



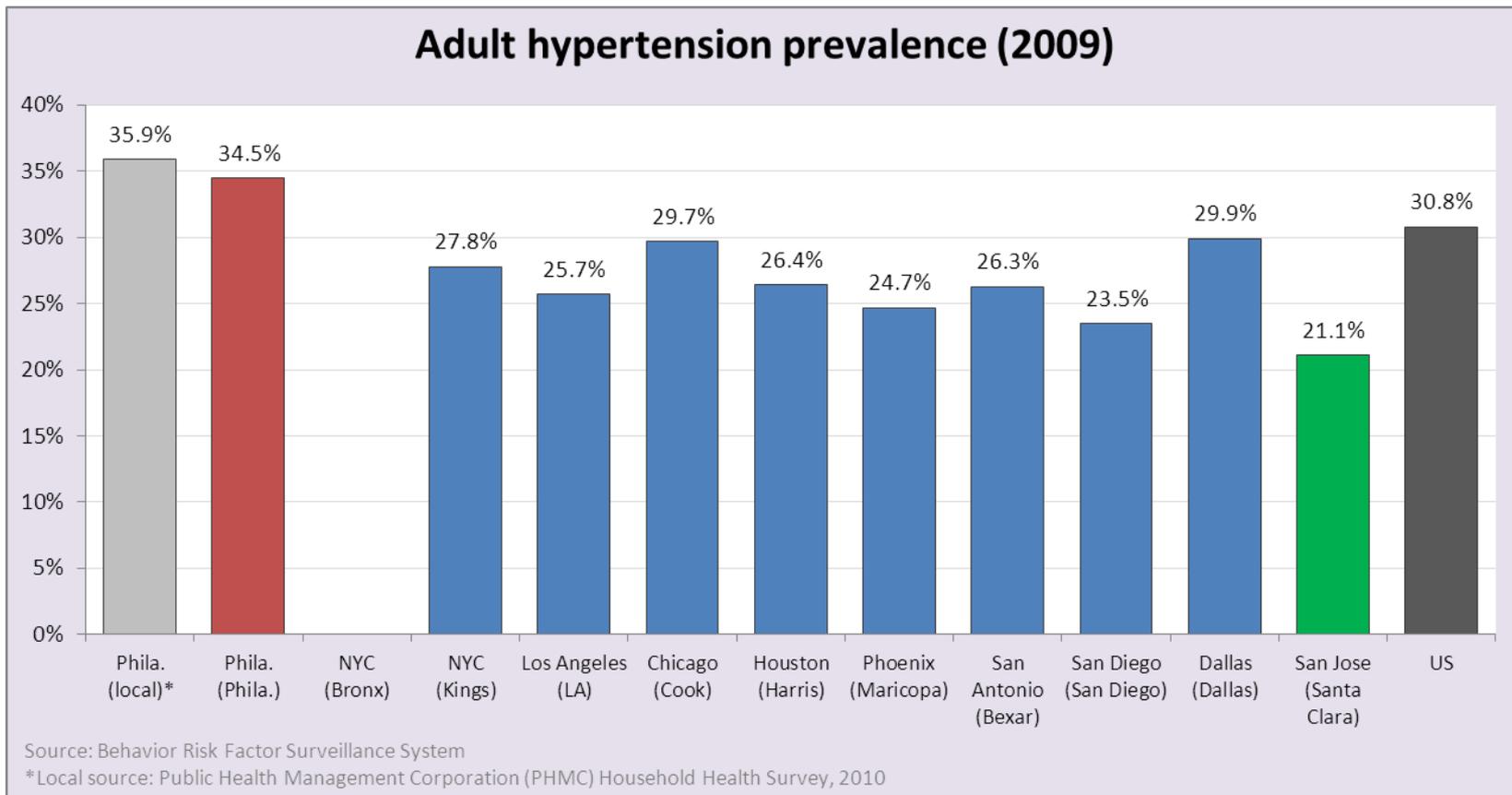
Get Healthy Philly

Salt as a Public Health Concern:

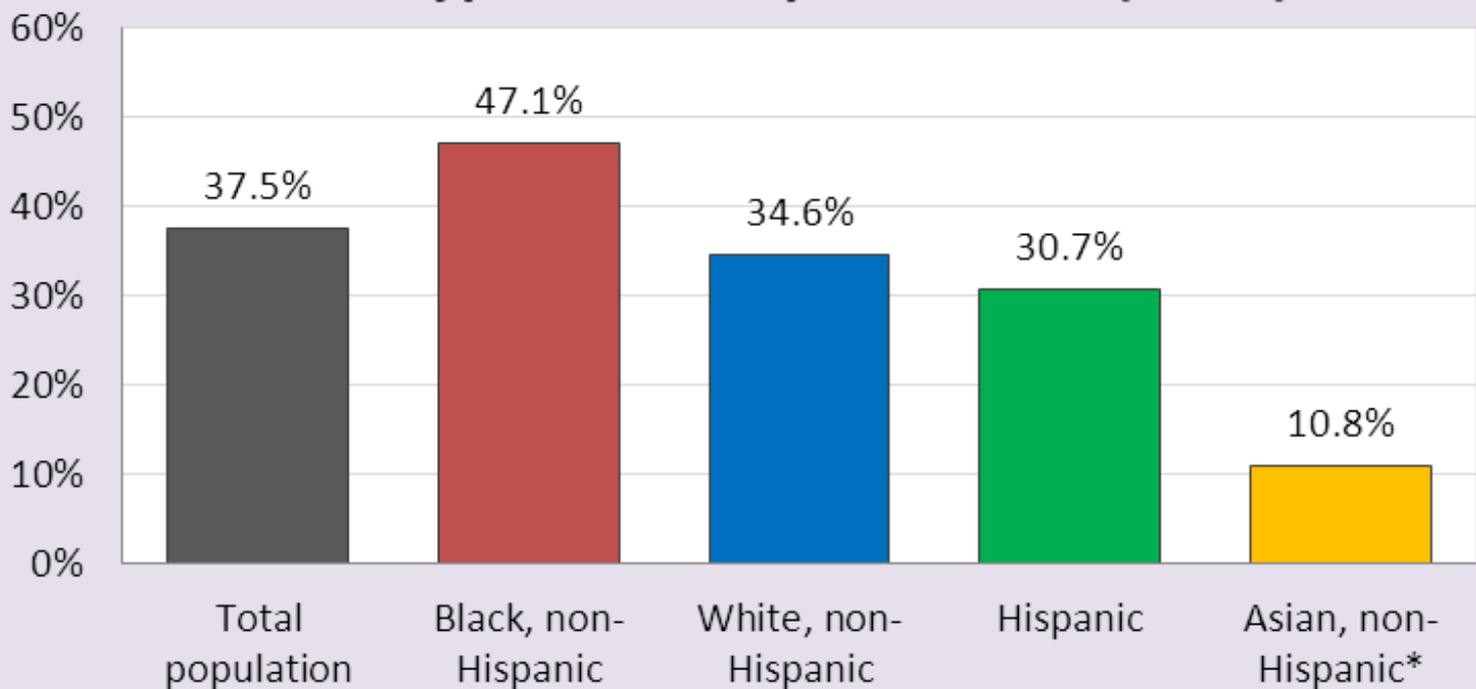
Food Fit Philly Coalition Meeting and Featured Speaker Presentation

May 31st, 2013

A public health concern



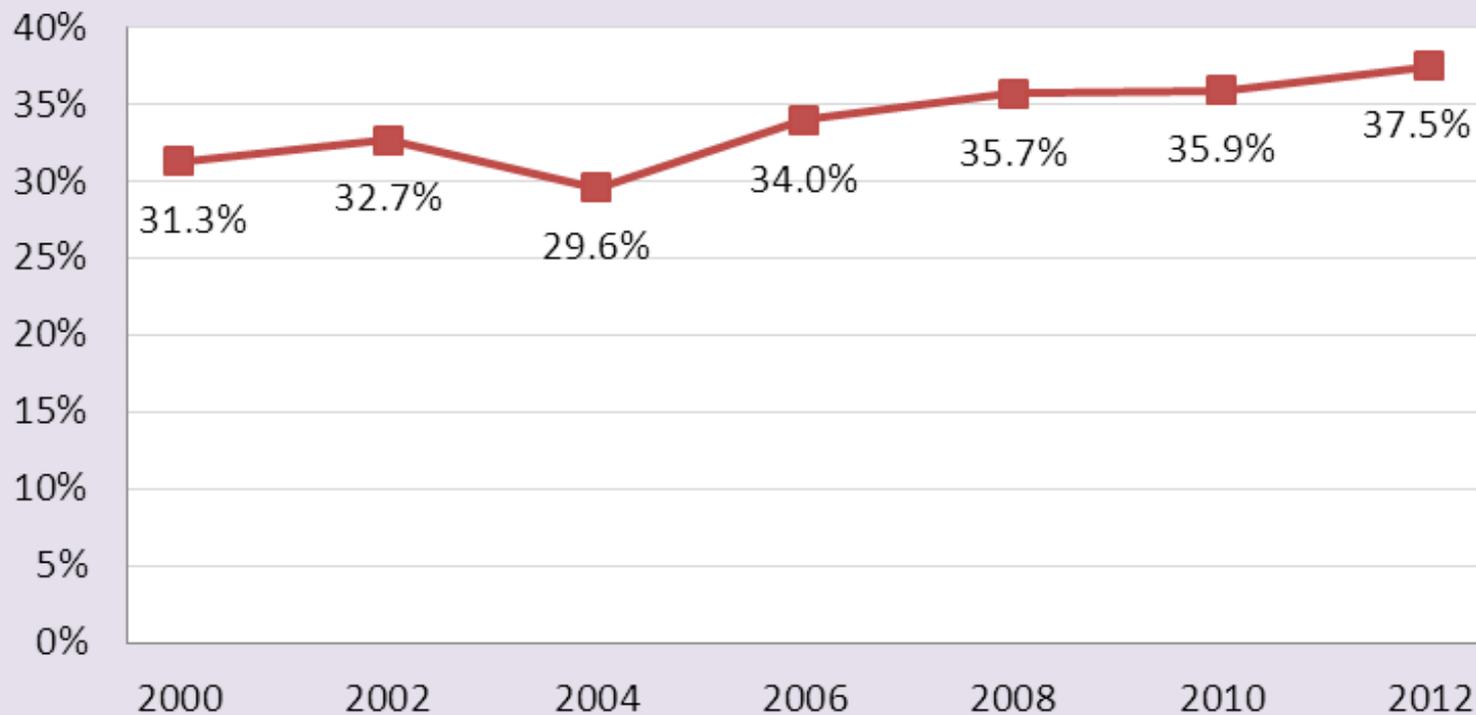
Adult hypertension prevalence (2012)



Source: Public Health Management Corporation Household Health Survey

*Estimate based on small sample size. Interpret with caution.

Adult hypertension prevalence



Source: Public Health Management Corporation (PHMC) Household Health Survey

Why Salt Matters

Too much salt is bad for our health

- Sodium is the element in salt that can increase blood pressure → hypertension
 - ↑ risk of heart attack, stroke and premature mortality
- 9 out of 10 Americans consume more salt than recommended
 - Average = 3400 mg
 - Recommended = 2300

Sodium in our Diet

- **Type of Food**
 - More than 40% of sodium comes from the 10 types of foods
- **Source of Food**
 - 80% comes from packaged, processed, prepared, restaurant foods
- **Overall**
 - Consumers have little control
 - Understanding sodium is confusing
 - Great variation in products
 - Foods can add up to a lot of sodium throughout the day



Higher Sodium Choices

Lower Sodium Choices

Top slice of bread
200 mg

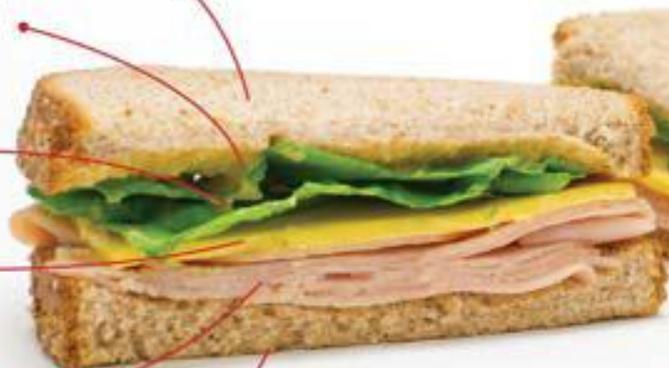
1 teaspoon mustard
120 mg

1 leaf of lettuce
2 mg

1 slice of cheese
310 mg

6 thin slices of turkey
690 mg

Bottom slice of bread
200 mg



Top slice of bread
110 mg

1 teaspoon mustard
55 mg

1 leaf of lettuce
2 mg

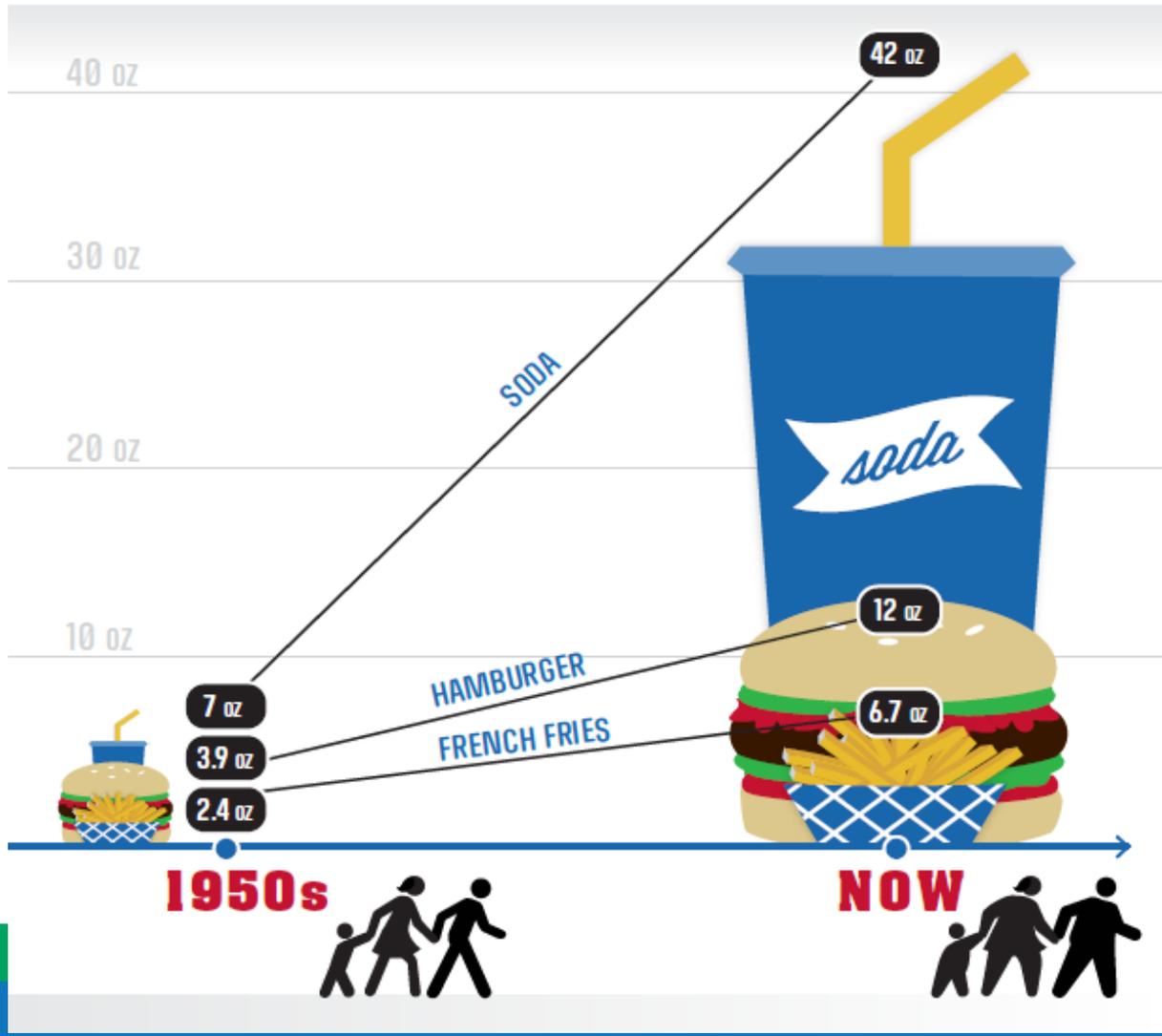
1 slice of cheese
135 mg

6 thin slices of turkey
440 mg

Bottom slice of bread
110 mg



Sodium and Portion Sizes



National Recommendations

- **Places that produce, sell, or serve food can:**
 - Stock lower sodium foods
 - Make phased reductions in products
 - Ask manufactures to provider lower sodium options
- **Federal government is:**
 - Using the national "Million Hearts™" initiative to prevent a million heart attacks and strokes over the next 5 years. **Reducing sodium in the population is a major part of this initiative.**
 - Encouraging agencies and departments to adopt procurement policies to lower sodium
 - Improving data collection on sodium, including the amount of sodium people consume, and their knowledge, behaviors and health outcomes.
- **State and local health departments can:**
 - Increase public awareness
 - Amount of sodium added to processed and packaged foods
 - health outcomes of a high-sodium diet.
 - Encourage reductions in the amount of sodium in foods purchased in cafeterias and vending machines.
- **Everyone can:**
 - Read the Nutrition Facts label to find the lowest sodium options.
 - Request lower sodium options.

Local Action

- Menu labeling Law
- School and after school nutrition standards
- Million Hearts Initiative
- Planned media campaign
- Retail
 - Corner stores
 - Chinese take-out initiative

Today's Agenda

9:15 – 10:15

Featured Presentation by Dr. Gary Beauchamp, Monell Chemical Senses Center

- How does salt impact your taste preference over time
- What makes a “low-sodium food”
- Taste Preferences – what are the best substitutes

10:20 – 11:15

Healthy Chinese Take-Out initiative

Spotlight panel with two restaurant owners and representatives from the Chinese Restaurant Association, Temple Center for Asian Research and the Philadelphia Dept. of Public Health