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《减盐资讯》汇总自上一期起最新的与钠摄入和减盐相关的新闻文章（或标题），大约每两周发布一次。内容包括：行业资讯、政府资讯、各州/地方资讯、国际资讯、新的调查和研究成果等等。目的是为了让公众对与钠相关的新闻话题有一个快速了解。

**2015年11月7日-11月27日**

**行业资讯**

[**Salt of the Earth公司启动肉类减盐配料计划**](http://www.foodbev.com/news/salt-of-the-earth-launches-sodium-reduction-ingredient-for-meat/)

以色列配料公司——Salt of the Earth启动了一项新的减盐配料计划，并声称可以减少汉堡和加工肉中45%的盐。Umamix是一种混合了海盐和蔬菜精化的特殊咸味配方，可产生浓厚的鲜味，即增加味道的“第五种味觉”。这种新配方是为了减少加工肉中的钠和谷氨酸钠含量。该公司称，Umamix配方具有耐热和酸碱度稳定的特点，符合犹太教和伊斯兰教食物规定，且不含人造成分。——FoodBev Media Ltd.

**州/地方新闻**

[**校园午餐团体希望修改规定称现有规定不切实际 过于严格**](http://triblive.com/news/westmoreland/9198034-74/lunch-association-students#axzz3syY2uH72)

《2010年健康无饥饿儿童法案》（Healthy, Hunger-Free Kids Act）于2015年9月失效，目前正处于协商确定是否继续授权阶段，因此，校园营养协会（School Nutrition Association）决定借此契机重新审视并尽可能修改那些过于严格且不切实际的规定。宾夕法尼亚州布朗斯维尔校区食品服务部主管艾米·基勒（Amy Keeler）对于水果和蔬菜份量的强制规定并无异议，但对于进一步的减盐计划，她表示出了与校园营养协会同样的担心：“番茄酱、沙拉酱、酱油是孩子们最喜欢的三种调料，但它们的钠含量都很高。我们对[目前规定的]含钠量标准的高低没有意见。但再往下低的话，就不太好办了。”营养集团（Nutrition Group）是一家食品服务管理公司，承接多个校区的餐饮服务，该公司的业务发展部经理帕姆·哈尼（Pam Harney）建议称，减钠后可以设置不提供盐的调味区。她对今后的发展状况也持乐观态度：“我们的工作就是不停地解决校园餐饮问题……我们还会想出其它类似的办法，只希望孩子们在减盐计划时期也能继续正常就餐。——TribLIVE.com

**国际新闻**

[**食品标签的盐含量不一定准确**](http://www.thehindu.com/news/cities/Hyderabad/food-labels-may-be-understating-consumption-of-salt/article7902476.ece)

据印度某研究人员表示，标签上指出的钠含量或低于实验分析所得出的实际含量。该研究分析了154种在印度畅销的食品品牌并发现，实际钠含量高于标签报告含量的产品包括：麦片、婴儿奶制品、面条、意面、麦芽饮料、果汁、罐装水果、果酱、果冻、黄油、奶酪，以及各种酱。分析还发现：有些印度食品制造商不在配料表里列出钠成分，78%的产品的含钠量超过含钾量。——《印度教徒报》（The Hindu)

[**少吃盐、少喝酒、多运动：澳大利亚的慢性病控制计划**](http://theconversation.com/cut-down-on-salt-drink-less-and-move-more-australias-blueprint-to-control-chronic-disease-51239)

在澳大利亚，10名死者中，就有9名死于慢性病，这种疾病也占据了政府大部分的医疗支出。[澳大利亚医疗政策联合会（Australian Health Policy Collaboration）在其近期发表的一项报告](https://www.vu.edu.au/sites/default/files/AHPC/pdfs/targets-and-indicators-for-chronic-disease-prevention-in-australia.pdf)中建议制定一套针对澳大利亚国情的慢性疾病控制目标，其中就包括整体减少30%的盐摄入量。2013年，澳大利亚男性每日盐摄入量为7.1克，女性每日盐摄入量则为5.3克。澳大利亚饮食中的盐主要来自加工食品和方便食品，如：面包、麦片、汤、调味汁、比萨和三明治。澳大利亚若能减少30%的盐摄入，那么，中风和心脏病的死亡人数每年就能减少3500人，同时为医保体系节省几百万美元的支出。——The Conversation

[**烘焙制品和奶制品含钠量低 阿联酋首都将推出脂肪标志**](https://en-maktoob.news.yahoo.com/bakery-dairy-items-low-sodium-fat-marked-capital-063429437.html)

阿拉伯联合酋长国阿布扎比卫生局（The Health Authority Abu Dhabi）推出了一种新标志——绿色的圆圈中有一颗蓝色的心，并写有阿拉伯语“Weqaya”（保护）字样，以帮助市民选择低钠、低脂肪的面包和奶制品。阿布扎比卫生局公共卫生部高级官员Arwa Al Modwahi称：“我们现在有22家餐厅和餐饮服务公司在健康菜品旁贴出Weqaya标志。很多这类食品制造商也向公立和私立医院提供餐饮服务。”每份菜品的含盐量必须在0.8克以下才能标记为健康。根据阿布扎比卫生局数据显示，阿布扎比的整体死亡人数中有36.7%死于不健康生活习惯导致的心血管疾病。——雅虎中东新闻（Yahoo! News Maktoob）

[**印度外卖食品含大量脂肪和盐**](http://www.irishhealth.com/article.html?id=25066)

以提高人们在食品健康和营养方面的意识和知识为目标的执行机构——食品安全推广委员会（*safe*food）近期发表报告称，印度外卖餐厅常卖的开胃菜、主菜和印度米饭都含有高热量，且远远超过一个人每日所需的总热量，且是建议摄入脂肪量的两倍，含盐量也极高。一名成年人每日建议摄入的盐量为6克，开胃菜的含盐量一般为该建议量的1/3，主菜则超过该建议量的1/2。最受欢迎的香烧鸡柳 （chicken tikka masala）平均含盐量为4.7克，为每日建议摄入量的79%。——Irishhealth.com

[**方便面中的钠**](http://www.huffingtonpost.ca/2015/11/16/sodium-instant-noodles_n_8576356.html)

多数人知道方便面没什么营养，而且通常含有大量脂肪和钠，有时还含糖。据《多伦多星报》（Toronto Star）报道，这些产品中的钠通常有害，著名的百福餐厅（Momofuku）的一碗拉面中就含有超过2800毫克钠。该文章中还列有北美一些受欢迎的方便面和拉面品牌。含钠量最低的产品包括泰餐中的曼谷咖喱方便米线汤（含钠780毫克）和美极（Maggi）的马沙拉（Masala）面条（含钠890毫克）。含钠量最高的产品为Mr. Noodles的辣鸡肉方便面（2960毫克）——加拿大版赫芬顿邮报（Huffington Post Canada）

**其它信息**

[**火鸡中的钠含量**](http://www.brainerddispatch.com/lifestyles/health/3888462-lets-talk-turkey-and-sodium)

据明尼苏达州德卢斯市Essentia Health St. Mary’s心脏和血管中心注册营养师邦妮·布罗斯特（Bonnie Brost）称，从菜单和配料来看，一整只感恩节火鸡的钠含量就能轻易超过每日建议摄入量（2300毫克）。她的很多病人都需要在心脏康复期间限制钠摄入量。超过80%的美国人在感恩节吃火鸡，因此，火鸡中很可能含钠量很高。一份4盎司的冻火鸡中含有200毫克到740毫克以上的钠。布罗斯特建议通过食用新鲜且自由放养的火鸡来减少钠摄入。她还指出，自她十年前首次开始年度调查以来，很多火鸡生产商已经将自己产品中的钠含量每份减少了200-400毫克。——Brainerd Dispatch

[**心血管疾病中的脂肪、纤维和钠**](http://www.hcplive.com/conference-coverage/aha-2015/cardiovascular-disease-lets-talk-fat-fiber-and-sodium)

改善饮食习惯并不意味着偶尔放纵一下也不行，但餐食中如果钠摄入过多且没有新鲜蔬果摄入的话，就会增加心血管疾病的发病风险。近期，美国心脏协会（American Heart Association）的2015科学研讨会（2015 Scientific Session）上推出的一种衡量饮食行为的新工具可以用于改善办公室的就餐习惯，尤其对心血管康复十分有用。这套脂肪、纤维、钠摄入评分测试是根据三类最易预测的降低心血管风险的食品得出的，该测试可便于病人在与营养师进行专业评估时汇报自己的饮食习惯。据报告，尽管结果在增加纤维和限制脂肪方面很乐观，但钠摄入的结果仍“不太乐观”。——MD Magazine

[**关于盐的剧烈争论：多少钠算多？**](http://www.livescience.com/52765-sodium-diet-blood-pressure-recommendations.html)

美国人平均每天摄入超过3400毫克钠，远远超过目前建议大众摄入的2300毫克限制量。但这个量是否会增加一个人的心脏病发病风险，这一问题则成为了近期举办的美国心脏协会2015科学研讨会上众研究人员的争论点。近日进行的心脏收缩压干扰试验（Systolic Blood Pressure Intervention Trial）主要调查员保罗·威尔顿（Paul Whelton）称：毫无疑问，钠摄入过量必然导致高血压。但由于试验结果惊人，该言论成为了一大新闻。但是，迈克尔·阿尔德曼（Michael Alderman）称其不同意这一观点，并认为美国人的钠摄入量并未达到危险水平。在他看来，日常餐食中的钠摄入与心脏病之间并无太大联系，如果人们的钠摄入量降至过低，心脏病风险才可能大。——Live Science

[**吃多少盐会导致体重增加**](https://www.yahoo.com/health/when-weight-gain-is-due-1299377710841910.html)

据《食客天然健康食品启发指南：收获绿色食物的力量》（*The Enlightened Eater’s Whole Foods Guide: Harvest the Power of Phyto Foods*）一书的作者——常住多伦多的营养师罗西·施瓦兹（Rosie Schwartz）称，如果有人发现自己的体重浮动有点不稳定，也就是经常在醒来时发现自己比前一晚胖了2到3公斤，那么，问题可能不是体重增加了，而是盐摄入过多的结果。体内盐过量会导致体内积水，从而使身体迅速肿胀，关节也会出现疼痛和麻木症状，脚部则会出现痛点；脚踝和手脚都会水肿；并伴有浑身疼痛。她还说，食物加工过程中会添加大量钠，因为这样能延长保质期并提升质地和味道；但人们在查看营养表时，多数人会关注糖、脂肪和碳水化合物的含量，而不会注意合理的钠含量。——雅虎健康（Yahoo Health）

[**吃盐过量会使身体出现的6种病状**](http://www.bustle.com/articles/124703-6-ways-eating-too-much-salt-hurts-your-body)

在普通美国人的所有钠摄入情况中，有75%来自加工肉和餐厅餐食。在所有主要食品店的食物包装上标注的营养成分表中都能很快发现所有食物的钠含量都很高，甚至那些本来因该是甜味的食品也是如此。这是因为钠不仅仅是为了愉悦味蕾，也是为了延长保质期并保持食品外观。文章中建议，大家要注意吃盐过量会导致的六种身体变化，包括浮肿、感觉脱水、血压升高。——Bustle

[**吃盐太少会不会不健康？**](http://www.courier-journal.com/story/life/wellness/food/2015/11/19/body-shop-too-little-salt-bad-you/75456802/)

吸引媒体注意的研究时不时地就会出来一篇，并成为“有报道价值的”文章，就因为这些研究报告中有反对谷物的内容。最近的一篇报告显示，人们不应担心盐摄入，实际上，吃盐太少比太多还危险。但是，据美国心脏协会和世界卫生组织的各位健康专家表示，该报告不具有可信性，因为它的研究对象是患有充血性心力衰竭的病人，这些人的心脏很衰弱，没有足够的力度将血液推送到全身，液体会在他们的体内积蓄，所以这篇报告本身就存在缺陷。钠摄入量低的人比钠摄入量高的人更不健康这一研究结论是基于两个因素：再次住院的人增多，死亡率升高。实际上，再次住院次数较多的病人或死亡率较高的人群本身病情就比较严重，因此，他们才会摄入较少的钠。——信使日报（Courier-Journal）

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*Salt in the News* captures news articles (or headlines) related to sodium and sodium reduction that have been published since the last edition, about every 2 weeks. Content includes Industry News, Government News, State/Local News, International News, New Studies and Research, and more. The purpose is to provide a snapshot of sodium-related topics in the media.

**November 7–27, 2015**



[**Salt of the Earth Launches Sodium Reduction Ingredient for Meat**](http://www.foodbev.com/news/salt-of-the-earth-launches-sodium-reduction-ingredient-for-meat/)

Israeli ingredients company Salt of the Earth has launched a new sodium reduction ingredient that it claims can help lower the amount of salt in hamburgers and processed meats by as much as 45%. Umamix is a proprietary savory mix of sea salt and vegetable extracts rich in umami, the flavor-boosting “fifth taste.” The new formula is designed to reduce sodium and monosodium glutamate in processed meats. Umamix is heat stable, pH stable, kosher, and halal and has no artificial ingredients, the company said. – FoodBev Media Ltd.



[**School Lunch Group Hopes to Revise Rules It Calls Impractical, Too Restrictive**](http://triblive.com/news/westmoreland/9198034-74/lunch-association-students#axzz3syY2uH72)

The Healthy, Hunger-Free Kids Act of 2010 expired in September 2015, and its reauthorization is being negotiated—a situation that the School Nutrition Association sees as an opportunity to revisit and possibly revise some of the rules that they see as restrictive and impractical. Amy Keeler, food service director with the Brownsville Area School District in Pennsylvania, has no problem with the mandate on fruit and vegetable servings but shares the School Nutrition Association’s concern about further planned sodium limits: “Ketchup, ranch dressing and soy sauce, three things kids love the most, all have a lot of sodium. We are OK with how sodium levels are [at the limits presently mandated]. If they get much lower, it’s going to be quite challenging.” Pam Harney, director of business development at The Nutrition Group, a food service management company that contracts with area districts, suggested that salt-free spice racks can substitute for the missing sodium, and she has a more optimistic outlook: “It’s our job to keep reinventing the wheel here… We will come up with other ideas like that. We want children to continue to eat in the program.” – TribLIVE.com



[**Food Labels May Be Understating Consumption of Salt**](http://www.thehindu.com/news/cities/Hyderabad/food-labels-may-be-understating-consumption-of-salt/article7902476.ece)

The level of sodium stated on a label is likely to be lower than the actual content when the food is analyzed in a lab, according to a researcher in India. Analyzing 154 popular Indian brands of food, the study found that the sodium content was higher than the reported values in cereal, milk-based baby foods, noodles, pasta, malted beverages, juices, canned fruits, jams and jellies, butter and cheese, and spreads and dips. The analysis also found that some Indian food manufacturers do not reveal the source of sodium in the ingredient list and that 78% of products had sodium contents higher than their potassium contents. – The Hindu

[**Cut Down on Salt, Drink Less, and Move More: Australia’s Blueprint to Control Chronic Disease**](http://theconversation.com/cut-down-on-salt-drink-less-and-move-more-australias-blueprint-to-control-chronic-disease-51239)

Chronic diseases are responsible for 9 out of 10 deaths in Australia and for much of the health expenses that concern governments. A [new report by the Australian Health Policy Collaboration](https://www.vu.edu.au/sites/default/files/AHPC/pdfs/targets-and-indicators-for-chronic-disease-prevention-in-australia.pdf) proposes a set of chronic disease targets especially designed for Australia, including a 30% overall reduction in salt intake. In 2013, Australian men consumed 7.1 grams of salt each day, and women consumed 5.3 grams. Most salt in the Australia diet comes from processed foods and convenience foods, such as bread, cereals, soups and sauces, pizza, and sandwiches. Reducing Australia’s salt intake by 30% would result in 3,500 fewer deaths per year from strokes and heart attacks and save millions of dollars in the health care system. – The Conversation

[**Bakery, Dairy Items Low in Sodium, Fat to Be Marked in UAE Capital**](https://en-maktoob.news.yahoo.com/bakery-dairy-items-low-sodium-fat-marked-capital-063429437.html)

The Health Authority Abu Dhabi (HAAD) in the United Arab Emirates has introduced a new logo, a blue heart in a green circle inscribed with the Arabic word “Weqaya” (protection), to help residents choose bread and dairy products low in sodium and fat. “We now have 22 restaurants and catering companies that feature the Weqaya logo next to healthy dishes,” said Arwa Al Modwahi, HAAD’s senior officer for public health. “A number of these food producers also cater to public and private hospitals.” To be marked healthy, one serving of a dish must contain less than 0.8 grams of salt. According to HAAD, 36.7% of all deaths in Abu Dhabi occur from cardiovascular diseases that are linked to unhealthy lifestyles. – Yahoo! News Maktoob

[**Indian Takeout Restaurants Loaded with Fat and Salt**](http://www.irishhealth.com/article.html?id=25066)

A typical appetizer, main course, and pilau rice from an Indian takeout restaurant contains significantly more calories than a person’s total daily requirement as well as twice the recommended maximum level of fat and very high amounts of salt, according to a new report by *safe*food, an implementation body aiming to promote awareness and knowledge of food safety and nutrition issues in Ireland. On average, appetizers contain one-third of an adult’s total recommended daily salt intake (6 grams), and main courses contain more than half the recommended daily salt intake. The average portion of chicken tikka masala, one of the most popular dishes, contained 4.7 grams of salt, 79% of the daily recommended intake. – Irishhealth.com

[**Sodium in Instant Noodle Bowls**](http://www.huffingtonpost.ca/2015/11/16/sodium-instant-noodles_n_8576356.html)

Most people know that instant noodle powder packages do not carry much nutritional value and often contain high amounts of fat, sodium, and sometimes sugar. Sodium is often the enemy with these products, and according to the *Toronto Star*, one ramen bowl from the well-known restaurant Momofuku contains more than 2,800 milligrams of sodium. The article lists the sodium content of some popular North American instant noodle and ramen brands. Among the lowest in sodium content were Thai Kitchen’s Bangkok Curry Instant Rice Noodle Soup, with 780 milligrams, and Maggi’s Masala Noodles, with 890 milligrams. The highest sodium content was found in Mr. Noodles’ Spicy Chicken Bowl, with 2,960 milligrams. – Huffington Post Canada



[**Let’s Talk Turkey—and Sodium**](http://www.brainerddispatch.com/lifestyles/health/3888462-lets-talk-turkey-and-sodium)

Depending on the menu and ingredients, a single Thanksgiving plateful can easily contain more than the daily recommended limit of 2,300 milligrams of sodium, according to Bonnie Brost, a registered dietitian at the Essentia Health St. Mary’s-Heart & Vascular Center in Duluth, Minnesota. Many of her patients need to limit sodium when they are in cardiac rehabilitation. More than 80% of Americans eat turkey around Thanksgiving, so that is the first place to look for sodium. Frozen turkeys can contain from 200 milligrams to more than 740 milligrams of sodium in a 4-ounce serving. To reduce sodium, Brost recommends choosing a fresh or free-range turkey. She also notes that many turkey producers have reduced the amount of sodium in their products by 200–400 milligrams of sodium per serving since she first began her annual survey a decade ago. – Brainerd Dispatch

[**Cardiovascular Disease: Let’s Talk Fat, Fiber, and Sodium**](http://www.hcplive.com/conference-coverage/aha-2015/cardiovascular-disease-lets-talk-fat-fiber-and-sodium)

Improving dietary habits does not necessarily mean giving up a rare indulgence, but loading up on sodium and failing to add fresh produce to meals promotes cardiovascular disease. A new tool to measure dietary behavior that was recently introduced at the American Heart Association’s 2015 Scientific Sessions could be implemented in office practice settings and become especially useful in cardiac rehabilitation. The Fat Fibre Sodium Score was created using the top three most predictable cardiovascular risk-reducing food categories, giving patients the opportunity to report habits while also working with a dietitian for professional evaluation. Although outcomes were positive in terms of increasing fiber and limiting fats, sodium outcomes were reported as “not so good.” – MD Magazine

[**The Great Salt Debate: How Much Sodium Is Too Much?**](http://www.livescience.com/52765-sodium-diet-blood-pressure-recommendations.html)

Americans eat, on average, more than 3,400 milligrams of sodium each day—significantly more than the current 2,300-milligram recommended limit for many people. But whether this amount increases a person’s risk for heart disease was recently debated by researchers at the American Heart Association’s 2015 Scientific Sessions. There is no doubt that eating too much sodium can cause high blood pressure, said Paul Whelton, the principal investigator on the recent Systolic Blood Pressure Intervention Trial, which made news when it was cut short because the results were so significant. However, Michael Alderman said that he disagrees with the idea that the amount of sodium that Americans are eating is dangerous. In his view, the evidence linking dietary sodium and heart disease is weak, and if people’s sodium intake drops too low, they may actually face an increase in heart disease risk. – Live Science

[**When Weight Gain Is Due to Too Much Salt**](https://www.yahoo.com/health/when-weight-gain-is-due-1299377710841910.html)

For people who find that their weight fluctuates somewhat erratically, who often wake up and find themselves 2 or 3 pounds heavier than they were the night before, the problem is probably not weight gain but instead could be a result of consuming too much salt, according to Toronto-based dietitian Rosie Schwartz, author of *The Enlightened Eater’s Whole Foods Guide: Harvest the Power of Phyto Foods*. An excess of salt in the body results in water retention, which almost instantly translates to body bloat as well as pain and stiffness in the joints; sore spots on the feet; swollen ankles, feet, and hands; and a general feeling of achiness. Sodium is added in large quantities to processed foods because it increases their shelf life and improves their texture and taste. But when it comes to reading nutrition labels, most people are focused on the sugar, fat, and carbohydrate content and are not giving sodium the attention it deserves, Schwartz says. – Yahoo Health

[**6 Ways Eating Too Much Salt Hurts the Body**](http://www.bustle.com/articles/124703-6-ways-eating-too-much-salt-hurts-your-body)

Of all the sodium that the average American consumes, a whopping 75% comes from processed foods and restaurant meals. The Nutrition Facts on packaged foods at any major grocery store quickly reveal that there are high levels of sodium in just about everything, even the items that are supposed to taste sweet. That is because sodium is not only meant to please taste buds but also to extend shelf life and preserve appearance. The article recommends paying attention to six things that can happen to the body when excess salt is consumed, including bloating, feeling dehydrated, and elevated blood pressure. – Bustle

[**Is Too Little Salt Unhealthy?**](http://www.courier-journal.com/story/life/wellness/food/2015/11/19/body-shop-too-little-salt-bad-you/75456802/)

Periodically, a research study will surface that captures a lot of media attention, becoming “newsworthy” because it reports something that goes against the grain. The latest is a report that suggests that people should not worry about salt intake and that, in fact, too little salt is a bigger danger than too much. However, according to health experts from the American Heart Association and World Health Organization, this report is not credible. The fact that the study was conducted on people with congestive heart failure, for whom the heart is too weak to push blood around the body with sufficient force and in whose bodies fluid can build up, was flawed in itself. The study’s conclusion that those with a low sodium intake did worse than those who consumed more sodium was based on two factors: more hospital readmissions and a higher mortality rate. In reality, the patients who had more hospital readmissions or a higher mortality rate were more seriously ill, which may have caused them to consume less sodium. – Courier-Journal

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