



How You Can Help New Yorkers Consume Less Sodium

Background. The average American consumes about 50% more sodium than the daily recommended amount.^{1,2} Consuming too much sodium increases the risk of developing high blood pressure, cardiovascular disease, and chronic kidney disease.³ Reducing sodium consumption saves the US health system billions of dollars.^{3,4} An estimated 71% of sodium intake comes from sodium added during food manufacturing and preparation.⁵



Most New Yorkers are actively watching their sodium intake.

- Over 7.2 million adults in NYS report watching or reducing sodium or salt intake (55.1%).⁶
- Watching sodium intake is more common among people who are Hispanic (66.2%) or non-Hispanic Black (71.2%).⁶
- Watching sodium intake is also more common among people who have been advised by their doctor to reduce sodium intake (81.5%).⁶



Health care providers can help by encouraging their patients to consume less sodium.

- Approximately 1 in 5 adults in NYS report being advised by a doctor to reduce sodium or salt intake (21.9%).⁶
- Adults with high blood pressure are more likely to be advised to consume less sodium (48.7%) than adults without high blood pressure (10.3%).⁶



Community partners can help by increasing the availability of nutritious food, including foods with less sodium.

- 83.2% of adults in NYS think food companies should reduce the amount of sodium in foods they produce.⁷
- 80.5% support requiring nutrition standards for foods served at state facilities (including offices and prisons).⁷

PUBLIC HEALTH OPPORTUNITIES

- Health care providers should continue to encourage patients to consume less sodium, including patients without high blood pressure.
- Food industry partners should continue to research product reformulation and produce foods with less sodium.
- More worksites and community partners should adopt food service guidelines and promote nutritious foods.
- Public health practitioners should continue to support cross-sector collaboration and sodium reduction initiatives.

References

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