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本周的美国疾病控制与预防中心《合理用盐电子报》包括减钠的新方法与政策简介。

**分享成功经验：利用承包合同在政府食品行业中减钠**

洛杉矶公共卫生局（LACDPH）自2010年起参与[CDC社区减钠项目](http://www.cdc.gov/dhdsp/programs/sodium_reduction.htm)。该县与提供或出售食品的公共与私营机构进行合作，以改变食品行业环境，为10余万员工与社区成员提供更健康的低钠食品。最近，在实行健康营养标准后，卫生局对县里最大的自动售货机承包商提供的食品进行减钠评估。分析结果显示，自动售货机中每包食品的平均钠含量在实行该标准后的前八个月中减少了30%，预计未来还会继续降低。[[阅读与分享CDC成功经验。](http://www.cdc.gov/salt/pdfs/success-story-lacounty.pdf)](http://www.cdc.gov/salt/pdfs/success-story-lacounty.pdf)

**探索减钠项目的有效性，为低收入家庭提供解决减钠问题的方法**

南卡罗来纳大学营养与健康差异研究中心最近发布了与钠相关的文献综述成果，作为政策与实践简报系列的一部分。简报主要内容集中在营养与健康差异上，特别是减钠教育与影响儿童钠摄入的饮食习惯之间的关系，尤其是我们发现在低收入人群的家庭饮食中盐用量增加，整体钠含量超标。简报还讨论了饮食调整方法的结合，包括增加低钠食品的摄入量，例如新鲜水果与蔬菜，减少包装食品的消费，在家中做饭时多用各种调味料代替精制食盐，这些都可以作为减少这类人群整体钠含量的有效策略。[[阅读政策简介。](http://www.sc.edu/nutrition/policy.shtml)](http://www.sc.edu/nutrition/policy.shtml)

感谢您一直以来对减盐活动的支持。

请注意：

本简讯英文版由美国疾病预防控制中心发布，中文版由骄阳翻译公司翻译，如有歧义，请以英文版本为准。

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Hello –

This week’s CDC Salt e-Update includes a new resource and a policy brief related to sodium reduction.

**Sharing Success: Using Contracts to Reduce Sodium in Government Food Environments**

The Los Angeles County Department of Public Health (LACDPH) has participated in [CDC’s Sodium Reduction in Communities Program](http://www.cdc.gov/dhdsp/programs/sodium_reduction.htm) since 2010. The County has been working with public and private institutions that serve or sell food to change their food environments to include healthier, lower sodium options for more than 100,000 employees and community members. More recently, the public health department has evaluated sodium reduction of the foods provided by the county’s largest vending machine contract after implementation of healthy nutrition standards. Analyses show the average sodium per packaged snack in vending machines has been reduced by 30% within the first 8 months after implementation and additional reductions are anticipated for the future.

[Read and share the CDC Success Story.](http://www.cdc.gov/salt/pdfs/success-story-lacounty.pdf)

**Exploring the Effectiveness of Programs and Messages Addressing Sodium Reduction for Low-Income Parents and Children**

The University of South Carolina's Center for Research in Nutrition and Health Disparities recently published the results of a sodium-related literature review as part of the Policy and Practice Brief series. The brief is centered on nutrition and health disparities, specifically the relation of sodium reduction education and dietary behaviors affecting sodium intake in children, specifically in low-income populations, who were found to have increased use of added salt and greater overall sodium content in home food inventories. The brief discusses a combination of dietary modifications, including increased intake of low-sodium foods such as fresh fruits and vegetables, decreased consumption of packaged foods and increased preparation of meals at home using various spices to replace table salt, as effective strategies in reducing overall sodium consumption in this population.

[Read the policy brief.](http://www.sc.edu/nutrition/policy.shtml)

Thank you for your continued engagement in sodium reduction.

*We are sending this information in an effort to inform our stakeholders of relevant sodium reduction efforts that are occurring. The purpose of this communication is to provide continued follow up with stakeholders and create a network of partners working on and interested in sodium reduction. The Salt e-Update will be sent every two weeks. For questions or comments, or to be added or removed from this communication, contact Hadley Hickner (**xxm5@cdc.gov**)*

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