



# PhillyStat Operations Meeting

**Department Name: Public Health**

**Key Presenters: Dr. Donald F. Schwarz**

**Date: February 21, 2014**



# Philadelphia Department of Public Health

## Mission

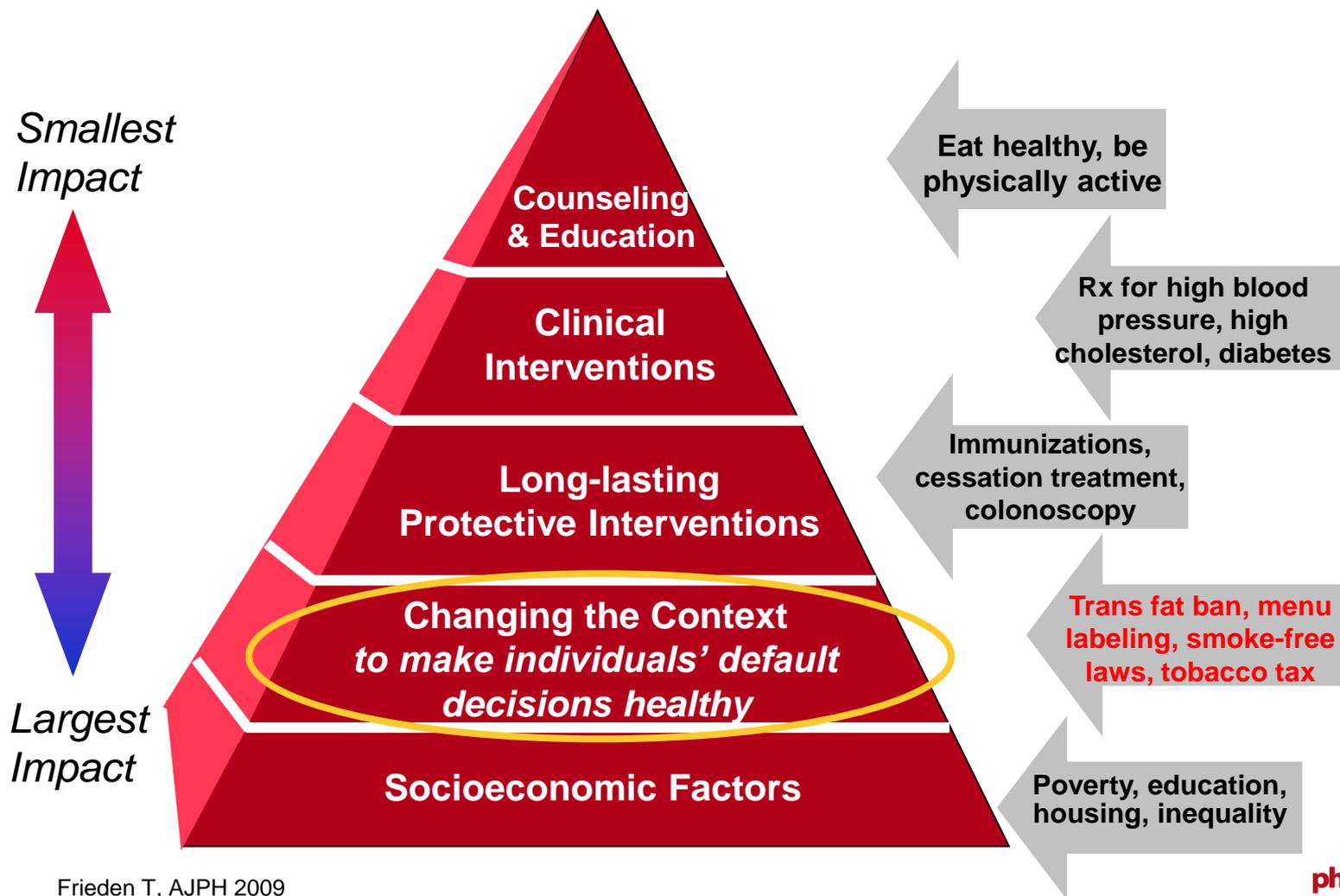
To protect and promote the health of all Philadelphians and to provide a safety net for the most vulnerable.

## Vision

A city in which every resident is able to:

- Live a long, healthy, and productive life;
- Be free of preventable disease and disability; and
- Live, work, learn, shop, and play in environments that promote health.

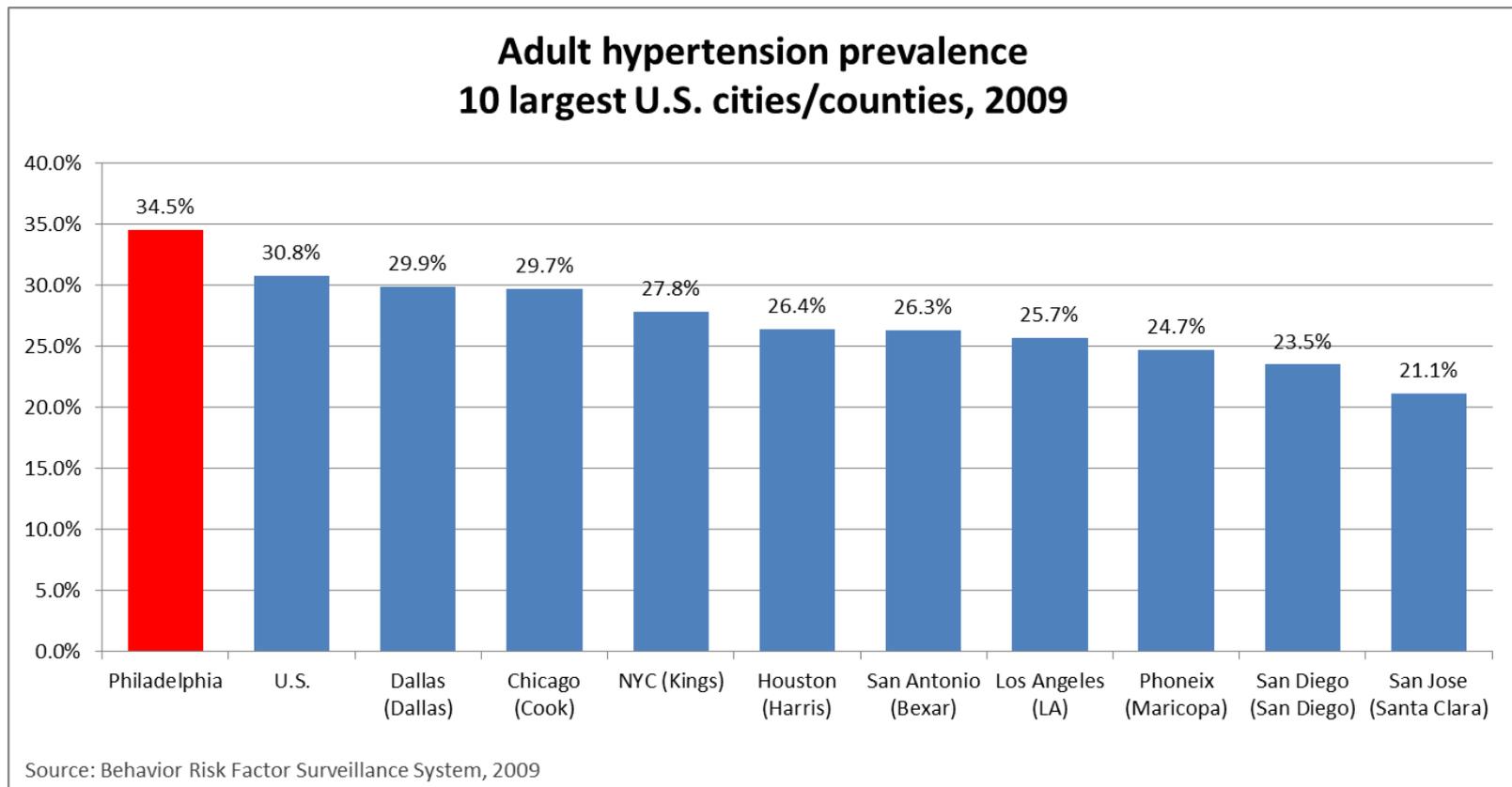
The department seeks to make the healthy choice the easy choice for Philadelphians as illustrated in this *Health Impact Pyramid*.





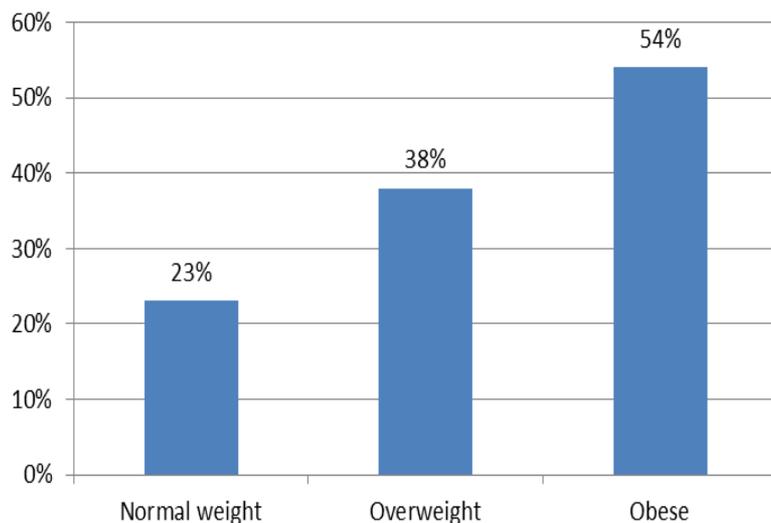
# Section 1: What Are We Trying to Achieve?

- Of large U.S. cities, Philadelphia has the highest rates of hypertension
- Almost half of African American adults in the city have high blood pressure
- More than 3,000 Philadelphians die of heart disease or stroke annually



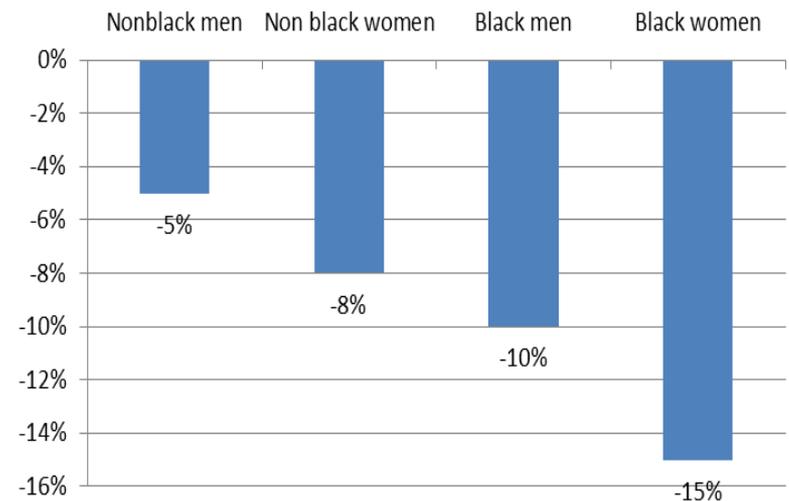
- Obesity and excess salt consumption are key risk factors for hypertension
- Philadelphians who are obese are more than twice as likely to have hypertension
- Reducing salt consumption by ½ teaspoon per day (1,200 mg) can lead to a 3 to 6 point drop in blood pressure (or 6 to 9 points among African Americans)

Hypertension prevalence by weight status, Philadelphia, 2012



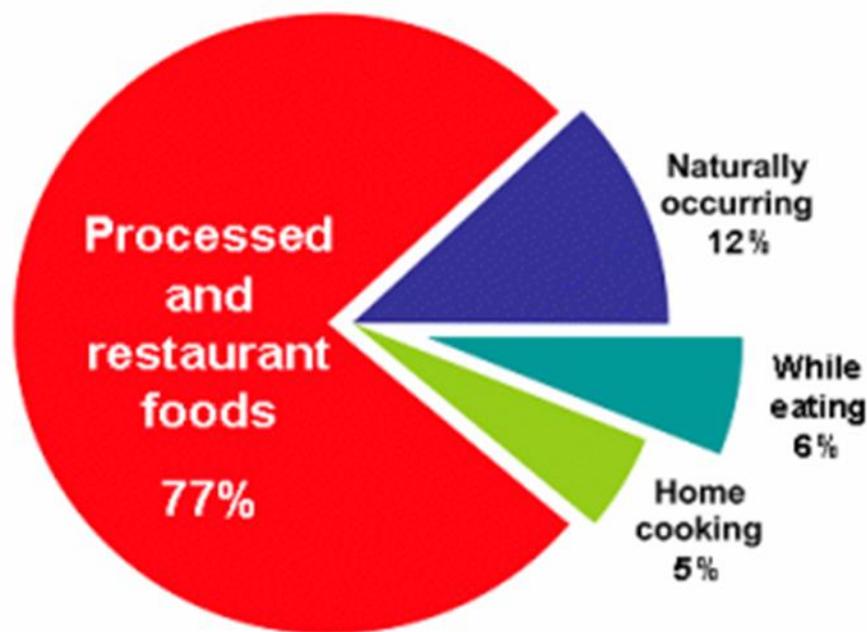
Source: PHMC Household Health Survey, 2012

Decrease in stroke with 1,200 mg reduction in sodium among 45 to 54 year-olds



Source: Adapted from Bibbins-Domingo K et al, NEJM, 2010

- Most of the salt we eat comes from foods outside of the home



| Top Sources of Sodium in the Diet |
|-----------------------------------|
| Breads and rolls                  |
| Cold cuts and cured meats         |
| Pizza                             |
| Poultry                           |
| Soups                             |
| Sandwiches                        |
| Cheese                            |
| Pasta dishes                      |
| Meat dishes                       |
| Snacks                            |



## **Section 2: What Impact Have We Had So Far?**

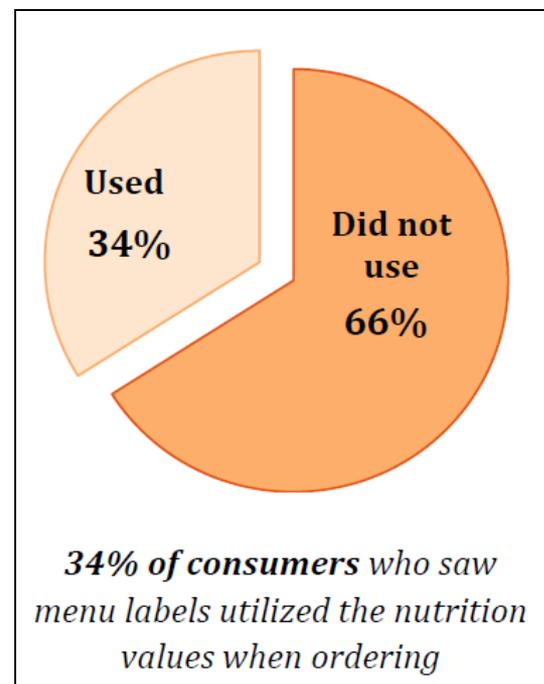
## Menu labeling law

- Philadelphia required chain restaurants to post calories on menu boards and calories, sodium, saturated fat, and carbs on menus
- Strongest law in the U.S. but preempted by 2010 federal menu labeling law
- Compliance at fast food chains remains high, but compliance at sit-down restaurants has dropped from 62% to 45% because we cannot enforce the local law

| <b>KIDS MENU</b>          | <b>Calories</b> | <b>Satur. Fat</b>                        | <b>Trans Fat</b> | <b>Carb Grams</b> | <b>Sodium Mg</b> |
|---------------------------|-----------------|--|------------------|-------------------|------------------|
| Kids Hamburger with fries | 1,087           | 10                                       | 1                | 50                | 1,672            |
| Add Cheese                | 70-82           | <i>see cheeses section under burgers</i> |                  |                   |                  |
| Cheesy Mac                | 1,012           | 34                                       | 0                | 89                | 1,407            |
| Pasta w/ Red Sauce        | 945             | 15                                       | 0                | 93                | 1,616            |
| Hot Dog                   | 698             | 8  | 1                | 61                | 2,128            |
| BBQ Drum Sticks           | 693             | 5  | 3                | 56                | 2,607            |

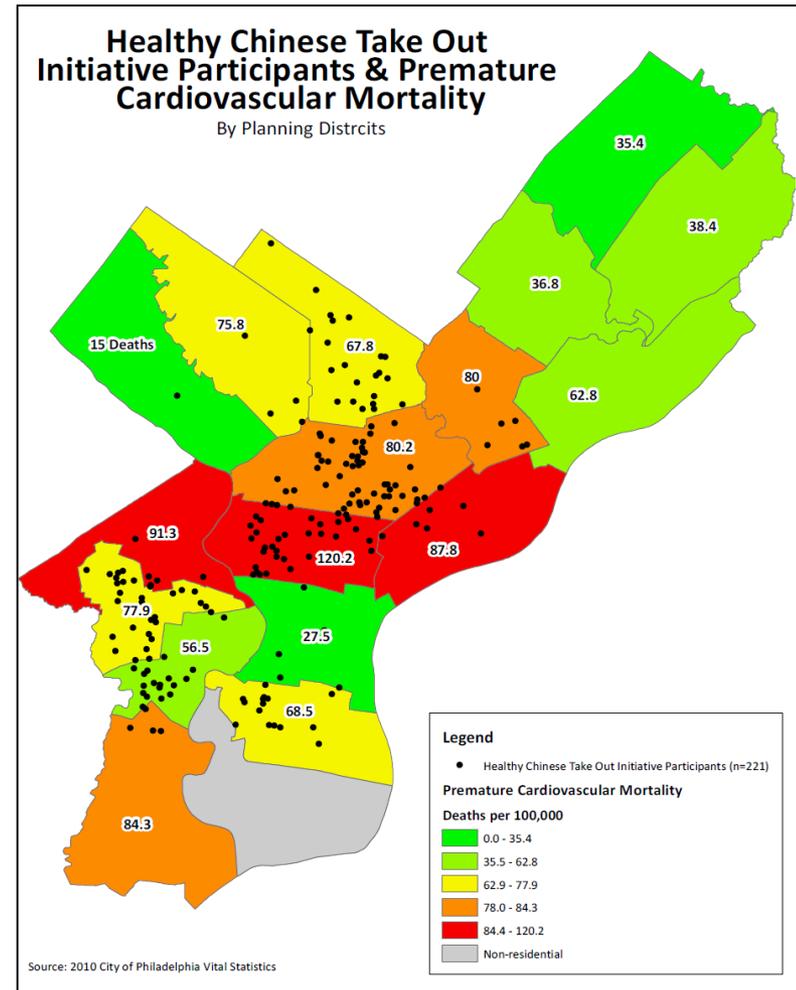
## Menu labeling law

- Compared to customers in unlabeled restaurants, customers in labeled full-service restaurants in Philadelphia purchased:
  - 151 fewer calories
  - 224 mg less sodium
  - 4 grams less saturated fat
  - 15 grams less carbohydrates
- Of those using nutrition information, most used calories and approximately one-quarter used sodium



## Healthy Chinese take-out initiative

- There are over 400 Chinese take-out restaurants in Philadelphia, primarily located in low-income neighborhoods with high levels of hypertension
- A typical dish can have more than a day's worth of sodium
- Chefs are willing to reduce sodium if it doesn't compromise taste of dishes and sales
- Most chefs/owners are not trained in nutrition and culinary basics



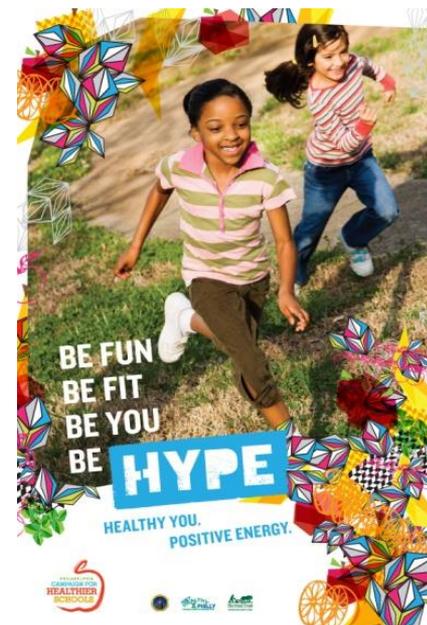
## Healthy Chinese take-out initiative

- Partnership with Temple University Center for Asian Health, Chinese Restaurant Association of Philadelphia, and Asian Community Health Coalition
- 200+ Chinese take-out restaurants have been trained in low-sodium cooking and purchasing techniques
  - Use half the sauce
  - Replace salt with spices
  - Use low sodium soy sauce
  - Only distribute soy sauce packets if requested
- Salt content has been reduced by more than 20% in 2 popular dishes: Chicken Lo Mein and Shrimp & Broccoli
- In sum, these restaurants serve over 3 million meals per year

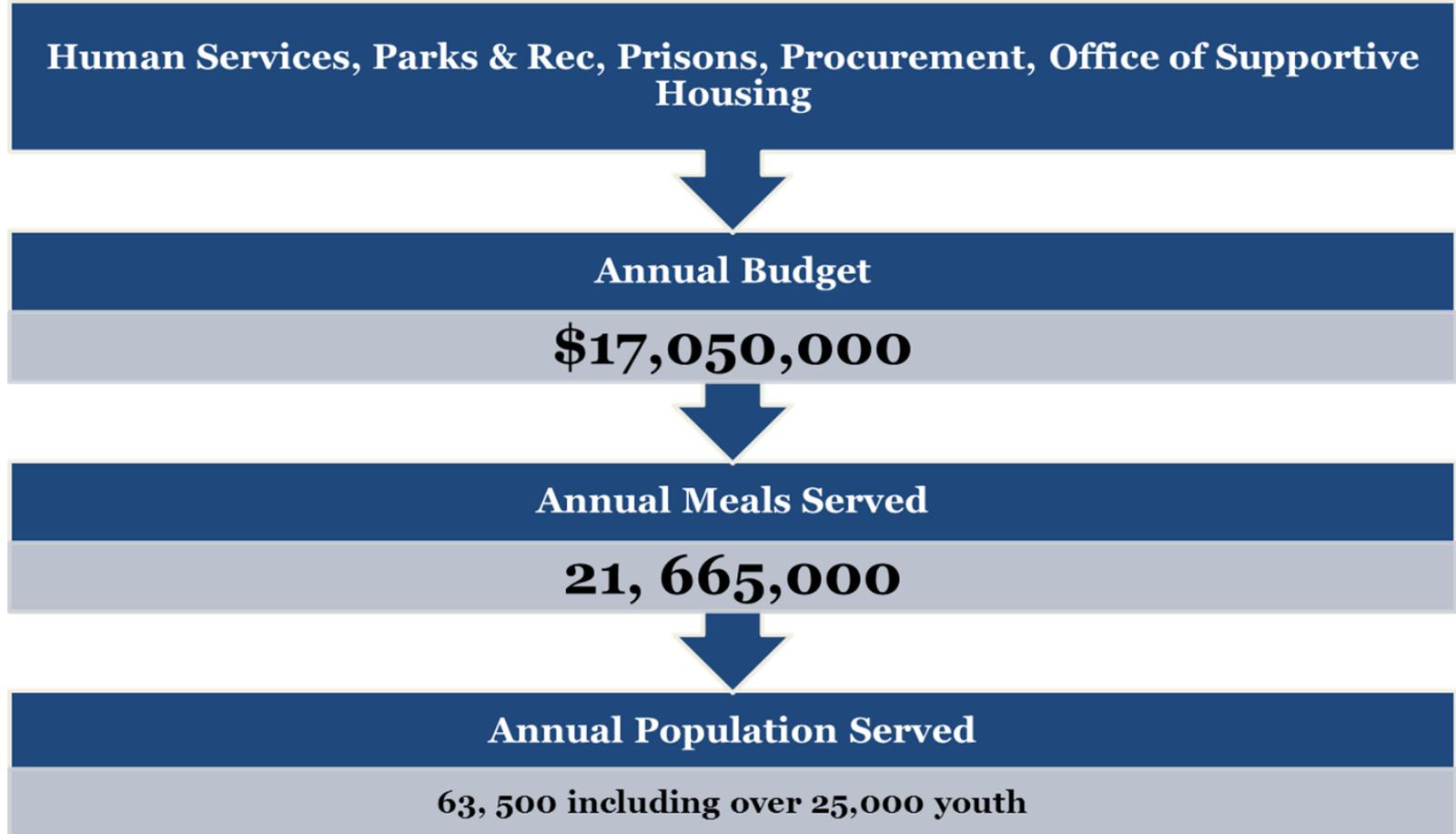


## Citywide nutrition standards

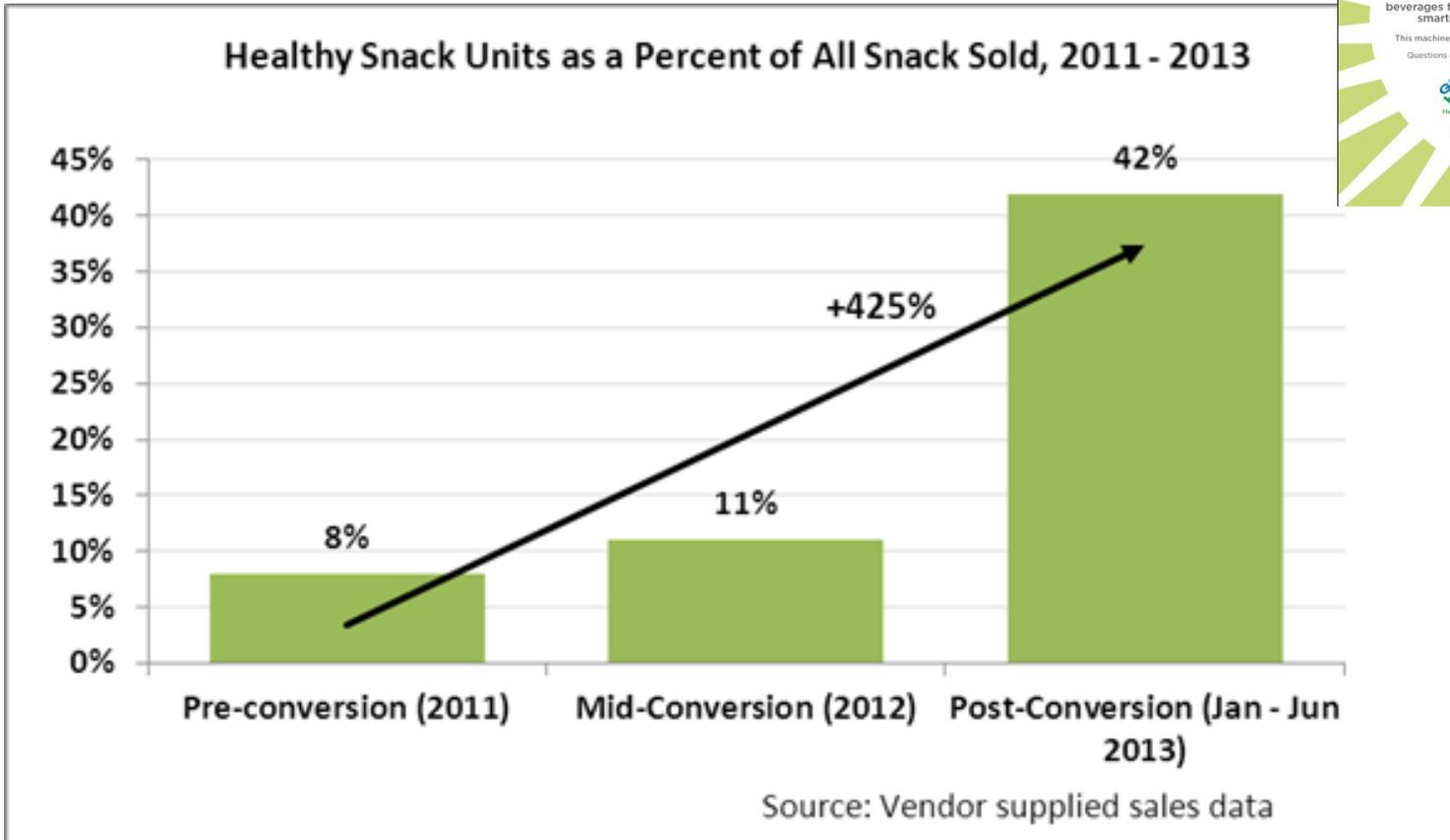
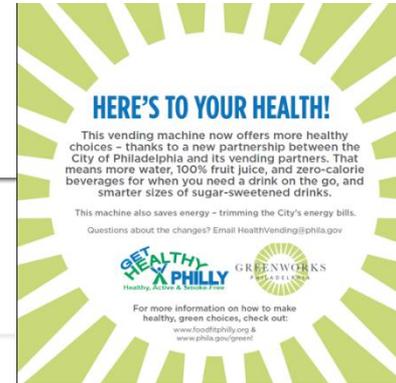
- Defines standards for foods purchased, prepared, and vended by City agencies
- Sets targets for calories, sodium, fat, and carbs while also promoting healthier food categories, such as fresh fruits and vegetables, whole grains, low-fat dairy
- Builds on successes with healthier meals in afterschool programs (Parks & Recreation, Human Services) and healthier vending
- Department of Public Health will work with Procurement Department and other City agencies to develop standards, review bids and responses, analyze menus, educate staff, engage vendors, and assess impact



# Citywide nutrition standards will impact nearly 22 million meals annually and over 60,000 people



# Citywide nutrition standards – snack vending machines





## Section 3: What's on the Horizon?

- Menu labeling
  - Submitted addendum to FDA petition
  - Re-train food inspectors
  - Launch salt reduction media campaign (6/2014)
  
- Healthy Chinese take-out initiative
  - Engage distributors to offer reasonably priced low-sodium products
  - Explore partnership with China's Centers for Disease Control
  
- Citywide nutrition standards
  - Enact Mayoral executive order
  - Host vendor forum
  
- Continue to partner with other businesses and institutions to promote healthy, fresh food options
  - Corner stores, farmers' markets, supermarkets, hospitals, schools, universities, regionally based manufacturers



## Resources

- [www.foodfitphilly.org](http://www.foodfitphilly.org)
- [www.phila.gov/getthehealthyphilly](http://www.phila.gov/getthehealthyphilly)
- [www.phila.gov/health](http://www.phila.gov/health)

