

Information for Action # 2011- 3

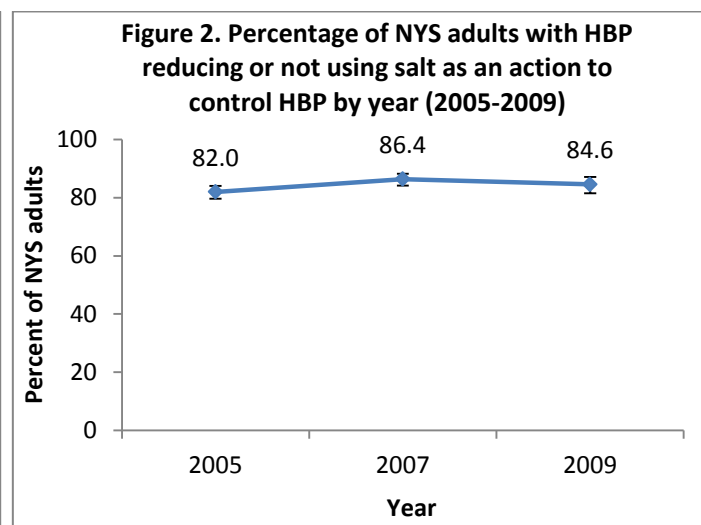
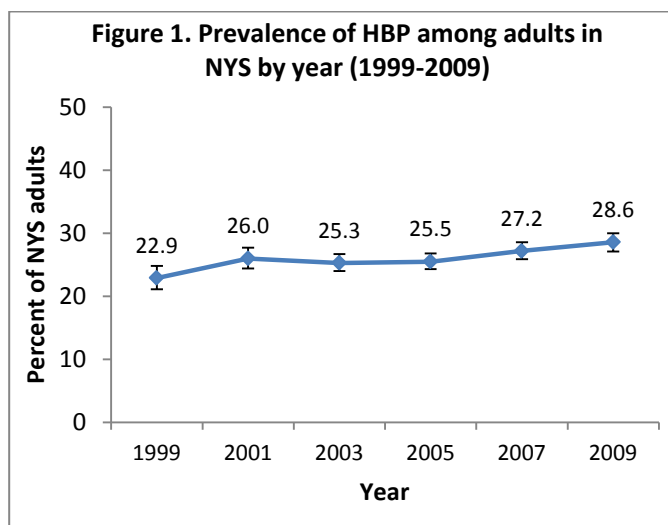
Reducing sodium in the food supply can promote the prevention and control of high blood pressure.

Quick facts:

- The prevalence of high blood pressure (HBP) among adults in New York State (NYS) increased from 22.9% in 1999 to 28.6% in 2009 (see Figure 1). An estimated 4.25 million NYS adults are living with HBP.¹
- Of New York adults with HBP, 84.6% reported that they do not use salt or are trying to reduce their salt intake as an action to control their HBP in 2009 (see Figure 2).
- The average daily sodium intake for Americans is more than 3400 mg, while the recommended intake for most adults, including those with HBP, is 1500 mg/day.^{2,3}
- Almost 80% of sodium comes from processed and restaurant foods in the form of salt; only a small amount is used in cooking or added at the table.⁴

Public health importance:

- Sodium consumption is a risk factor for developing HBP.⁵
- HBP is a risk factor for heart disease and stroke, the first and fourth leading causes of death in NYS.^{6,7}
- Among adults with HBP, reducing sodium intake promotes blood pressure control.⁶



Data Source: NYS Behavioral Risk Factor Surveillance System, 1999, 2001, 2003, 2005, 2007, 2009

PUBLIC HEALTH OPPORTUNITY

Adults with HBP are aware of the need to reduce their sodium intake, but the high levels of sodium in the food supply make it difficult to achieve recommended levels of sodium intake. Lowering the sodium content of food items in grocery stores and the sodium content of restaurant meals can help NYS adults with HBP reduce sodium consumption.

Contact:

For more information about the data included and their specific implications for action, please send an email to DCDIPIFA@health.state.ny.us with the IFA # 3 in the subject line.

References:

1. New York State Behavioral Risk Factor Surveillance System, 2009
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4. Mattes RD, Donnelly D. Relative contributions of dietary sodium sources. *J Am Coll Nutr.* 1991;10:383-93.
5. Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium Chloride, and Sulfate.* Washington, DC: National Academies Press; 2004. Available from http://www.nap.edu/catalog.php?record_id=10925
6. National Heart, Lung and Blood Institute. The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. December 2003. NIH Publication 03-5233.
7. New York State Department of Health Vital Statistics, 2008. Available from http://www.health.state.ny.us/nysdoh/vital_statistics/2008/table34a.htm