

4月10日

大家好-

本周的《美国疾控中心减盐电子报》(CDC Salt e-Update)内容包含有：一项包装食品钠含量的最新研究，一篇对估算人口钠排泄的方法进行评估的方法论研究文章，以及一个讨论如何在减盐行动中将公众健康与食品服务运营商联系起来的网络研讨会的相关信息。

**美国的包装食品不符合食品及药物管理局(FDA)对于钠含量设定的“健康”标准**

近期，美国疾控中心(CDC)的一项研究对在全美售卖的包装食品的钠含量的地区性差异进行了调查。研究人员选取了美国9个人口普查区域划分中的3个区域，将这些区域食杂店中售卖的包装食品的营养和销售数据结合起来进行分析。结果显示，在所有这3个区域中，被分析的食品仅有不到一半达到食品及药物管理局对“健康”食物设定的每份食品钠含量标准（标准为：每份餐食含钠少于600毫克，每种食品单独含钠小于480毫克）。调查结果没有发现包装食品钠含量有明显的地区性差异。

[阅读该篇文章。](http://www.cdc.gov/pcd/issues/2015/14_0500.htm)

**估算人口钠摄入量的新方法**

美国疾病预防控制中心和国家卫生研究院(NIH)的研究人员开发了一种统计方法，通过使用校准过的全程钠检测手段来估算人群的通常24小时钠排泄数据。这种统计方法能够解释为何钠排泄数据存在日常变化和测量误差之间存在的协方差。使用这种统计方法能够得出精确到1%的估算数据，且在从低到高的钠分布中均显示出偏离率较小的优点。这表明，使用两空档（two-void ）组合标本来评估膳食钠摄入过量的人口比例这一做法是可行的，结果也是可靠的。这种统计方法或许可以为用来监测健康年轻人群钠摄入量的24小时收集法提供一种低负担、低成本的替代方法。

[阅读发表在《营养学杂志》( Journal of Nutrition)上的全文。](http://jn.nutrition.org/content/early/2015/04/01/jn.114.206250.full.pdf%2Bhtml)

**将公众健康与食品服务运营商联系起来：改变美国人的饮食方式**

美国疾病预防控制中心和国家公共卫生机构网(National Network of Public Health Institute)与美国厨艺学院(Culinary Institute of America)携手,举行了系列网络论坛的第三场活动。这一系列网络论坛旨在通过与大型食品服务供应商及独立餐馆合作，以期改善食品的营养，并降低钠含量。昨天的论坛涉及了一些食品服务术语；重点讨论了具体标准，如何进行操作测量，以及跟踪食品的使用比率等问题；并描述了如何对食物配方进行改进、减少食品服务中总体钠使用量从而让食品更健康的具体措施。

该网络论坛的资料存档于：[Dialogue4Health website](http://www.dialogue4health.org/web-forums/detail/changing-the-way-america-eats).

前两期论坛的主题分别为：“[将公众健康与食品服务运营商联系起来：减钠的战术措施”](http://www.dialogue4health.org/web-forums/detail/tactical-steps-to-sodium-reduction)， [“减少食品用钠，保留食品口味：从食品服务提供商开始”](http://www.dialogue4health.org/web-forums/detail/reduce-the-salt-keep-the-flavor)。这两期论坛的资料也可以在回溯资料中找到。

感谢您对减少钠摄入长期以来的关注和支持！

请注意：

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April 10

Hello –

This week’s CDC Salt e-Update includes a recent study examining sodium content of packaged foods, a methodology research article assessing an approach for estimating population sodium excretion, and a webinar featuring strategies to connect public health to food service operators in sodium reduction efforts.

**Packaged Foods Across the US Do Not Meet FDA’s “Healthy” Sodium Conditions**

A recent CDC study investigated regional differences in the sodium content of packaged foods sold in the United States.  Researchers combined nutrition and sales data of packaged foods from grocery stores in 3 of the 9 U.S. census divisions. Results showed that, in all three divisions, less than half of the analyzed foods met the FDA’s sodium-per-serving requirements for a “healthy” food (i.e., <600 mg of sodium/serving for meals and <480 mg/serving for individual foods). No clear pattern by region was identified.

[Read the article.](http://www.cdc.gov/pcd/issues/2015/14_0500.htm)

**A New Approach to Estimating Population Sodium Intake**

CDC and NIH researchers developed a statistical approach to estimate the population usual 24-h sodium excretion using calibrated timed-void sodium to account for day-to-day variation and covariance between measurement errors. Results produced percentile estimates with relatively low biases across the low-to-high sodium distribution and indicate feasibility and reliability when using two-void combination specimens to assess the proportion of the population with excess dietary sodium intake. This may provide a low-burden, low-cost alternative to 24-h collections in monitoring population sodium intake among healthy young adults.

[Read the full article, published in the Journal of Nutrition.](http://jn.nutrition.org/content/early/2015/04/01/jn.114.206250.full.pdf%2Bhtml)

**Connecting Public Health and Food Service Operators: Changing the Way America Eats**

CDC and National Network of Public Health Institutes, in collaboration with the Culinary Institute of America, held the third event in a series of web forums focusing on working with large food service providers and independent restaurants to improve nutrition and reduce sodium. Yesterday’s forum covered some food service terminology; highlighted benchmarking, operational measurements, and tracking usage ratios of foods; and described the implementation of specific, healthy menu changes to reduce overall sodium in food service settings.

The web forum is archived on the [Dialogue4Health website](http://www.dialogue4health.org/web-forums/detail/changing-the-way-america-eats).

The first two forums, [Connecting Public Health and Food Service Operators: Tactical Steps to Sodium Reduction](http://www.dialogue4health.org/web-forums/detail/tactical-steps-to-sodium-reduction) and [Reduce the Salt, Keep the Flavor: Getting Started with Food Service Providers](http://www.dialogue4health.org/web-forums/detail/reduce-the-salt-keep-the-flavor) can also be found in the archives.

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 at* *HHickner@cdc.gov**.*

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