sheet describing how an increased salt/sodium intake can increase blood pressure, a description of salt/sodium and facts about sodium within the American food supply. <i>Free PDF download.</i> http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/Sodium_Fact_Sheet.pdf</p>	
<p>Strategies to Reduce Sodium Intake in the United States; Lawrence J. Appel, M.D., M.P.H. Member IOM Committee on Strategies to Reduce Sodium Intake. Presentation given May 2010.</p> <p>Presentation given at an American Public Health Association Webinar. Presenter Lawrence J. Appel, M.D., M.P.H., describes the current state of sodium reduction in the United States compared to other countries and outlines strategies to decrease the consumption of sodium by Americans. <i>Free PDF download.</i> http://iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx</p>	

<p>Education Materials <i>Patient Education</i></p>	
<p>BLUE, The Salt you Never See – How to Spot Sodium Traps. Wellmark Blue Cross and Blue Shield. Spring 2010.</p> <p>This article describes how much sodium we really need in comparison to how much sodium is in processed foods. Contains great tips to lower your sodium intake while cooking at home or eating at a restaurant.</p> <p>http://www.wellmark.com/Member/UsingBenefits/Docs/BlueMag/MedSupp/SeniorBlue_Summer10_IA.pdf</p>	
<p>Get Smart About Salt. American Dietetic Association. www.eatright.org. 2007.</p> <p>This flyer can be distributed to your pre-hypertensive and hypertensive patients. It describes the health benefits for reducing salt without reducing taste and flavor, the sources of sodium in foods, tips for the low-salt diner, and gives an easy recipe for Spicy Steak Fries with only 10 mg of sodium, 7 grams of fat and 200 calories per serving. <i>Free PDF download.</i> http://www.healthyutah.org/downloads/bp/salt.pdf</p>	
<p>Health Bulletin: Cut the Salt! – New York City Department of Health and Mental Hygiene. Volume 8. Number 5. 2009.</p> <p>Tips for people who want to reduce their salt/sodium consumption. Includes photographs detailing how to read a food label. http://home2.nyc.gov/html/doh/downloads/pdf/public/dohmhnews8-05.pdf</p>	

Toolkit: Sodium/Salt Reduction

<p>How to Follow a Low-Sodium Diet. The Heart Failure Society of America (HFSA). 2009.</p> <p>Describes a low-sodium diet and provides steps to keep you on track. Includes a listing of foods high/low in sodium. <i>Free PDF download.</i> http://www.hfsa.org/pdf/module2.pdf</p>	
<p>Lifestyle Changes to Make to Lower Blood Pressure – Without Medication. 2010.</p> <p>Lists behaviors a person can change to lower blood pressure. Contains information about food labeling and has a salt-free seasoning guide. www.dietitiancenter.com/sodium.aspx</p>	
<p>Reduce sodium, increase potassium. Iowa State University Extension. May 2009.</p> <p>Explains how to find sodium on the Nutrition Facts Panel. There is a brief True/False quiz to show how sodium savvy the reader is, gives tips for reducing sodium, explains the difference in definitions for sodium free, very low sodium, low sodium and reduced or less sodium on food labels. It also suggests alternatives for salt-free seasonings for different foods. <i>Free PDF download.</i> https://www.extension.iastate.edu/store/ItemDetail.aspx?ProductID=12118</p>	
<p>Shaking Your Salt Habit – American Heart Association. (2008). Retrieved from KRAMES Patient Education (2010) website: www.krames.com.</p> <p>Presents very easy to read and understand information about the need to reduce salt and sodium in the diet. It presents information about the DASH eating plan; sources of sodium in processed foods; the benefits of potassium; making good food choices; and cooking with less salt and more flavor. <i>Order 50 brochures for \$69.65 (item #50-1627) from krames.com.</i> https://www.krames.com/OA_HTML/ibeCCtpItmDspRte_kra.jsp?JServSessionIdrootstore3=dgd_m9rd462.olbOpR9zaMTNr65TrQjGp2TxpQOUolbOpR9zaMTNr65TrQjGp2TxpQOUahmKa30&dbprod_prod=N6YPtbu9DeXq79M_hDxISRXI:S&dbprod_prod_pses=ZG1BCCCC57F0A9BC333ECDCA0457F74DAFD9B9CCE16A8DEC84759AC88FEC655D16EC55159962168AF46E431964CF74BA6E63FFD217527FC90F6201F82FA4B11209F&item=670410</p>	
<p>Sodium: How to tame your salt habit now. By Mayo Clinic Staff. 2010.</p> <p>Article describes why sodium is beneficial to the body (when used in moderation). Discusses how to find ingredients within food that may signal that they are high in sodium. http://www.mayoclinic.com/health/sodium/NU00284</p>	
<p>Sodium: Q&A – Centers for Disease Control, Heart Disease and Stroke Prevention. May 2010.</p> <p>Answers general questions about sodium reduction (for health care providers and patients). <i>Free PDF download.</i> http://www.cdc.gov/salt/pdfs/Sodium_QandA.pdf</p>	

Toolkit: Sodium/Salt Reduction

<p>Sodium: the facts – Centers for Disease Control, Heart Disease and Stroke Prevention. April 2010.</p> <p>Fact sheet describing how an increased salt/sodium intake can increase blood pressure, a description of salt/sodium and facts about sodium within the American food supply. <i>Free PDF download.</i></p> <p>http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/Sodium_Fact_Sheet.pdf</p>	
<p>Talk With Your Health Care Provider About High Blood Pressure, US Department of Veteran Affairs, US DHHS, Agency for Healthcare Research and Quality (AHRQ), and US Preventive Services Task Force, 4/2009.</p> <p>Originally developed for Veterans, this brochure with colorful graphics is an excellent tool for patients that explains why high blood pressure is dangerous, preparations before having blood pressure taken by a healthcare provider, what normal, pre-high and high blood pressure numbers mean and gives a brief list of five things that can be done to control high blood pressure, including reducing salt/sodium in diet. <i>Free PDF download.</i></p> <p>http://www.prevention.va.gov/docs/AHRO_Partnership_Health/HBP_patientF.pdf</p>	
<p>Your Guide to Lowering Your Blood Pressure with DASH, DHHS, NIH, NHLBI, April 2006.</p> <p>Get with the plan that is clinically proven to significantly reduce blood pressure! This updated booklet contains a week's worth of sample menus and recipes recalculated using 2005 nutrient content data. The "Dietary Approaches to Stop Hypertension" eating plan features plenty of fruits, vegetables, whole grains, and other foods that are heart healthy and lower in salt/sodium. Also contains additional information on weight loss and physical activity. <i>Free PDF download.</i></p> <p>http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</p>	

<p>Other Media</p>	
<p>Podcasts: Living a Less Salty Life – Morbidity and Mortality Weekly (MMWR). Series: A Minute of Health with CDC. April 2, 2009.</p> <p>This broadcast discusses how people can improve their health by becoming aware of the salt content in their food.</p> <p>http://www2c.cdc.gov/podcasts/player.asp?f=11113</p>	
<p>Radio Public Service Announcement: Too Much Salt Can Be Risky PSA. Centers for Disease Control. January 28, 2010.</p> <p>The health dangers associated with too much salt.</p> <p>http://www2c.cdc.gov/podcasts/player.asp?f=760255</p>	

Toolkit: Sodium/Salt Reduction

Mentors	
<p>Baltimore City’s Salt Reduction Task Force Recommendations. (2009)</p> <p>Report created by the Baltimore City Salt Reduction Task Force in 2009. Outlines their strategies to reduce deaths from cardiovascular disease through public and provider education, nutrition disclosure, citywide purchasing standards and community partnerships.</p> <p>http://www.baltimorehealth.org/info/2009_09_30_SaltTaskForceReport.pdf</p>	
<p>CASH – Consensus Action on Salt and Health</p> <p>CASH is a group of specialists in the United Kingdom concerned with salt and its effects on health. The organization is working to reach a consensus with the food industry and Government over the harmful effects of a high salt diet, and bring about a reduction in the amount of salt in processed foods as well as salt added to cooking, and the table.</p> <p>http://www.actiononsalt.org.uk/</p>	
<p>Iowa Department of Public Health – Heart Disease and Stroke Prevention Program</p> <p>Iowa's cardiovascular (CV) programs partner with other statewide and department wellness initiatives. The Heart Disease and Stroke Prevention (HD&SP) program focuses on detection and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.</p> <p>http://www.idph.state.ia.us/hpcdp/hdsp_home.asp</p>	
<p>New York City Department of Health and Mental Hygiene and the National Salt Reduction Initiative</p> <p>Learn what New York City is doing to reduce sodium to keep their citizens healthy. Also contains information about the National Salt Reduction Initiative and ways to get involved.</p> <p>http://www.nyc.gov/html/doh/html/cardio/cardio-salt-initiative.shtml</p>	
<p>Seattle/King County’s Nutrition Labeling Project – Department of Public Health</p> <p>The King County Board of Health's nutrition labeling regulation requires some chain food restaurants permitted by Public Health - Seattle & King County to provide calorie, saturated fat, carbohydrate and sodium information to customers.</p> <p>http://www.kingcounty.gov/healthservices/health/nutrition/healthyeating/menu.aspx</p>	

Toolkit: Sodium/Salt Reduction

Resources

Journal Articles

Salt Intake, stroke, and cardiovascular disease: meta-analysis of prospective studies
– British Medical Journal. Strazzullo et al. 339 (241): b4567. 2009.

This research article assesses the relationship between the level of habitual salt intake and stroke or total cardiovascular disease outcome. *Free PDF download.*

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2782060/pdf/bmj.b4567.pdf>



Sodium Reduction and Its Effects on Food Safety, Food Quality, and Human Health-a Brief Review of the Literature, M. Ellin Doyle, Ph.D., Food Research Institute, University of Wisconsin-Madison, 11/2009.

Literature pertaining to salt and sodium as a preservative that enhances human health by killing or limiting growth of food borne pathogens; but goes a step further to discuss how salt and sodium in processed foods now are considered a potential health threat. Published in the Comprehensive Reviews in the journal of Food Science and Food Safety. *Free PDF download.*

<http://www3.interscience.wiley.com/cgi-bin/fulltext/123221593/PDFSTART>

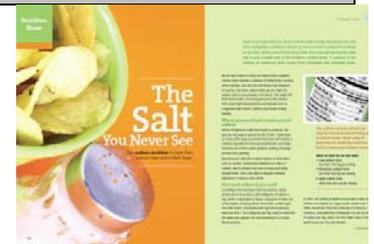


News Articles

BLUE, The Salt you Never See – How to Spot Sodium Traps. Wellmark Blue Cross and Blue Shield. Spring 2010

This article describes how much sodium we really need in comparison to how much sodium is in processed foods. Contains great tips to lower your sodium intake while cooking at home or eating at a restaurant.

http://www.wellmark.com/Member/UsingBenefits/Docs/BlueMag/MedSupp/SeniorBlue_Summer10_IA.pdf



FDA Should set Standards for Salt added to Processed Foods, Prepared Meals. The National Academies. April 20, 2010.

A news release written by The National Academies requesting that the Food and Drug Administration should set standards to gradually reduce the amount of salt/sodium within many processed and prepared meals.

<http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=12818>



Health Bulletin: Cut the Salt! – New York City Department of Health and Mental Hygiene. Volume 8. Number 5. (2009)

Tips for people who want to reduce their salt/sodium consumption. Includes photographs detailing how to read a food label.

<http://home2.nyc.gov/html/doh/downloads/pdf/public/dohmhnews8-05.pdf>



Toolkit: Sodium/Salt Reduction

<p>Highs and Lows of Sodium Content. January 27, 2010. Omaha World Herald.</p> <p>Listing of common restaurant and store bought foods with their sodium content. http://www.omaha.com/apps/pbcs.dll/article?AID=/20100127/LIVING/701279929</p>	
<p>Taste of America – Kicking Our Addiction to Salt. By Josh Ozersky. Time Magazine. May 17, 2010.</p> <p>Article written in Time Magazine in 2010 about the American addiction to high salt/sodium foods. http://www.time.com/time/magazine/article/0,9171,1987591,00.html</p>	

Websites

- American Heart Association
 - Homepage – <http://www.heart.org>
 - Go Red for Women - <http://www.goredforwomen.org/>
- Centers for Disease Control and Prevention
 - Salt and Sodium Reduction - <http://www.cdc.gov/salt>
 - Division for Heart Disease and Stroke Prevention - <http://www.cdc.gov/dhdsp/>
- Food and Drug Administration
 - Lowering Salt in Your Diet
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm181577.htm>
- Health Information Network (HIN)
 - Latest news on sodium reduction -
http://hp2010.nhlbihin.net/joinhin/news/professional/Pro_DASH_Update.htm
- National Heart Lung and Blood Institute
 - Healthy Eating - http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm
 - National High Blood Pressure Education Program -
http://www.nhlbi.nih.gov/about/nhbpep/nhbp_pd.htm
 - Reduce salt and sodium in your diet -
<http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm>
- United States Department of Agriculture
 - What's in Food? Salt and Sodium -
http://riley.nal.usda.gov/nal_display/index.php?info_center=11&tax_level=2&tax_subject=388&topic_id=1667&placement_default=0

Healthcare Professional Organizations

- The National Salt Reduction Initiative (NSRI)
<http://www.nyc.gov/html/doh/html/cardio/cardio-salt-initiative.shtml>