

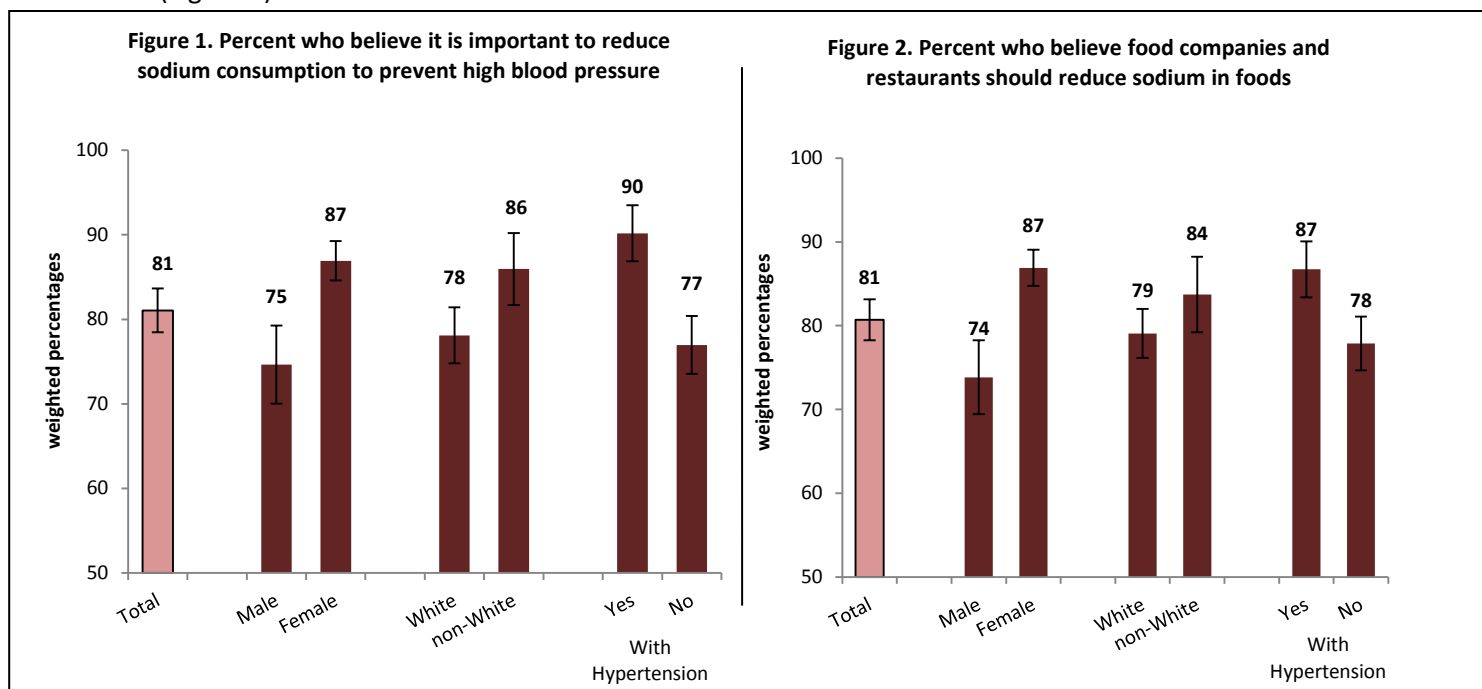
Information for Action # 2013-9

New Yorkers realize the importance of reducing sodium and support lower sodium food choices in restaurants and food company products.

In adults and children, greater sodium intake is associated with higher blood pressure.¹ Adults over age 50, African Americans of any age, and anyone with hypertension, diabetes or chronic kidney disease should consume less than 1,500 mg sodium per day; all others should consume less than 2,300 mg per day.² The average sodium intake for Americans aged 2 years and older is 3,266 mg per day (excluding salt added at the table); 90% of Americans consume more sodium than recommended.³ The average sodium intake for children and adolescents is 3,387 mg per day.⁴

Seventy-seven percent of the sodium in the U.S. diet comes from processed and restaurant foods; only 11% is directly added in cooking or at the table. The top five food sources of sodium in the American diet are: breads and rolls, cold cuts, pizza, poultry, and soups.²

- The vast majority of adults (81%) understand it is important to reduce sodium consumption in order to prevent high blood pressure (Figure 1).
- Eighty-one percent of adults believe food companies and restaurants should be encouraged to reduce the amount of sodium in foods they produce (Figure 2).
- Non-whites, people with hypertension, and females are more likely than their counterparts to report that reducing sodium is very important or important (Figure 1) and that food companies and restaurants should reduce sodium in foods (Figure 2).



Data Source: NYS Behavioral Risk Factor Surveillance System, 2011

PUBLIC HEALTH OPPORTUNITY

Food manufacturers and retailers, food service establishments and institutional food programs should be encouraged to gradually reduce the sodium in foods they produce and sell, especially foods that contribute the most sodium to the typical American diet.

Contact: For more information about the data included and their specific implications for action, please send an email to DCCIPIFA@health.state.ny.us with IFA # 2013-9 in the subject line.

¹ Quanhe, Y, et al. (2012) Sodium Intake and Blood Pressure Among US Children and Adolescents, *Pediatrics*, 2012; 130:611-619

² U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, D.C.: U.S. Government Printing Office, December 2010

³ Centers for Disease Control and Prevention. (2012). Vital Signs: Food Categories Contributing the Most to Sodium Consumption – United States, 2007-2008, *Morbidity and Mortality Weekly Report*, February 10, 2012; 61(05): 92-98

⁴ Quanhe, Y, et al. (2012) Sodium Intake and Blood Pressure Among US Children and Adolescents, *Pediatrics*, 2012; 130:611-619

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