HEALTHY WORKS: SODIUM REDUCTION INITIATIVE

County of San Diego HHSA

an initiative of

LIVE WELL SAN DIEGO
BACKGROUND

Sodium Reduction Initiative builds on other County of San Diego efforts supporting nutrition, including:

- Adoption of a healthy vending policy
- Implementation of a policy to support lactation
- Adoption of *Live Well San Diego*, the long-term initiative to achieve the vision of healthy, safe, and thriving communities
- Policy, systems and environmental changes implemented through CDC-funded projects, including the *Healthy Works: Prevention Initiative*
POLL QUESTION #2

Has your organization adopted nutrition standards that include sodium limits?

a. Yes
b. No
c. In progress
d. I don’t know
e. Not applicable
f. Other

If Other, please submit your answer:
SODIUM REDUCTION STRATEGY

Congregate Meals
- Senior Nutrition Program
- Detention Facilities
- Psychiatric Center

County Worksite Cafeteria
PROGRAM INTERVENTIONS

- Assessment and Action Planning
- Menu/meal/product modifications
- Increasing fresh fruits and vegetables
- Strategies to enhance selection of lower sodium food
- Changes in procurement
- Incorporating sodium limits in new nutrition standards
CHALLENGES AND OPPORTUNITIES

Challenges

- Access to lower-sodium items from current distributors
- Cost of substituting lower-sodium items
- Acceptability of lower-sodium items to consumers
- Staff time and staff training for lower-sodium techniques
- Monitoring and sustaining changes over time
POLLS QUESTION #3

What are the top TWO challenges faced by your organization or its partners in reducing sodium?

a. Equipment needs
b. Labor costs
c. Price of lower sodium products
d. Availability of lower sodium products
e. Customer preferences
f. Support from management
g. Not applicable
h. Other

If Other, please submit your answer:
Opportunities

- Ability to share best practices between venues
- Incorporating sodium limits into nutrition standards
- Incorporating sodium limits into Requests for Proposal and contracting
RESULTS AT MIDPOINT

Congregate Meals

- Senior Nutrition Program
- Detention Facilities
- Psychiatric Center

County Worksite Cafeteria
CONTACT

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