

6月5日

大家好-

本周的美国疾控中心(CDC)《减盐电子周报》(Salt E-Update)包括新近的钠研究以及与减钠相关的其他资源。

**国际食品信息理事会(IFIC)调查发现，更多消费者在寻找低盐产品**

国际食品信息理事会最近发布了其针对大约1000名美国成年人所做的年度食品和健康调查报告。在钠摄入方面，调查结果表明：

* 大部分受访者（57%）报告说，他们通过比较食品营养标签上的钠含量信息来找到钠含量更低的产品，减少对高盐食品的依赖（65%）；跟2014年的调查结果相比，同时做上述两件事情的人略有增加。
* 人们选择食物时，钠在需要考虑的配料列表中排名第四位（前三位分别是全麦、糖和卡路里），而且想到这四种配料其中一样的人的比例相差无几（63-67%）。
* 钠是人们试图避免过多摄入的第二种食物配料，排名第一的是糖。

调查结果全文可以通过以下链接找到：<http://www.foodinsight.org/sites/default/files/2015-Food-and-Health-Survey-Full-Report.pdf>.

与此相关，在一项发表在《美国临床营养学杂志》（*American Journal of Clinical Nutrition*）的新研究中，研究人员按照加工程度和即食方便程度对购买食物的饱和脂肪,糖和钠含量进行了比较，发现在经过调整的家庭购买食物比例中，有超过10%的热量来自饱和脂肪、15%的热量来自糖,而高度加工食品 (60.4%)和即食食品 (27.1%)每2000卡路里中含钠达到2400毫克，这一数字和加工程度较低的食物(5.6%)或需要烹饪和制作的食物 (4.9%)相比，明显是过高了。

## 这项研究名为“美国家庭购买的食品的加工程度和方便程度是否与营养质量相关？”。该研究可通过以下链接找到:

<http://ajcn.nutrition.org/content/early/2015/05/06/ajcn.114.100925.full.pdf+html>.

**减钠主题的网络论坛即将举办**

## 主题为“理解钠科学，并付诸行动”的网络研讨会将于美国东部时间6月10日星期三下午 2:00-3:00举办。此次研讨会由美国心脏协会 （American Heart Association）、国家和领土卫生官员协会（Association of State and Territorial Health Officials）以及和市、县卫生董事协会共同主办，旨在对钠与健康方面的最新研究进行讨论，并为减钠指导方针的成功实施提供一个地方范例。如需更多有关研讨会的信息，包括研讨会的目标、发言者和注册方式，请登录以下网址，查看“活动专区”：<http://sodiumreductionleaders.heart.org/home> (请注意，您需要先注册会员才能浏览信息；会员注册是免费的).

## 与此相关，美国公共利益科学中心（Center for Science in the Public Interest）所做的一项新的分析表明，如果将钠摄入降低到2300毫克/天，将会使各州每年的卫生医疗成本均有较大节约空间，从怀俄明州每年可能节约3600万美元到加州每年可能节约24亿美元不等。

该分析报告题目为“减少钠盐:国家医疗成本节省分析”。该报告可以在这里找到:<http://cspinet.org/new/pdf/Sodium%20Report%20Final%205%2020%2015.pdf>.

**美国农业部（USDA）牵头发起减少钠摄入的倡议活动**

## 美国农业部(USDA)最近牵头发起了一项名为“为啥要加盐？用更少的钠改进食物口味的创意方法”的协作减钠倡议活动。该倡议旨在通过找到有创意的能够改进食物口味的方法，从而支持减少学校膳食中钠含量的行动。该倡议活动的网站为学校营养专家、学校管理人员、教师和学校员工提供了相关资源。网站链接：<http://healthymeals.nal.usda.gov/whatsshaking>.倡议活动的合作机构名单可通过以下链接查看：[http://blogs.usda.gov/2015/05/21/usda-partners-seek-creative-ways-to-boost-flavor-with-less-sodium-for-our-students/#more-58571](http://blogs.usda.gov/2015/05/21/usda-partners-seek-creative-ways-to-boost-flavor-with-less-sodium-for-our-students/" \l "more-58571).

感谢您对减少钠摄入长期以来的关注和支持！

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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 includesnew sodium research and resources related to sodium reduction.

**More Consumers Looking for Lower Sodium Products, IFIC Survey Finds**

The International Food Information Council (IFIC) recently released its annual food and health survey of approximately 1,000 U.S. adults. Related to sodium, findings indicate –

         A majority of respondents (57%) report comparing sodium labels on foods to find lower sodium products, and cutting back on high-salt foods (65%); slightly more people began doing both of these things in the past year compared to the 2014 survey.

         Sodium is the 4th ingredient people consider when they make food choices (following whole grains, sugars, and calories) and the percentages of people who consider any of these 4 things is similar (63-67%).

         Sodium is the 2nd ingredient people try to avoid, following sugars.

The full results may be found here: <http://www.foodinsight.org/sites/default/files/2015-Food-and-Health-Survey-Full-Report.pdf>.

Related, a new study published in the *American Journal of Clinical Nutrition*compared the saturated fat, sugar, and sodium content of food purchases by degree of processing and convenience and found that the adjusted proportion of household food purchases exceeding 10% of calories from saturated fat, 15% of calories from sugar, and 2,400 mg of sodium per 2,000 calories was significantly higher for highly processed (60.4%) and ready-to-eat (27.1%) food purchases compared to less-processed foods (5.6%) or foods requiring cooking or preparation (4.9%).

The study entitled, “Is the degree of food processing and convenience linked with the nutritional quality of foods purchased by US households?” may be found here: <http://ajcn.nutrition.org/content/early/2015/05/06/ajcn.114.100925.full.pdf+html>.

## **Upcoming Webinar on Sodium Reduction** An upcoming webinar entitled, “Making Sense of the Sodium Science and Translation to Practice” will take place on Wednesday, June 10, from 2:00-3:00PM ET. The American Heart Association, the Association of State and Territorial Health Officials, and the National Association of City and County Health Directors will host the webinar which will address recent research on sodium and health while providing a state and local example of successful implementation of sodium reduction guidelines. More information about the webinar including objectives, speakers, and registration, may be found on the events section, here: <http://sodiumreductionleaders.heart.org/home> (please note you must be a member to view the information; membership registration is free).

## Related, a new analysis by the Center for Science in the Public Interest found potential annual savings ranging from $36 million for Wyoming to $2.4 billion for California when assessing state-by-state health care cost savings potentially achieved by reducing sodium to 2,300 mg/day.

The report entitled, “Reducing Sodium: A Look at State Savings in Health Care Costs“ may be found here: <http://cspinet.org/new/pdf/Sodium%20Report%20Final%205%2020%2015.pdf>.

## **USDA Collaborative Sodium Reduction Initiative** The U.S. Department of Agriculture (USDA) recently launched a collaborative sodium reduction initiative called, "What’s Shaking? Creative Ways to Boost Flavor with Less Sodium". The initiative aims to support sodium reduction in school meals by finding creative ways to boost flavor and maximize taste. The initiative's website offers resources aimed at school nutrition professionals, school administrators, teachers and school staff, and may be found here: <http://healthymeals.nal.usda.gov/whatsshaking>. The initiative’s partners are listed here: <http://blogs.usda.gov/2015/05/21/usda-partners-seek-creative-ways-to-boost-flavor-with-less-sodium-for-our-students/#more-58571>.

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*](mailto:HHickner@cdc.gov)*.*

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