



WELCOME

to

Million Hearts for Millions of Meals: Reducing Sodium in Home Delivered and Congregate Meals

The webinar will begin at 3:00 p.m. Eastern

Presenters: Jessica Levings, Maria Mahar, Barbara Estrada and
Deanne Brandstetter

Facilitators: Linda Netterville and Magda Hageman-Apol

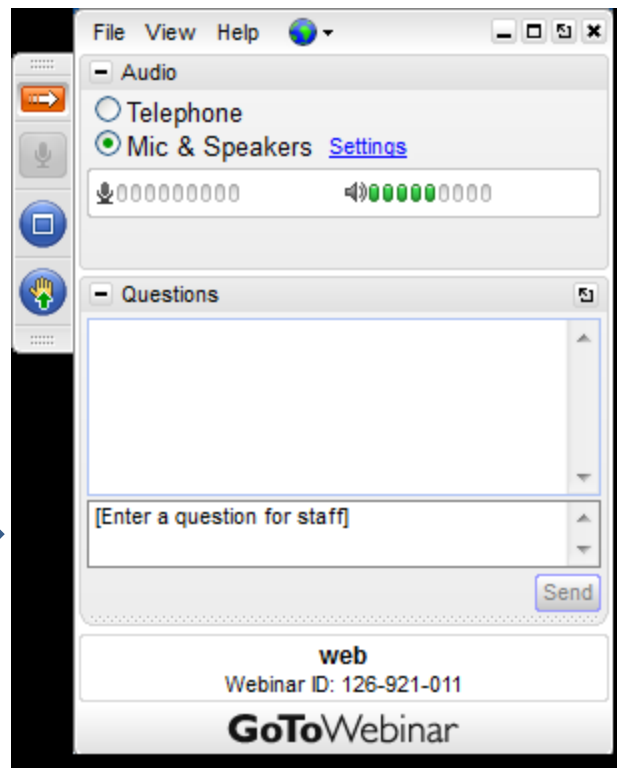


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by using the Questions box**

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questions
and
comments
here





Agenda

- *Holly Greuling, RD, LD/N*, Nutritionist, Office of Nutrition and Health Promotion Programs AoA/ACL, U.S. Department of Health and Human Services
- *Jessica Levings MS RD*, Federal Contractor/Policy Analyst at Centers for Disease Control and Prevention
- *Maria C Mahar MA RD CDN*, Project Director & Senior Nutritionist at Onondaga County Department of Adult & Long Term Care Services
- *Barbara Estrada MS RD*, Public Health Nutrition Consultant at the California Department of Aging
- *Deanne Brandstetter MBA RD CDN*, Vice President, Nutrition and Wellness at the Compass Group North America

Million Hearts for Millions of Meals: Reducing Sodium in Home Delivered and Congregate Meals

Jessica Levings, MS, RD
Federal Contractor/Policy Analyst

Division for Heart Disease and Stroke Prevention
National Center for Chronic Disease Prevention
and Health Promotion
Centers for Disease Control and Prevention

March 13, 2014

Sodium Reduction: A Public Health Imperative

❑ Excess sodium intake leads to hypertension

- Nearly 1 in 3 U.S. adults has hypertension (68 million people)
- Middle-aged and older men and women have a 90% lifetime risk of developing hypertension
- More than 1 in 2 people with hypertension do not have it under control
- In observational studies, the rise in blood pressure in response to higher sodium intake increases with age and older adults have been found to be more responsive to changes in sodium intake



Dietary Guidelines for Americans

Sodium Intake Recommendation

- ❑ 1,500 mg sodium per day for individuals age 70 and older



44% of U.S. Sodium Intake, 10 Types of Food

Rank	Food Types	%
1	Bread and rolls	7.4
2	Cold cuts and cured meats	5.1
3	Pizza	4.9
4	Poultry	4.5
5	Soups	4.3
6	Sandwiches	4.0
7	Cheese	3.8
8	Pasta mixed dishes	3.3
9	Meat mixed dishes	3.2
10	Savory snacks	3.1

Source: CDC. MMWR. 2012;61:92–8.



Sodium Levels for the Same Food Can Vary Widely



Food	Sodium Range (in milligrams)
1 slice white bread	80 - 230
3 oz turkey breast, deli or pre-packaged luncheon meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,690
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200

Source: CDC. Vital Signs: Where's the Sodium? 2012. www.cdc.gov/VitalSigns/Sodium



Sodium Content in Home Delivered and Congregate Meals

- ❑ **Average intake of sodium over 24 hours in the congregate and home-delivered meal setting was 2,568 mg and 2,352 mg per day, respectively**
- ❑ **About 80% of title III meals had more than 1,000 mg sodium per day**
- ❑ **Only 4% and 12% of meals offered in the congregate and home delivered meals program, respectively, contained less than 800 mg per day**
- ❑ **43% of congregate meal program participants reported the meal program was a major source of their food, and 56% reported it was one of several food sources**

Million Hearts®

**Goal: Prevent 1 million heart attacks
and strokes by 2017**

- ❑ US Department of Health and Human Services initiative, co-led by:
 - Centers for Disease Control and Prevention (CDC)
 - Centers for Medicare & Medicaid Services (CMS)
- ❑ Partners across federal and state agencies and private organizations

Key Components of Million Hearts[®]

Keeping Us Healthy and
Addressing Health
Disparities
Changing the environment



Excelling in the ABCS
Optimizing care

Focus on
the ABCS



Health tools
and
technology



Innovations in
care delivery



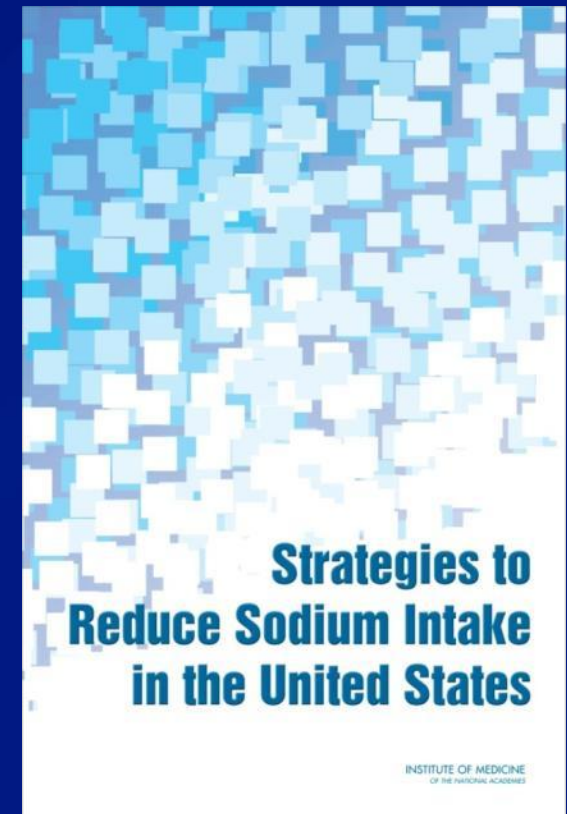
Targets for the Environment

Intervention	Pre-Initiative Estimate	2017 Population-wide Goal
Smoking prevalence	21%	19%
Sodium reduction	~ 3.5 g/day	20% reduction
Trans fat reduction	~ 1% of calories	50% reduction

Sources: National Health Interview Survey, National Health and Nutrition Examination Survey

IOM Strategies to Reduce Sodium Intake

- ❑ “...excess sodium intake is strongly associated with elevated blood pressure, a serious public health concern related to increased risk of heart disease, stroke, congestive heart failure, and renal disease.”
- ❑ “The current level of sodium added to the food supply—by food manufacturers, foodservice operators, and restaurants—is simply too high to be ‘safe’ for consumers.”



CDC's Sodium Reduction Initiative

- ❑ **Building the evidence base around effective strategies to reduce sodium consumption**
 - ❑ **Providing funding to communities to understand what works**
- ❑ **Providing assistance to the public health community**
- ❑ **Collaborating with stakeholders, including the food industry**
 - ❑ **Building momentum in public-private sector partnerships to reduce sodium in the food supply**
- ❑ **Educating the public**

CDC - Sodium Reduction in Communities Program, FY2013 Funded Communities



State-Coordinated:

New York State (Albany & Steuben Counties)
Washington State (Clark, Spokane, & Thurston Counties)



Communities:

Los Angeles County, CA
Marion County, IN
New York City, NY
Philadelphia, PA
San Antonio, TX



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

Resources

- ❑ Tips for reducing sodium intake in older adults, “Savor the Flavor with Less Sodium”
- ❑ Provider resources for reducing sodium, “Online Resources: Reducing Sodium in Congregate and Home Delivered Meals”

Savor the Flavor with Less Sodium

Things You or the Person Who Purchases and Prepares Your Food Can Do to Reduce Sodium

At the Grocery Store

- Read food labels and compare the amount of sodium in different products. Then choose the option with the lowest amount of sodium.
- When buying prepared meats, look for those with less than 60 milligrams (mg) of sodium per meal.
- Steer clear of canned soups, fruits, and vegetables with no salt or sauce added.
- Ask to speak to the registered dietitian (RD) at your local grocery store to learn more about buying lower sodium products. If your grocer doesn't have an RD, ask your doctor for a referral. There may be a fee involved, but an RD can provide valuable guidance on reducing your family's sodium intake and managing blood pressure.
- Choose packaged food labeled “low sodium” or “reduced sodium” when available.
- When possible, purchase fresh poultry, fish, pork, and beef meat rather than canned, salted, smoked, and other processed meats.
- Ask your grocer if they have a low sodium shopping list available.

At Home


- When cooking, use alternatives to reduce the amount of salt you use, such as garlic, onion powder, citrus juice, or salt-free seasonings.
- Prepare soups, pasta, beans, and meats from their most basic forms (dry and fresh) when possible.
- For meats, fruits, and vegetables, use “low sodium,” “reduced sodium,” and “no salt” products, including flavored rice and ready-made pasta.

Dining Out

- Ask for nutrition information before you order. Then select a lower sodium meal.
- Ask that no salt be added to your meal.
- Split a meal with another family member.
- Keep pasta and flat bread—such as burgers, fried chicken, and pizza—to an occasional treat.
- Order fruit or vegetables with no salt added as a side item.

Remember, you can always add salt to taste with the salt shaker. One study found that when eating foods reduced in sodium, people only add back about 20% of the sodium that was originally in the food. Items allowed to use the salt shaker freely.

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention



ONLINE SODIUM RESOURCES
www.cdc.gov/salt

Reducing Sodium in Congregate and Home Delivered Meals

The majority of sodium in our diets comes from packaged and restaurant food, not the salt shaker and is a direct result of food processing. Even foods that may not taste salty can be major sources of sodium. Research has found that reduced sodium intake can lower blood pressure and control hypertension in older individuals.

The Centers for Disease Control and Prevention (CDC) is working on public health strategies at the national, state, and local levels to improve cardiovascular health. To support one of CDC's goals—population-wide sodium reduction—the agency has identified resources to help organizations reduce the sodium content of congregate and home delivered meals for older adults. Sodium reduction is an important part of National Institute of Health (NIH) research. The U.S. Department of Health and Human Services initiative to prevent 1 million heart attacks and strokes by 2017, co-led by CDC and the Centers for Medicare & Medicaid Services. Although not exhaustive, this document provides an overview of available resources related to sodium reduction in older adults.

For more information about sodium reduction, visit www.cdc.gov/salt

Guides and Toolkits

Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement
This document provides practical guidance to states and localities to use when developing, adopting, implementing, and evaluating food procurement policy.



Nutrition Service Providers Guide for Older Adults
This guide offers practical strategies for sodium reduction in different settings, including workplaces, hospitals, schools, and those that serve older adults. Sample strategies include partnering with local food vendors to source healthy food items through marketing and incentives, implementing nutrient standards for meals and competitive foods, and establishing a comprehensive food policy.

Menu Planning
This document aims to review compliance with the Dietary Guidelines for Americans for meals in settings and contains sample menus consistent with the guidelines.

Older Americans Nutrition Program Toolkit
This toolkit aims to assist Older Americans Act nutrition programs and the Aging Network improve programs serving older adults.

Under Pressure
This toolkit offers practical strategies for sodium reduction in different settings, including workplaces, hospitals, schools, and those that serve older adults. Sample strategies include partnering with local food vendors to source healthy food items through marketing and incentives, implementing nutrient standards for meals and competitive foods, and establishing a comprehensive food policy.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Additional Resources

SOUNDBITES

A WEBINAR SERIES ON EARNED MEDIA



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Under Pressure

Strategies for Sodium Reduction in the School Environment

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention



Thank You

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone, 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Sodium is the New Trans Fat

Maria Mahar MA RD CDN

Director of Nutrition Services

Onondaga County Department of Adult and Long Term Care Services

Syracuse, New York

Million Hearts for Millions of Meals

New York State Unit on Aging Policy

90-PI-26 Revised Nutrition Program Standards

Section IV. Menu/Nutrient Requirements



Million Hearts for Millions of Meals

A. Menu Planning

The Area Agency on Aging shall ensure that:

1. Participants' comments on meals are routinely solicited and are considered when planning menus
2. Menus are planned based on recommendations contained in the current dietary guidelines
3. Menu items are evaluated to ensure their suitability to program operations.

B. Nutrient Content

The Area Agency on Aging shall ensure that:

1. Menus are certified by a registered dietitian to ensure that the meals provide one third or two thirds of the recommended dietary allowance for a male 51 years and older.

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Our county uses the ESHA Food Processor to conduct the nutrient analysis to make sure Dietary Reference Intake (DRI) guidelines are being met.

However . . .

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- ❖ Customer Satisfaction Surveys
- ❖ Menus that meet religious requirements or ethnic backgrounds.



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Million Hearts for Millions of Meals

Prepared/Processed vs. Fresh Cooked Foods

RD/DTRs noted that the sodium content of menu items are higher than the menu items that have been manually added in the ESHA database.

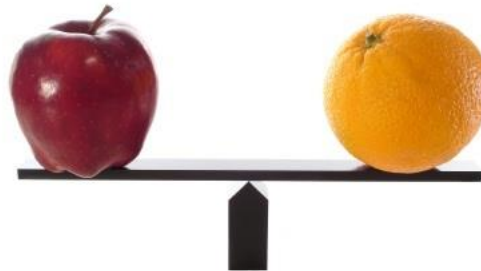
There was a 50% reduction in the sodium content of the menus when the agency standardized recipes were used



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If a menu item is high in sodium, we will recommend that the rest of the menu items for the day are “fresh cooked food” items vs. processed food.

For example: fresh fruit for dessert or made of fresh fruit



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Communicate with you State Unit on Aging

- ☐ Guidance and ideas on what other counties are doing

Work with agency providers on menu development

- ☐ Focus on one menu at a time

Working Together is Success

Henry Ford

Million Hearts for Millions of Meals

And Let's Not Forget . .

Our Seniors



Nutrition Education - Educating our seniors on the new regulations and the reasons for menu changes.

Million Hearts for Millions of Meals

More Questions??

Contact information

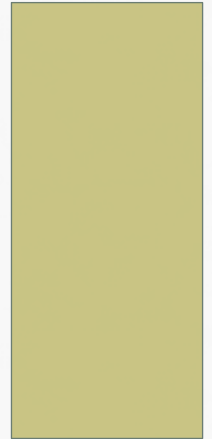
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DEVELOPING DIETARY GUIDANCE FOR OLDER AMERICANS ACT NUTRITION SERVICES

BARBARA ESTRADA MS RD
NUTRITION CONSULTANT
CALIFORNIA DEPARTMENT OF AGING



DIETARY GUIDELINES FOR AMERICANS

- Good Nutrition decreases risk of chronic disease and saves health care dollars.
- The Dietary Guidelines for Americans (DGA) establish the scientific and policy basis for all federal nutrition food assistance programs.
- Provide information for making food choices that promote health and prevent disease.
- <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

ACTION STEPS FOR ALL AMERICANS

- Balance calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium, saturated fats, *trans* fats, cholesterol, added sugars, and refined grains

THE DIETARY REFERENCE INTAKES

Dietary Reference Intakes for Calcium and Vitamin D - For Adults

Life Stage Group	Calcium			Vitamin D		
	Estimated Average Requirement (mg/day)	Recommended Dietary Allowance (mg/day)	Upper Level Intake (mg/day)	Estimated Average Requirement (IU/day)	Recommended Dietary Allowance (IU/day)	Upper Level Intake (IU/day)
19-30 years old	800	1,000	2,500	400	600	4,000
31-50 years old	800	1,000	2,500	400	600	4,000
51-70 year old	800	1,000	2,000	400	600	4,000
51-70 year old females	1,000	1,200	2,000	400	600	4,000
71+ years old	1,000	1,200	2,000	400	800	4,000

2010 INSTITUTE OF MEDICINE

OF THE NATIONAL ACADEMIES

Advising the nation • Improving health

WHAT ARE THE HEALTH ISSUES OF OLDER ADULTS IN YOUR STATE?

- Leading causes of Death in California
 - Heart Disease
 - Cancer
 - Stroke
- The California Department of Aging incorporates the key nutrient recommendations from the DGAs and DRIs that impact older Californians' health status into ENP menu planning guidance.
- Use the AGID database!
 - <http://www.agid.acl.gov/>

SODIUM

- Dietary Guidelines for Americans Recommends: Those who are 51 and older, African American or have hypertension, diabetes, or chronic kidney disease reduce their sodium intake to 1500 milligrams per day.
- CDA recommended a liberalized sodium content for meals based on the information from the 2009 National Survey of OAA participants, the data indicated that the ENP meal provides 40-50 percent of the participant's daily intake for more than half of the participants. (AGID database survey questions)

REDUCING SODIUM IN THE MENU PLAN

- Menu planners should take steps to reduce the levels of sodium in meals over time:
 - Focus on a stepwise reduction of sodium over time
 - Set a goal to reduce sodium content of meals each year.
 - Example goal: The local OAA Nutrition Program will reduce the sodium level of the meals by 5 percent over the fiscal year or
 - Example goal: The local OAA Nutrition Program will provide not more than two high sodium meals per month
 - Document the decrease of sodium content of meals over time

REDUCING SODIUM IN THE MENU PLAN

- Target 500-750mg per meal
- Reduce levels of sodium in meals over time.
- Place potassium rich foods on the menu
- Provide nutrition education on the health impact of sodium intake on older adults
- Place an icon denoting a high sodium meal on the menu

OTHER MENU PLANNING CONSIDERATIONS

- Prepare foods without adding salt in the cooking process
- Take salt out of the kitchen and place it on the tables
- Use herbal seasoning to replace salt
- Encourage using oil and vinegar as the preferred salad dressing
 - Provide at least one low-sodium salad dressing option
- Establish policies and procedures for purchasing healthful foods that incorporate the DGA's sodium recommendations
- ENP's can participate in transforming the food service industry by creating a demand for products that are lower in sodium and working with food purveyors to purchase lower sodium foods.

GOALS FOR THE OAA NUTRITION PROGRAMS

- Maintain the health and reduce the risk of chronic disease of older adult participants
- Complete good nutrition analysis including sodium levels
- Increase the demand for low-sodium products

QUESTIONS?



TASTING SUCCESS WITH CUTTING SALT

Deanne Brandstetter, MBA, RDN, CDN
Vice President, Nutrition & Wellness
Compass Group

Why sodium? Why now?

NYC Health Department
Announces Proposed Targets
for **Voluntary Salt Reduction**
in Packaged and Restaurant
Foods

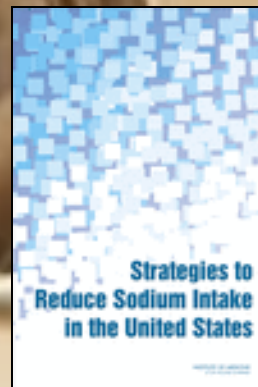
Institute of Medicine releases
“**Strategies to Reduce
Sodium Intake in the United
States**” Report

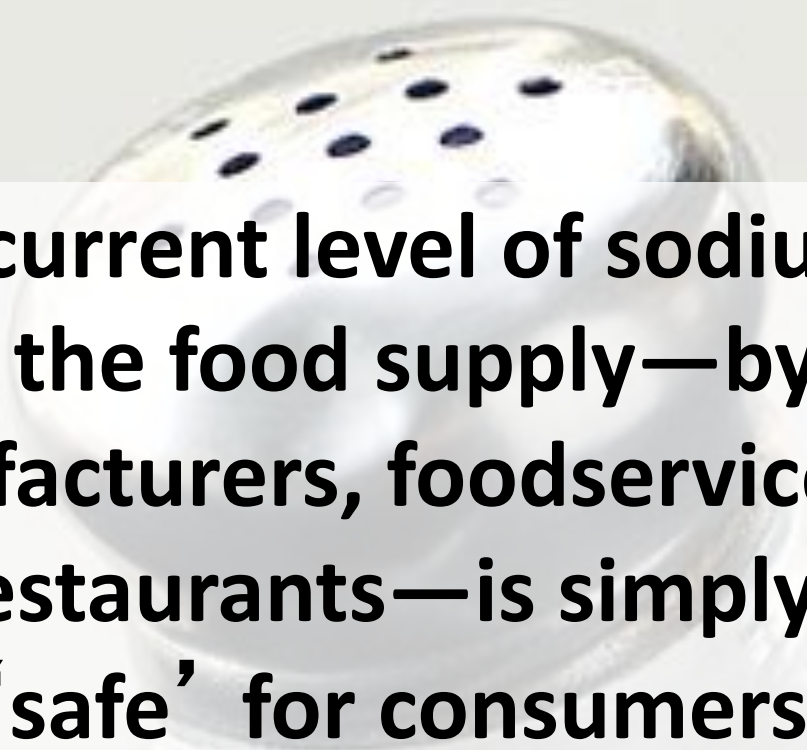
2010 Dietary Guidelines Advisory
Committee Report is released
recommending **reducing the
upper limit for sodium intake
from 2,300 to 1,500 mg/day.**
**2015 recommendations expected
to be 1500 mg.**

January 2010

April 2010

June 2010





“The current level of sodium added to the food supply—by food manufacturers, foodservice operators, and restaurants—is simply too high to be ‘safe’ for consumers given the chronic disease risks associated with sodium intake for all population segments.”

Institute of Medicine of the National Academies of Science

“Strategies to Reduce Sodium Intake in the United States” Report

Available at <http://www.iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx>

Recommended Upper Limits

Based on the 2005 Dietary Guidelines for Americans

	General Population	High Risk Individuals*
Percent of U.S. Population	31%	69%
Sodium	2,300 mg	1,500 mg

High Risk Individuals include:

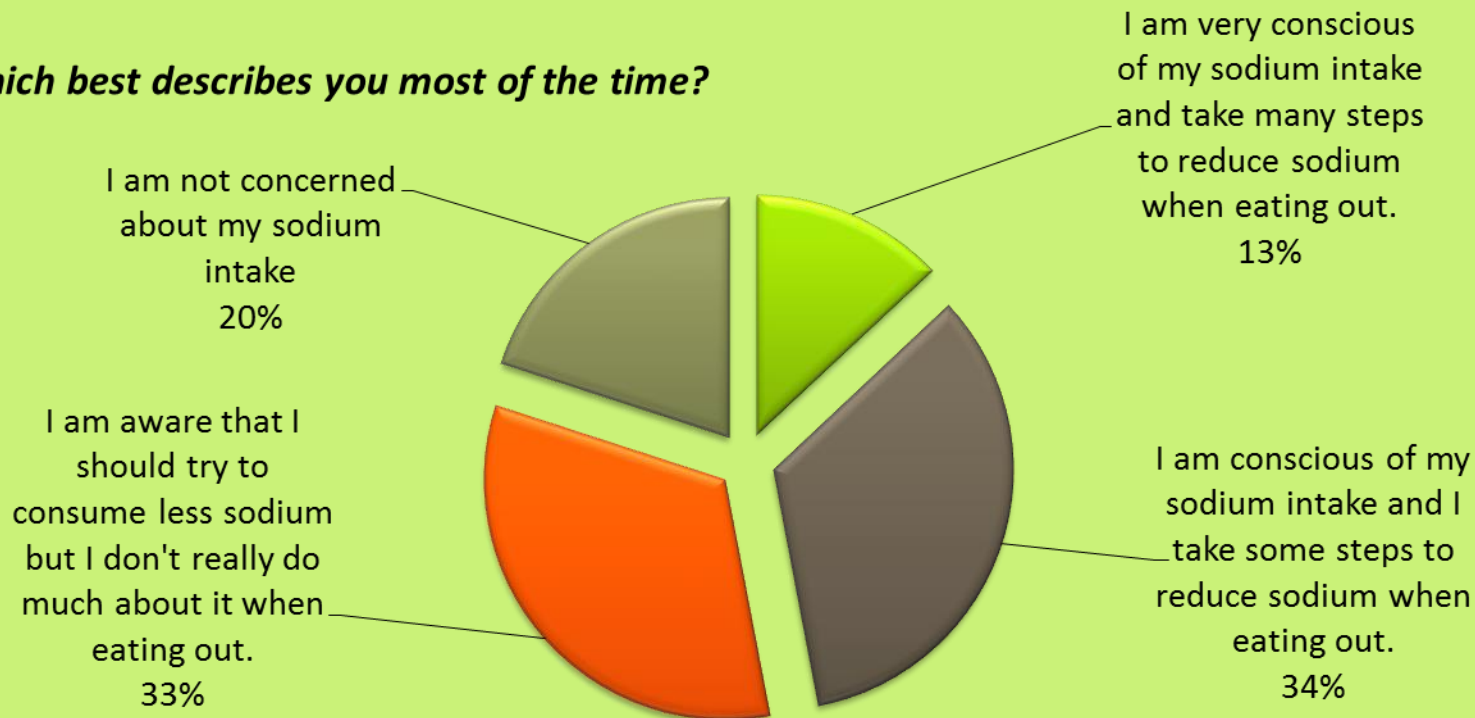
- African Americans
 - Anyone over 65
 - Anyone with high blood pressure
 - Anyone with kidney disease
- (69% of U.S. population)
- (31% of U.S. population)

2010 Dietary Guidelines Advisory
Committee Report recommends
**1,500 mg for entire
population**

What do consumers think?

- **Though a majority are aware or know they should be, just under half take at least some steps to watch sodium when eating out. Another 53% take no action or say they are not concerned.**

Which best describes you most of the time?



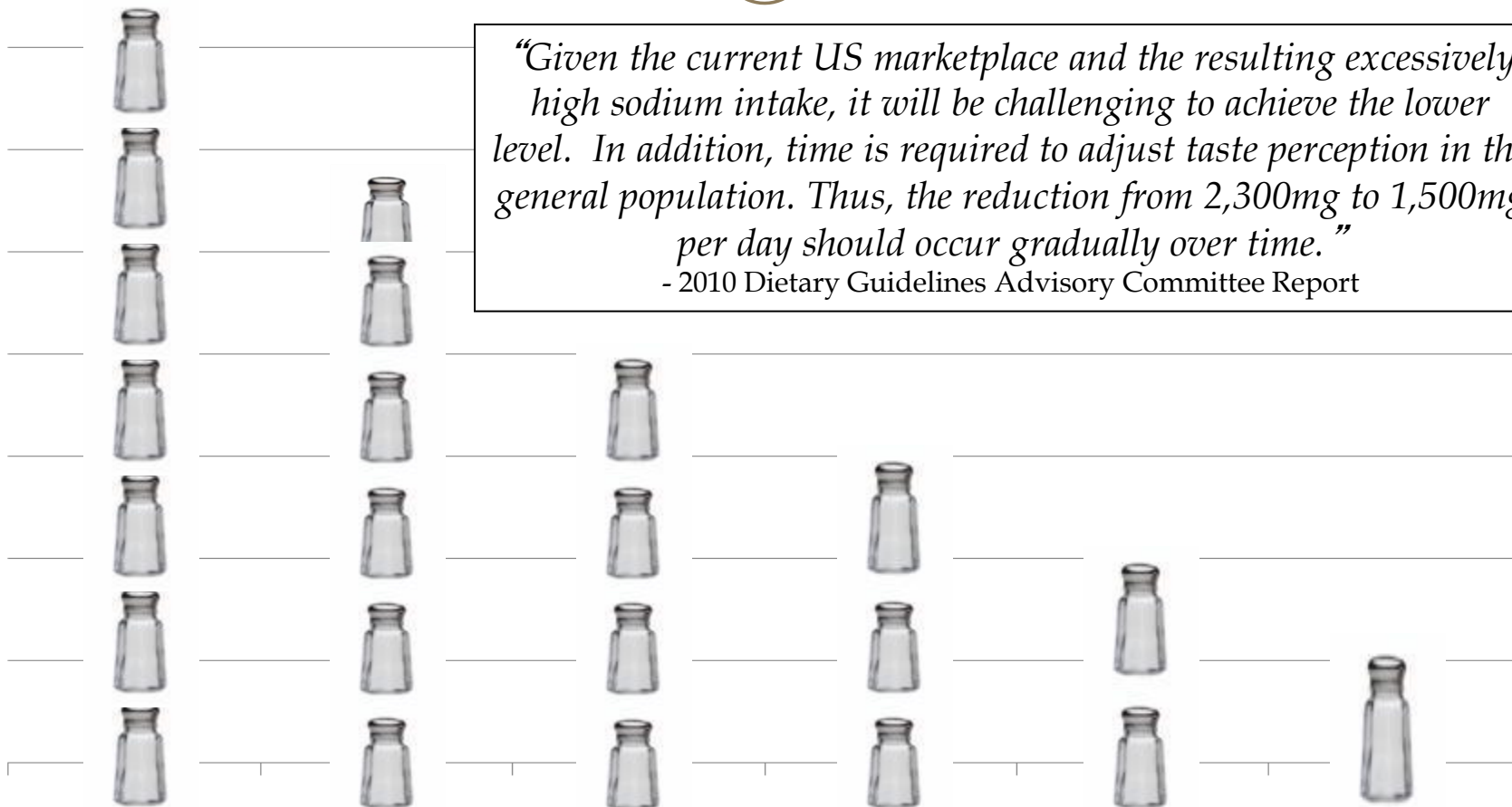
Q24) Which best describes you most of the time (Select One)

Sodium Reduction: What's the best approach?



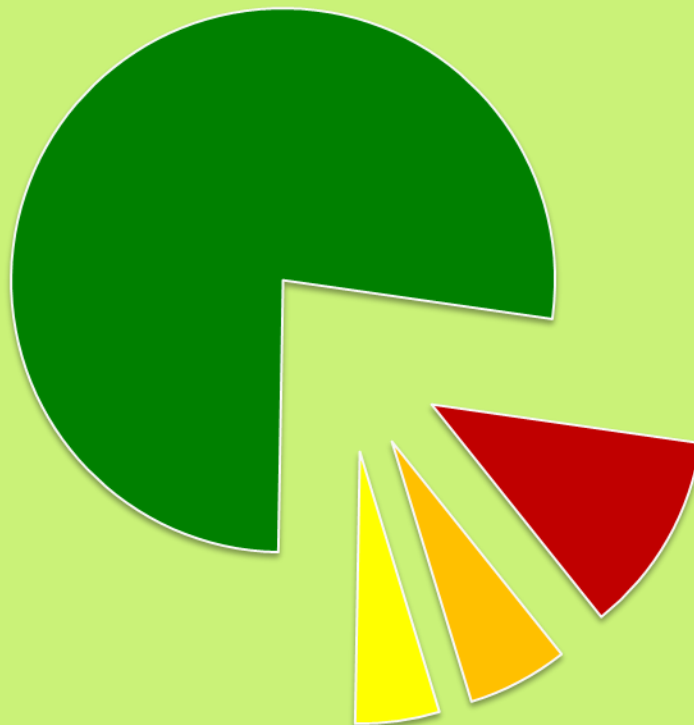
"Given the current US marketplace and the resulting excessively high sodium intake, it will be challenging to achieve the lower level. In addition, time is required to adjust taste perception in the general population. Thus, the reduction from 2,300mg to 1,500mg per day should occur gradually over time."

- 2010 Dietary Guidelines Advisory Committee Report



**Healthy Menus
R&D Collaborative**
Delicious Solutions for Changing Appetites

Sources of Sodium in the Average American Diet



SOURCE: Mattes RD, Donnelly D. Relative contributions of dietary sodium sources.
J Am Coll Nutr. 1991 Aug;10(4):383-93.

The BIG 3: Bread, Meat, Cheese



The BIG 3: Bread, Meat, Cheese





sodium reduction strategies

012

Purchasing the Right Ingredients

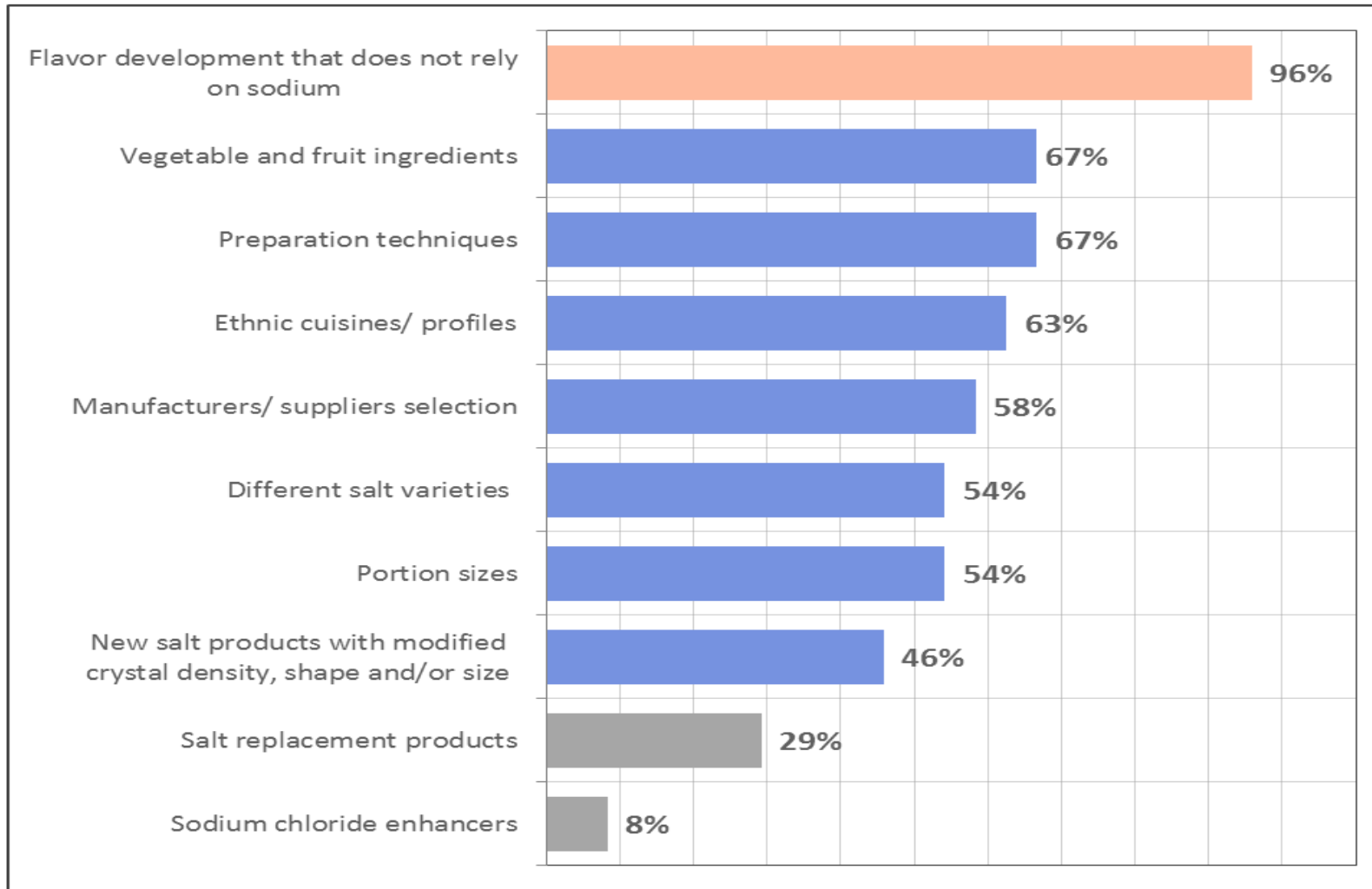


- *“It ’s not only about what we do, but about what we buy.”*
- *“The very first step we took was to look at our entire menu, ingredient by and ingredient, and see where the biggest sodium offenders were – and then began to work with the suppliers of those ingredients to get processed foods with less sodium.*
- *“It ’s not enough to have them reduce the sodium, such as in canned tomatoes, we needed better tomatoes, farmed for flavor, canned without the bitter skin and seeds.”*



**Healthy Menus
R&D Collaborative**
Delicious Solutions for Changing Appetites

Flavor development beyond adding sodium will be the primary tool in sodium reduction strategies.



The Culinary Institute of America Healthy Menus R&D Collaborative

Member Advice on Food & Flavor

- *“Employ flavor-building culinary techniques and ideas from various world cuisines.”*
- *“Use the best-quality, high flavor produce available.”*
- *“Use spices, herbs, and other aromatics and a host of healthy sauces & seasonings.”*
- *“Use flavor pairings that heighten and enhance the flavor experience.”*



Healthy Menus
R&D Collaborative
Delicious Solutions for Changing Appetites

Culinary Strategies for Reducing Sodium and Enhancing Flavor



- Avoid aggregating multiple high sodium foods into one dish.
- Work on the build. Bring in other flavors/products/technique to diminish total sodium.
- As the Nation is weaned from the excessive taste for salt, “entertain the palate.”
- Coax out umami to create “deliciousness” with less sodium.



Healthy Menus
R&D Collaborative
Delicious Solutions for Changing Appetites

Member Success Stories

- Most are employing a “stealth health” approach to sodium reduction and balancing flavors
- Shared Goal: Reducing sodium with no change or minimal change to consumer food experiences or choices.
- Member Voice: *“You can’t talk about what it doesn’t have; you must talk about what it does have.”*



Case Study: American Hero

750 calories, 1450 mg sodium



Evaluate Sources of Sodium

bread 500mg, meats 500mg cheese 275

Portion Size & Plate Composition

Ingredient Sourcing

deli turkey & ham vs house roasted/ reduced sodium
alternate bread

Use of Produce

substitute additional vegetables for some of the meat

Flavor

Questions?