

10月8日

大家好：

本周的美国疾控中心《合理用盐电子报》内容包括：美国成年人对与钠相关的知识了解程度、态度和行为情况；一篇讨论钠摄入相关研究的电台采访；以及针对儿童卫生保健专业人员就如何为父母和看护人提供减钠教育的建议。

**美国成年消费者对于****与钠摄入和减盐相关知识的了解程度、态度以及行为情况**

发表于《美国健康促进杂志》 (American Journal of Health Promotion)上的一篇论文就美国成年人对与钠摄入和减钠相关的知识了解程度、态度以及行为情况做了描述。该研究由美国疾病预防控制中心领衔。根据该文，整体来看几乎有一半的成年人和绝大多数收到卫生专家建议的人会采取行动，观察或降低他们的钠摄入量。大部分受访者称，他们使用专家推荐的策略来降低钠摄入，比如查看营养成分表，使用其它香料代替盐，选择低钠食物等等。采取在外就餐时选择低钠饭菜这一策略的人则较少，尽管有62%的受访者称，他们一致承认大部分的钠摄入来自加工食品和餐馆食物。

该篇论文题为《美国成年消费者对与钠摄入和减盐相关知识的了解程度、态度以及行为情况》，详情参见[美国疾控中心网站减盐专栏](http://www.cdc.gov/salt/journal_articles.htm)的推荐文章板块，也可以通过[期刊](http://www.cdc.gov/salt/journal_articles.htm)官网链接进行查看。

**美国疾控中心专家做客杨百翰大学电台节目讨论钠摄入话题**

美国疾控中心的玛丽·科格斯韦尔 (Mary Cogswell) 博士做客杨百翰大学 (BYU) 的电台节目“思想的巅峰” (Top of Mind)，讨论与钠摄入相关的研究。科格斯韦尔博士是美国疾病预防控制中心心脏病和中风预防科流行病学和监测组的一名资深科学家。她在节目中讨论了测量钠摄入水平的各种研究，评估了过量摄入所导致的疾病负担，检测了主要食物来源和常吃的食物的含钠水平，评估了减钠行为的推广程度和人们的接受程度，并描述了国际国内在食物供应方面的减钠工作。

收听该[访谈节目](http://www.byuradio.org/episode/fa9c1d29-83e0-425c-91fe-0c5e59c1d579?playhead=1246&autoplay=true)。

**减钠研究的临床应用**

美国疾病预防控制中心最新研究表明，那些获得了与钠摄入相关的健康建议的成年人更有可能采取措施限制其钠摄入量。在一篇近期发表于《今日医学要闻》(Medpage Today) 杂志上的文章中，波士顿儿童医院预防心脏病学科主任莎拉·德·费兰蒂 (Sarah de Ferranti) 博士强调，这些研究结果意义重大，她建议儿童卫生保健团队可以通过教育父母和看护人来解决儿童钠摄入过高的问题，因为孩子的饮食是由父母和看护人决定的。Ferranti博士还建议，相关从业者可以使用电子健康记录或其它医疗技术工具来跟踪病人取得的进步，并将结果告知每次前来就诊的病人；或提供易于使用的、可轻松获取的资源来指导人们改变生活方式，比如：[“百万心脏®健康饮食与生活方式资源中心”](http://recipes.millionhearts.hhs.gov/) (Million Hearts® Healthy Eating & Lifestyle Resource Center)；以及对于整个团队所做出的成绩给予肯定和奖励。

感谢您对减少钠摄入长期以来的关注和支持！

请注意：

本简讯英文版由美国疾病预防控制中心发布，中文版由骄阳翻译公司翻译，如有歧义，请以英文版本为准。

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)。

《减盐电子周刊》在内容上只基于新闻价值和读者的潜在兴趣进行选择。美国疾病预防控制中心对所提供文章的真实准确性不承担任何责任。文章的选择、省略或文章内容并不意味着美国疾病预防控制中心对其内容有支持或其它观点。《减盐电子周刊》中原作者的观点或者引用，完全是其个人观点，绝不代表美国疾病预防控制中心的官方立场。所提及的产品、商业名称、出版物、新闻来源以及网站等，仅作参考之用，并不意味着美国疾病预防控制中心的认可。



Hello –

This week’s CDC Salt e-Update includes American adults’ sodium-related knowledge attitudes and behaviors, a radio interview discussing sodium-focused research, and recommendations for pediatric health care professionals on sodium reduction education for parents and caregivers.

**Knowledge, Attitudes, and Behaviors Related to Sodium Intake and Reduction Among Adult Consumers in the United States**A CDC-led paper published in *American Journal of Health Promotion* describes the prevalence and determinants of sodium-related knowledge, attitudes, and behaviors among U.S. adults. According to the paper, almost half of adults overall and the vast majority of those receiving health professional advice are taking some action to watch or reduce sodium intake. A substantial proportion report using recommended tactics to lower intake, such as checking nutrition labels, using other spices than salt, and choosing low-sodium foods. Tactics like requesting lower-sodium options when eating out were less common, although 62% who reported action agreed that most of their sodium comes from processed and restaurant foods.

The paper, “Knowledge, Attitudes, and Behaviors Related to Sodium Intake and Reduction Among Adult Consumers in the United States”, is featured on the [CDC Salt webpage and can be accessed from the journal](http://www.cdc.gov/salt/journal_articles.htm).

**CDC’s Sodium Intake Interview on BYU Radio**

CDC’s Dr. Mary Cogswell spoke about sodium-focused research on BYU Radio’s *Top of Mind* program. The senior scientist from the Epidemiology and Surveillance Branch of the Division for Heart Disease and Stroke Prevention discussed various research that measures sodium intake levels; evaluates the burden of disease from excess intake; monitors major food sources and the varying levels of sodium in commonly consumed foods; assesses the prevalence and acceptance of sodium reduction behaviors; and describes international and domestic efforts to lower sodium in the food supply.

Listen to the [interview](http://www.byuradio.org/episode/fa9c1d29-83e0-425c-91fe-0c5e59c1d579?playhead=1246&autoplay=true).

**Clinical Applications of Sodium Reduction Research**

New CDC research shows adults who reported receiving sodium-related medical advice were more likely to take steps to limit their intake. In a recent *Medpage Today* article, Dr. Sarah de Ferranti, director of preventive cardiology at Boston Children’s Hospital, highlights these findings and recommends that pediatric health care teams address children’s sodium intake by educating the parents and caregivers who make food decisions. Dr. Ferranti also suggests practitioners use electronic health records or other health technology tools to track patients’ progress and share those results with patients at every visit; provide easy-to-use, accessible resources to empower lifestyle changes, such as the [Million Hearts® Healthy Eating & Lifestyle Resource Center](http://recipes.millionhearts.hhs.gov/); and reward and recognize the entire team for the impact they make.

Read the [article](http://www.medpagetoday.com/PracticeManagement/PracticeManagement/53646).

Read the referenced [research article](http://www.sciencedirect.com/science/article/pii/S0749379715002226), published in the American Journal of Preventative Medicine.

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 Jessica Levings at* *JLevings@cdc.gov**.*

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