

**2014年1月17日**

大家好！

本周美国疾病预防控制中心《减盐电子周刊》包括一些新的减钠相关的研究。

**儿童与成人均过量摄入钠**

发表在《发病率和死亡率周报》（Morbidity and Mortality Weekly Report ， 简称MMWR）的一项最新研究发现，美国民众的钠摄入量在2003年至2010年间变化很少：大约80%的1至3岁儿童和超过90%的3岁以上儿童和成人的钠摄入量过高。这项研究的作者对2003至2010年的全国健康和营养调查中的数据进行了分析，涉及到34916名年龄在一岁及以上调查参与者。 2007年至2010年间，钠摄入过量的情况在不同的年龄组相比有所变化，1到3岁的儿童为79.1%，19到50岁年龄段的人为95.4%。过量的钠摄入会增加患高血压的风险。

这项名为《膳食钠过量摄入的趋势——美国2003年至2010年》的研究结果可以通过以下网址查看：<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6250a1.htm>；你也可以通过以下网址收听播客“请减盐（Pass on the Salt）”：<http://www2c.cdc.gov/podcasts/player.asp?f=8630777>

**运用采购策略降低钠摄入量**

2013年12月16日，美国疾病预防控制中心和州区卫生官员协会共同举办了一次网络研讨会，名为“食盐与你所在的州：通过采购策略降低钠摄入量”。研讨会集中讨论了下列问题：

* 马萨诸塞州的卫生部门和莫里森保健食品服务公司（Morrison Healthcare Food Services）执行并评价了第509号行政命令，该命令为州政府采购和供应食品设立了标准。
* 阿肯色州的卫生部门针对州立机构工作人员推行了健康食品策略。
* 华盛顿州的卫生部门制定了新的营养大纲，该大纲由州立机构13-06号行政命令强制执行。

网络研讨会可登陆以下网址查看：<https://cc.readytalk.com/cc/playback/Playback.do?id=aj1b79>查阅更多州区卫生官员协会在降低钠摄入量方面的相关工作信息，请登录：<http://www.astho.org/Programs/Prevention/Obesity-and-Wellness/Sodium-Reduction/>.

**社区降低钠摄入量的成功案例**

通过加州公共卫生部，沙斯塔县卫生与人类服务部与独立餐馆合作，一起降低钠摄入量。通过与健康儿童选择项目（Healthy Kids Choice ， 简称HKC）的合作，8家餐馆志愿为儿童提供和推广健康食品。在合作启动之前，33个该项目的食品含钠均低于770毫克（即该项目的钠含量标准），而且其中15种食品因为参与该项目，将钠含量进一步降低。更多信息请登录：<http://www.cdc.gov/salt/pdfs/success_story_shasta_ca.pdf>

与此相关，阿肯色州的卫生与环境部门以及肖尼县卫生署还协助托皮卡市动物园开发和推广健康食品。通过与注册营养师的合作，动物园员工用低钠含量食品替代了一些高钠含量食品，并开始制作其他更健康的食品，包括增加蔬菜种类，将三种最畅销三明治的钠含量平均降低45%（440毫克）。更多信息请登录：<http://www.cdc.gov/salt/pdfs/success_story_ks.pdf>

其他业界实践案例可登录以下网址查阅：<http://www.cdc.gov/salt/resources.htm>

感谢您一直以来对减钠工作的支持！

请注意：

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Hello –

This week’s CDC Salt e-Update includes new sodium research and resources related to sodium reduction.

**Excess Sodium Intake Among Children and Adults**

A recent study published in *Morbidity and Mortality Weekly Report* (*MMWR*) found that U.S. sodium intake changed very little from 2003 – 2010: About eight in 10 children aged 1 – 3 years and more than nine of 10 older children and adults consume too much sodium, according to the study. Study authors analyzed 2003 – 2010 National Health and Nutrition Examination Survey (NHANES) data from 34,916 participants aged one year and older. In 2007 – 2010, excess sodium intake varied depending on age group, ranging from 79.1% for 1 – 3 year olds to 95.4% for 19 – 50 year olds.  Excess sodium intake can increase the risk of high blood pressure.

The study, “Trends in the Prevalence of Excess Dietary Sodium Intake — United States, 2003–2010” may be found here: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6250a1.htm>. A related podcast, “Pass on the Salt” may be found here: <http://www2c.cdc.gov/podcasts/player.asp?f=8630777>.

**Sodium Reduction through Procurement Strategies**On December 16, 2013, CDC and the Association of State and Territorial Health Officials (ASTHO) co-hosted a webinar, “Salt and Your State Webinar: Sodium Reduction through Procurement Strategies”.  The webinar featured discussion by the following –

* The Massachusetts Department of Health and Morrison Healthcare Food Services related to implementation and evaluation of Executive Order 509, which created food standards for state agencies purchasing and serving food.
* The Arkansas Department of Health related to efforts in the state to expand healthy food strategies for employees at Arkansas state agencies.
* The Washington State Department of Health related to new nutrition guidelines mandated by Executive Order 13-06 for state agencies.

The webinar may be found here: <https://cc.readytalk.com/cc/playback/Playback.do?id=aj1b79> and more information about ASTHO’s sodium reduction work, here: <http://www.astho.org/Programs/Prevention/Obesity-and-Wellness/Sodium-Reduction/>.

**Community-level Sodium Reduction Success**  
Shasta County Health and Human Services, through the California Department of Public Health (CDPH), worked with independent restaurants on sodium reduction. Through a partnership with the Healthy Kids Choice (HKC) program, eight restaurants voluntarily offered and promoted healthier meals for children. Before the partnership began, 33 HKC meals contained <770 mg sodium (the HKC sodium standard), and 15 of these meals were reduced in sodium even further as a result of working with HKC. More information may be found here: <http://www.cdc.gov/salt/pdfs/success_story_shasta_ca.pdf>.

Related, the Kansas Department of Health and Environment (KDHE) and the Shawnee County Health Agency helped the Topeka Zoo develop and market healthier foods. By working with a registered dietitian, zoo staff replaced some menu items and began cooking others more healthfully, including increasing vegetable options and reducing the sodium content in three of the most popular sandwiches by 45% (440 mg) per sandwich, on average. More information may be found here: <http://www.cdc.gov/salt/pdfs/success_story_ks.pdf>.

Other “Practice Stories from the Field” may be found here: <http://www.cdc.gov/salt/resources.htm>.

Thank you for your continued engagement in sodium reduction.

Regards,

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(*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 Jessica Levings at* [*JLevings@cdc.gov*](mailto:JLevings@cdc.gov))*.*

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