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本周疾控中心《减盐电子周刊》内容包括关于全球减钠活动、餐厅营养信息资料和研究以及新的预防心血管病风险指南等信息。

**全球减钠活动**

澳大利亚利特高市（Lithgow）正在开展群众减盐活动，希望通过“食盐置换活动”降低全人群10%的钠摄入。“食盐置换活动”是一个社区为基础的减盐干预项目，可以为市民提供将普通食盐置换为钠含量降低70%的低钠盐的机会。这一举措也正在影响当地生产的加工食品。更多信息请见： [http://www.foodmag.com.au/news/salt-swap-initiative-launched-in-lithgow](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2ftranslate.google.com%2ftranslate%3fhl%3den%26prev%3d_t%26sl%3dauto%26tl%3dzh-CN%26u%3dhttp%3a%2f%2fwww.foodmag.com.au%2fnews%2fsalt-swap-initiative-launched-in-lithgow) 。

其它全球信息：阿根廷国会最近批准了一个减钠相关的法律。该法律为食品集团规定了食品的最高含盐量，并要求随时间推移逐步降低该标准。除其他事项外，该法律要求-

* 容器外包装上要有过高摄入食盐的风险警告标识。
* 每一份食品包装里的盐含量不超过0.5克。
* 餐厅菜单要包括关于过度使用盐的警告提示、限制使用盐瓶并提供低盐食品供顾客选择。

该法规请见： [http://www.diputados.gov.ar/proyectos/proyecto.jsp?id=139265](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2ftranslate.google.com%2ftranslate%3fhl%3den%26prev%3d_t%26sl%3dauto%26tl%3dzh-CN%26u%3dhttp%3a%2f%2fwww.diputados.gov.ar%2fproyectos%2fproyecto.jsp%253Fid%253D139265) （请注意，该法规是西班牙语）。

**餐厅营养新资料和菜单标签研究**

MenuStat是一个含66家连锁餐厅的营养信息的公共数据库，已由纽约市健康与心理卫生局公布。用户可以通过该数据库进行跨餐馆和食品类别比较历史和特定时间的菜品营养信息。也可以进行营养含量改变的长期评估，如三明治在2012年和2013年的钠含量的比较。MenuStat数据库可以在这里找到 [http://www.menustat.org/](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2ftranslate.google.com%2ftranslate%3fhl%3den%26prev%3d_t%26sl%3dauto%26tl%3dzh-CN%26u%3dhttp%3a%2f%2fwww.menustat.org%2f) 。   
  
另外还有新研究表明支持使用餐馆营养信息有助于鼓励消费者选择更有益健康的食品。这项新的研究题目为《全服务餐厅强制性菜单营养标签的顾客反馈》，研究发现在有菜单标签的餐厅就餐的顾客少摄入了224毫克钠，特别是那些报告说菜单标签影响了自己购买行为的顾客，他们整体更是少摄入了370毫克钠。这项研究发表在《美国预防医学杂志（AJPM）》，研究人员调查了来自有菜单营养标签的餐馆和没有菜单营养标签的餐馆的648顾客，并收集了他们的点菜明细收据。该研究请见： [http://www.sciencedirect.com/science/article/pii/S0749379713004947](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2ftranslate.google.com%2ftranslate%3fhl%3den%26prev%3d_t%26sl%3dauto%26tl%3dzh-CN%26u%3dhttp%3a%2f%2fwww.sciencedirect.com%2fscience%2farticle%2fpii%2fS0749379713004947) 。

**预防心血管病风险指南** 美国心脏病学会和美国心脏协会在美国心脏病学会杂志（JACC）和循环杂志（Circulation，一个美国心脏病协会杂志）上发布了新版预防心血管风险指南。其中和钠相关的部分在减少心血管病风险生活方式管理指南部分。做为对生活方式建议的一部分，指南建议成人每人每天钠摄入量不应超过2400毫克，进一步减少到不超过1500毫克则更为理想。这些建议适用于基层卫生保健医务人员、心血管病医生和其他从事心血管疾病预防工作的医务人员。

更多信息请见[http://circ.ahajournals.org/lookup/doi/10.1161/01.cir.0000437740.48606.d1](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fcirc.ahajournals.org%2flookup%2fdoi%2f10.1161%2f01.cir.0000437740.48606.d1) 。

谢谢您长期以来对减钠工作的支持。

请注意：

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(该信息为与减钠的相关伙伴机构和个人分享将正在进行的减钠活动信息。目的是为相关同仁提供持续更新的信息，并为对减钠工作感兴趣或致力于减钠工作的个人或机构创建一个合作网络。《减盐电子周刊》将每两周发布一期，如果你知道一些应该添加进来的人，或者你希望被从该通信人中删除，请联系蔡颖女士([caiy@cn.cdc.gov)](mailto:caiy@cn.cdc.gov)))。

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Hello –

This week’s CDC Salt e-Update includes information regarding global sodium reduction efforts, restaurant nutrition resources and research, and new cardiovascular disease risk reduction recommendations.

**Global Sodium Reduction Efforts**

Lithgow, Australia is working to reduce population sodium intake by 10% through the *Salt Swap* initiative, a community-based initiative offering the public a chance to swap their current salt shaker for a salt substitute with 70% less sodium compared to table salt. The initiative is also working to reformulate locally produced processed foods. More information may be found here: [http://www.georgeinstitute.org/media-releases/community-salt-swap-initiative-launches-in-lithgow](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.georgeinstitute.org%2fmedia-releases%2fcommunity-salt-swap-initiative-launches-in-lithgow) and, here: [http://www.foodmag.com.au/news/salt-swap-initiative-launched-in-lithgow](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.foodmag.com.au%2fnews%2fsalt-swap-initiative-launched-in-lithgow).

In other global news, the Parliament of Argentina recently approved a law related to sodium reduction. The law sets baseline maximum values for salt content for food groups, and requires gradual reductions in the maximum values over time. Among other things, the law requires –

 Containers of salt display warnings related to the risks of overconsumption.

 Single serving packets of salt contain no more than 0.5 grams of salt.

 Restaurant menus include information and warnings about excessive use of salt, limit salt shakers, and offer low salt options.

The law may be found here: [http://www.diputados.gov.ar/proyectos/proyecto.jsp?id=139265](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.diputados.gov.ar%2fproyectos%2fproyecto.jsp%3fid%3d139265) (please note the law is in Spanish).

**New Restaurant Nutrition Resource and Menu Labeling Study**

MenuStat, a public database containing restaurant nutrition data from 66 restaurant chains, has been released by the New York City Department of Health and Mental Hygiene. Users of the database can compare nutrition across restaurants and food categories through historical, date-stamped information. Changes in nutrition content can also be assessed over time, such as the sodium content of sandwiches in 2012 and 2013. The MenuStat database may be found here: [http://www.menustat.org/](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.menustat.org%2f).   
  
New research supports the usefulness of restaurant nutrition information in encouraging consumers to order more healthful meals. According to a new study, “Customer Responses to Mandatory Menu Labeling at Full-Service Restaurants” customers at restaurants offering menu labeling purchased 224 mg less sodium, and those reporting that nutrition information affected their order purchased 370 mg less sodium overall. The study, published in the *American Journal of Preventive Medicine (AJPM),* collected 648 customer surveys and transaction receipts from restaurant outlets with and without menu labeling. The *AJPM* study may be found here: [http://www.sciencedirect.com/science/article/pii/S0749379713004947](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.sciencedirect.com%2fscience%2farticle%2fpii%2fS0749379713004947).

**Cardiovascular Risk Prevention Guidelines**The American College of Cardiology and American Heart Associationhave published new cardiovascular risk prevention guidelines in *Circulation* and the *Journal of the American College of Cardiology* (*JACC).* Related to sodium, the Guideline for Lifestyle Management to Reduce Cardiovascular Risk includes sodium reduction as part of a package of lifestyle recommendations, and states that adults should consume no more than 2,400 mg sodium per day, and that a further reduction of sodium to no more than 1,500 mg per day is ideal. The recommendations are intended for primary care providers, cardiologists, and other health care providers working with patients on cardiovascular disease prevention.

More information may be found here: [http://www.cardiosource.org/science-and-quality/journal-scan/2013/11/2013-aha-acc-guideline-on-lifestyle-management.aspx](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fwww.cardiosource.org%2fscience-and-quality%2fjournal-scan%2f2013%2f11%2f2013-aha-acc-guideline-on-lifestyle-management.aspx) and, here: [http://circ.ahajournals.org/lookup/doi/10.1161/01.cir.0000437740.48606.d1](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=http%3a%2f%2fcirc.ahajournals.org%2flookup%2fdoi%2f10.1161%2f01.cir.0000437740.48606.d1).

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. If you know someone who you think should be added, or you would like to be removed from this communication, please let Jessica Levings (*[*JLevings@cdc.gov*](https://mail.cn.cdc.gov/owa/redir.aspx?C=LjAHLzZsxE2UdF1E-xMao5Lxx4_Dw9AIOeqP7mh6g-JRC3iB-yoAdPkaY2rioOpfX3rTRpfNuU0.&URL=mailto%3aJLevings%40cdc.gov)*) know)*.

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