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**2015年2月28日-2015年3月13日**

3月12日

大家好：

本周的《美国疾控中心减盐电子报》（CDC Salt e-Update）内容包含有：世界食盐宣传周的最新消息，一篇“合理用盐联盟”地区减盐目标的声明，以及上周在美国心脏协会EPI /生活方式会议上发布的一项研究。

**庆祝世界合理用盐宣传周**

2015年世界合理用盐宣传周(WSAW)于3月16 – 22日期间举办。今年的活动聚焦于儿童消耗的钠，尤其是在餐厅饭店用餐时。对于咸味/高钠食物的口味偏好，是在儿童成长早期开始通过特定的消费模式建立起来的。最近的数据表明，在美国大约有90%的儿童每天所摄入的钠都超过了2300毫克的推荐限额，平均估计达到每日3279毫克的水平。世界合理用盐宣传周活动呼吁食品行业减少儿童食品中的钠含量，并停止向儿童推销高盐食物。今年的世界合理用盐宣传周活动正好在美国全国营养月期间举办，使得公众营养的许多方面都收到众多公共卫生组织的关注。

[从“食盐与健康世界行动”组织网站上阅读更多有关“世界合理用盐宣传周”的信息](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.worldactiononsalt.com%2fawarenessweek%2fWorld%2520Salt%2520Awareness%2520Week%25202015%2f142120.html)

[近期数据：美国学龄儿童钠摄入情况](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.cdc.gov%2fmmwr%2fpreview%2fmmwrhtml%2fmm6336a3.htm%3fs_cid%3dmm6336a3_w)

分享“美国全国营养月”相关资源

**“世界合理用盐宣传周”与泛美卫生组织（PAHO）的参与**

为纪念“世界合理用盐宣传周”，泛美卫生组织(PAHO)将于3月17日举办网络研讨会。

[**报名参加网络研讨会**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fbit.ly%2f1zivEH2)

泛美卫生组织技术咨询组与美国心脏协会、“盐与健康”拉美联盟组织共同合作，开展一项社交媒体活动。请通过以下Twitter 和Facebook链接加入此活动：

[@saltreduction](https://mail.cn.cdc.gov/owa/UrlBlockedError.aspx" \t "_blank)

[@red\_alass](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2ftwitter.com%2fred_alass)

[@AHALiveHealthy](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2ftwitter.com%2fAHAlivehealthy)

[PAHO NCDs](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fPAHONCDs)

[ALASS](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fAccionLatinoAmericanadeSalySalud)

[AHA My Heart. My Life.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fAHAlivehealthy)

**合理用盐联盟为选定的美洲食品集团制定地区减盐目标并发布共识声明**

声明描述了合理用盐联盟的战略规划，期望通过为那些提供公众食品的集团制定地区减盐/钠目标，从而推动各地的行动目标更加协调一致。在为阿根廷、巴西、加拿大、智利四国12种选定的食品类别制定一系列食盐/钠最高含量限值的过程中，公共卫生部门和食品行业之间的协商、独立的食品技术专家的协助以及消费者提供的信息均起到了建设性的作用。该联盟给出了选定的食品生产集团名单表，以及确定的地区目标，这些目标预计在2016年12月结束前实现。

[点击此处阅读该声明。.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.paho.org%2fhq%2findex.php%3foption%3dcom_content%26view%3darticle%26id%3d10399%26Itemid%3d41253%26lang%3den)

**许多美国人采取行动减少钠摄入量**

美国心脏协会（American Heart Association）的流行病学、预防/生活方式及心脏代谢健康2015年科学会议于3月3日至6日在巴尔的摩召开。根据在该会议上发布的研究，53 ％的成年受访者报告说他们在采取行动（留意或减少钠的摄入量）。在那些已经得到医生或其他健康专业人士关于减少钠摄入的建议的成年人中，实际采取行动比例最高（82％），而18岁至24岁的成年人中仅有29％的人这样做了。该研究的相关数据通过2013行为危险因素监测系统获取，涉及美国26个州及哥伦比亚特区。此外，波多黎各也参与了新的可选钠摄入模块的调查。

[点击此处阅读更多内容.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.physiciansbriefing.com%2fArticle.asp%3fAID%3d697000" \t "_blank)

**2015年2月28日至3月13日**

[**一款乳酪产品获得儿童营养标识l**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwell.blogs.nytimes.com%2f2015%2f03%2f12%2fa-cheese-product-wins-kids-nutrition-seal)

卡夫·森格斯（Kraft Singles）品牌的独立包装“巴氏杀菌奶酪产品”一直以来都是美国各学校午餐的必备食品。这种奶酪产品成为得到美国营养与饮食学会许可而使用 新的“孩子放心吃”（Kids Eat Right）的第一款产品。美国营养与饮食学会是全美75000名注册营养师和其他营养专家构成的组织。卡夫食品公司一向都是儿童营养倡导者们攻击的对象，他们声称该公司生产的许多产品存在过度加工的情况，钠、脂肪、糖、人工色素和防腐剂等成分含量水平较高。新的“孩子放心吃”营养标识将在普通的卡夫·森格斯“巴氏杀菌奶酪”以及2%牛奶版奶酪产品的包装上出现。这两款产品占了森格斯品牌大约95%的销量。不过，卡夫食品公司和美国营养与饮食学会对于该标识是否意味着一种背书的声明却相互矛盾，这也让消费者权益保护倡导人士的担心显得不无道理。-资讯来源：《纽约时报》（New York Times）

[**以色列的食品配料商Salt of the Earth推出能够提鲜的减钠配料**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.foodnavigator-usa.com%2fManufacturers%2fSalt-of-the-Earth-launches-low-sodium-ingredient-preserves-clean-label)

以色列的食品配料商Salt of the Earth声称，如果使用该公司最新的鲜味精华海盐产品，则汤类，酱汁类和其他制成食品的钠含量可减少高达一半左右。该公司表示，消费者希望吃到用容易识别的食材制作的食物，而他们的新产品正是顺应了这种需求，因为该产品不含味精或其他人工成分。Salt of the Earth公司解释说，“鲜味精华海盐”是一款液态配料，使用方便，鲜味十足，而且不会留下化学回味；此外，一些消费者一想起减钠食物，就抱怨说寡淡无味，而使用了“鲜味精华海盐”的食物则依旧美味可口。-资讯来源：美食导航-美国（Foodnavigator-USA）

[**通用磨坊（General Mills）提交专利申请，以保护在烘焙产品方面所创造的一项减钠发明**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.bakeryandsnacks.com%2fR-D%2fGeneral-Mills-files-patent-to-protect-fat-particle-invention-and-slash-salt-in-dough-bakery-products)

通用磨坊食品公司（General Mills）已经提交了一项国际专利申请，以便保护该公司的一项通过使用“脂肪颗粒”而使面团或烘焙产品中钠集中分布在局部的发明。该公司声称，该项发明可以让食品生产者们在不牺牲食物口味的情况下，降低钠含量的水平。根据该公司的说法，该款“脂肪颗粒”新产品使用的是“缩短碎片”---一种易于使用、存储和处理的固态颗粒，同时还可以满足食品生产商们大规模制作面团产品的需求。通过在局部增加含盐浓度，食品生产者可以提供具有更低总盐含量的产品，同时能够保持其味道与那些含盐较多且盐在其中平均分布的面团产品相比不相上下。资讯来源：《烘焙食品和点心》（Bakery and Snacks）杂志

[**研究表明：在学校食用水果的儿童更多了**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f03%2f05%2fus%2fmore-children-eat-fruit-in-school-study-shows.html)

发表在《儿童肥胖》（*Childhood Obesity*）杂志上的一项新的研究表明，在“健康无饥饿儿童法案”实施行动中，对政府补贴餐进行改良从而让在校儿童吃更多水果的做法，正在取得预期的效果。研究发现，从这种改良开始实施的2012年起一直到2014年，在餐厅选择水果的学生比例从54 ％上升到66 ％ 。此外，同新的膳食指导方针实施前相比，学生们倒掉的食物也减少了。不过，批评者们警告说，孩子们把食物扔进了垃圾桶里，因为他们被强迫吃一些更有营养而他们却不愿意吃的饭菜。-资讯来源：《纽约时报》（New York Times）

[**对营养学的不同认识导致了争论**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.huffingtonpost.com%2fmichael-f-jacobson%2fdistorting-nutrition-facts-to-generate-buzz_b_6776024.html)

在二月中旬，美国政府发布了一份[科学报告](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f)，这份报告将在2015年《美国人膳食指导方针》（*Dietary Guidelines for Americans*）的制定当中起到关键作用。《美国人膳食指导方针》给出的建议对医生的健康指导、食品标签以及学校午餐的构成都会产生影响。根据美国公共利益科学中心执行主任迈克尔·F·雅各布森的说法，从2010年上一份报告发布到现在，其实没有太大的改变，或者甚至说从1980年第一次发布指导方针以来，都没有太多改变。谈到尼娜·泰克尔兹最近在*[纽约时报](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f02%2f21%2fopinion%2fwhen-the-government-tells-you-what-to-eat.html%3fpartner%3drss%26emc%3drss%26_r%3d0" \t "_blank)*（*New York Times op-ed*）发表的专栏文章时，他说，泰克尔兹批评政府发布的新的报告，只是为了鼓吹她自己的关于健康和饮食的不入流的观点而已。雅各布森认为， 泰克尔兹的文章充斥着错误和曲解；对于泰克尔兹声称的政府2013年发布的减钠建议与美国医学研究所（IOM ）的一项研究报告相冲突的说法，他也进行了驳斥，并指出医学研究所的研究报告发现的证据不够充分，而不是说与政府报告相冲突。-资讯来源：赫芬顿邮报（Huffington Post）

**[缅因州医院食品质量的改善对相关各方均是好消息](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.pressherald.com%2f2015%2f03%2f01%2fbetter-hospital-food-in-maine-is-healthy-for-all-concerned%2f" \t "_blank)**

“缅因卫生联盟“下的医院已经加入了全美国700家医院的队伍，共同参与“医院健康食品行动”，该计划是“健康美国合作计划”的一个项目。该项目于2012年开始实施，通过使用营养标签、打造 “健康餐”等手段来让医院的食物向更健康的方向改善。缅因州医学中心近日联手一家名为“It’ll Be Pizza”的本土公司（该公司为波特兰派公司生产面团），共同打造一种含多种谷物且含钠量低的比萨面团。这种新的面团与以前的面团相比仅含有不到一半的钠，每片含钠量从475毫克下降到218毫克。在“医院健康食品行动”中，减钠是最具挑战性的目标之一，但是缅因卫生联盟加入该行动，就意味着“It’ll Be Pizza”公司可以向该联盟旗下的12家医院供应这种新的面团产品。-资讯来源：波特兰新闻先驱报（Portland Press Herald）

[**在印度的麦当劳吃饭如今也是一个“低盐”选择**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2ftimesofindia.indiatimes.com%2fcity%2fkolkata%2fEating-out-at-McDonalds-now-a-low-salt-affair%2farticleshow%2f46461146.cms)

麦当劳印度公司正在削减其现有食物中的卡路里和盐的含量，并努力增加健康的食品选项，以期摆脱人们对快餐的不健康印象。负责对印度的麦当劳餐厅门店颁发许可的哈德卡斯特尔餐厅管理有限公司的首席执行官阿米特认为，是顾客对于生活方式的偏好导致了这种变化。自2013年起，麦当劳的产品开发团队已经成功降低了很多产品中的钠含量：调味汁，小圆面包及麦乐鸡中的钠减少了10％，而油炸食品中的钠则减少20％。-资讯来源：印度时报（Times of India）

[**调查显示：澳大利亚人消耗的钠过多**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.smh.com.au%2ffederal-politics%2fpolitical-news%2faustralians-falling-short-on-calcium-intake-and-consuming-too-much-sodium-survey-finds-20150309-13zbd3.html)

根据15年来的首次澳大利亚全国营养调查，大多数澳大利亚人正在消耗过多的钠。这项由澳大利亚统计局和澳大利亚新西兰食品标准委员会组织实施的调查表明，超过四分之三的男性和五分之二的女性的钠摄入量超过了推荐摄入量的上限，这还不包括在烹饪或食用过程中临时添加的盐。高量的钠摄入可使血压升高，而这反过来又增加了心脏和肾脏问题的风险。-资讯来源：悉尼先驱晨报（Sydney Morning Herald）

[**马耳他卫生当局讨论减少面包中的食盐含量**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.timesofmalta.com%2farticles%2fview%2f20150303%2flocal%2fhealth-authorities-to-discuss-salt-content-reduction-in-maltese-bread.558236)

据马耳他议会卫生问题秘书克里斯·费尔尼介绍，马耳他卫生当局打算同面包制造商进行谈判，以减少马耳他面包中的盐含量。费尔尼说，该国70岁以上的人中，几乎一半都患有高血压，并且所有成年人的高血压患病率为23 ％。造成高血压的原因之一，就是膳食盐的过多摄入。最近，一个健康系统绩效评估项目对大量的马耳他食品进行了分析，发现面包这种马耳他人的主食含盐量明显过高。-资讯来源：马耳他时报（Times of Malta）

[**吃高盐食物带来的奇怪的好处**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2ftime.com%2f3730061%2fthe-weird-benefit-of-eating-salty-food%2f)

摄入太多的盐可以导致心脏疾病，不过发表在《细胞代谢》（*Cell Metabolism*）杂志上的一项新的研究声称，盐可能尤其健康的一面，只是这一面尚未被人们认识而已。目前该研究为仍处于初期阶段。该研究表明，盐可能是我们的身体用以保护自身免受细菌侵扰的一种古老的方式。在一系列利用小鼠和人类细胞的研究中，研究人员发现，感染部位周围的钠含量增加；而如果没有盐的话，细菌往往就会迅速繁殖，而且生长的更好。这些研究结果说明，食盐可能对于免疫系统有一种尚未被认识的贡献作用，但研究作者乔纳森·琼奇强调，这个结果并不意味着高盐饮食是健康的或可取的。-资讯来源：《时代》周刊（TIME）

[**许多成年美国人采取行动减少钠摄入量**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.physiciansbriefing.com%2fArticle.asp%3fAID%3d697000)

根据在该美国心脏协会的流行病学、预防/生活方式及心脏代谢健康2015年科学会议会议上发布的研究，超过一半的成年美国人正在采取行动减少钠的摄入量。在那些已经得到医生或其他健康专业人士关于减少钠摄入的建议的成年人中，实际采取行动比例最高（82％）。

不过，仅有23%的成年人得到过这种建议。获得此类建议比例最高（51%–56%）的人群是那些服药控制高血压和那些患有糖尿病、肾脏疾病或有心血管疾病的历史的人；而获得此类建议比例最低的人群(7%)则是那些年龄介于18至24岁之间的年轻人。-资讯来源：医师简报（Physician’s Briefing）

[**即便没有高血压，高量盐摄入依旧对器官有影响**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.sciencedaily.com%2freleases%2f2015%2f03%2f150310160033.htm)

发表在《美国心脏病学院杂志》（*Journal of the American College of Cardiology*）上的一项新的研究认为，饮食中过多的钠即使没有让血压升高，也会对包括血管，心脏，肾脏和大脑在内的靶器官产生负面影响。对动脉的潜在影响包括让内皮功能降低。高量钠摄入也与肾功能降低相关，在血压仅有很小幅度增加的情况下就可以观察到肾功能的降低。钠还可能会影响交感神经系统，而该系统负责激活人体通常被称为“战斗或逃跑”的反应。-资讯来源：科学日报（Science Daily）

[**一些小建议：如何少吃糖、饱和脂肪和钠，从而实现健康饮食**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.fresnobee.com%2f2015%2f03%2f03%2f4406538_tips-for-eating-less-sugar-saturated.html%3frh%3d1)

来自综合性管理式医疗联盟Kaiser Permanente的营养师Kim Tirapelle帮助消费者解读膳食指南咨询委员会最近发布的报告。Tirapelle认为，总体上来说，该报告给出的建议重点在于控制摄入驶入的总量。某些不健康的食物并不是说就直接砍掉，而是用其他健康的食物去替代它们。该委员会建议美国成年人每天消耗的钠应当不超过2300毫克。如果购买即食或包装食品，Tirapelle建议人们应当关注营养标签。汤类罐头、加工肉类和快餐食品中可能含有大量的钠。在家里做饭时，尽量往食物中加入新鲜香草和香料调味，而不是动辄伸手去那盐罐。-资讯来源：弗雷斯诺蜜蜂报（Fresno Bee）

[**盐会引起高血压吗？**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.empowher.com%2fhigh-blood-pressure%2fcontent%2fdoes-salt-cause-high-blood-pressure)

盐给医学界带来了一个大伤脑筋的问题。一些专家说，患有心脏疾病特别是高血压的人应该不惜一切代价避免高盐饮食。也有人说，海盐是安全的，且实际上还有一定治疗效果。食盐种类的多样性，也给人们带来困惑：到底该吃哪种盐---或者到底应不应该吃盐都成问题。该文推荐遵循高血压防治饮食疗法(DASH)所规定的饮食习惯，并阅读食品标签查看钠含量信息。此外，该文还对海盐比普通食盐更健康这种说法进行了证伪。-资讯来源：EmpowHER

**[八种意想不到的高盐食物](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.care2.com%2fgreenliving%2f8-surprisingly-salty-foods.html" \t "_blank)**

随着年龄的增长，控制钠的摄入量变得越来越重要。虽然计算出我们从盐瓶中撒出了多少盐很容易，但人们往往忘记了其他能够让盐在不知不觉中通过饮食摄入到我们身体中的各种方式。

有多少钠从交付，很容易忘记所有的其他方面，它可以潜入一个人的饮食习惯。在美国，大部分多余的饮食钠来自于加工食品---甚至是那些乍一看似乎是健康的食物。该文章接着描述了八种最让人意想不到的高盐食物，包括蔬菜罐头，面包和混合咖啡饮品。-资讯来源：Care2健康在线社区（Care2）

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**3月12日**

Hello –

This week’s CDC Salt e-Update includes updates on World Salt Awareness Week, a statement on regional salt reduction targets from the Salt Smart Consortium and research presented last week at the AHA’s EPI/Lifestyle meeting.

**Celebrate World Salt Awareness Week**

March 16-22 marks the 2015 campaign for World Salt Awareness Week (WSAW). This year’s campaign focuses on sodium consumed by children, especially when eating at restaurants. The taste for salty/high-sodium foods is established by consumption patterns starting at an early age and recent data suggest that about 90% of children in the U.S. eat more than the recommended amount of 2,300 milligrams of sodium per day, reaching an estimated average of 3,279 milligrams per day. The WSAW campaign is calling on the food industry to reduce the amount of sodium in children’s foods and stop marketing salty foods to children. WSAW falls during National Nutrition Month in the U.S., allowing public health groups to focus on many aspects of nutrition in the month of March.

[Read more on WSAW from the World Action on Salt and Health.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.worldactiononsalt.com%2fawarenessweek%2fWorld%2520Salt%2520Awareness%2520Week%25202015%2f142120.html)

[Recent data: Sodium Intake Among U.S. School-Aged Children.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.cdc.gov%2fmmwr%2fpreview%2fmmwrhtml%2fmm6336a3.htm%3fs_cid%3dmm6336a3_w)

[Share National Nutrition Month Resources.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fmillionhearts.hhs.gov%2fnewsevents%2fnutritionmonth.html)

**World Salt Awareness Week Engagement with PAHO**

In commemoration of World Salt Awareness Week, Pan American Health Organization (PAHO) is organizing a webinar on March 17.

[Register for the webinar.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fbit.ly%2f1zivEH2)

The PAHO Technical Advisory Group, in collaboration with American Heart Association and Latin American Alliance on Salt and Health, is conducting a social media campaign. Join the campaign by using the following Twitter and Facebook links:

[@saltreduction](https://mail.cn.cdc.gov/owa/UrlBlockedError.aspx)

[@red\_alass](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2ftwitter.com%2fred_alass)

[@AHALiveHealthy](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2ftwitter.com%2fAHAlivehealthy)

[PAHO NCDs](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fPAHONCDs)

[ALASS](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fAccionLatinoAmericanadeSalySalud)

[AHA My Heart. My Life.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=https%3a%2f%2fwww.facebook.com%2fAHAlivehealthy)

**Salt Smart Consortium’s Consensus Statement on Regional Salt Reduction Targets for Selected Food Groups for the Americas**

The statement describes the Salt Smart Consortium’s strategic plan to advance target harmonization through regional targets for the salt/sodium content of common food groups. Negotiations between public health authorities and the food industry, assistance from independent food technology experts, and input from consumers have helped to inform a set of salt/sodium maximum values in four countries—Argentina, Brazil, Canada, and Chile for 12 selected food categories. The Consortium provided a table of selected food groups with regional targets identified, intending that they be achieved by December 2016.

[Click here to read the statement.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.paho.org%2fhq%2findex.php%3foption%3dcom_content%26view%3darticle%26id%3d10399%26Itemid%3d41253%26lang%3den)

**Many U.S. Adults Taking Action to Reduce Sodium Intake**

According to research presented at the American Heart Association's Epidemiology and Prevention/Lifestyle and Cardiometabolic Health 2015 Scientific Sessions, held from March 3 to 6 in Baltimore, 53 percent of adults reported taking action (watching or reducing sodium intake). Among adults having received doctor or other health professional advice to reduce sodium intake, the prevalence of taking action was highest (82 percent), compared with 29 percent among adults aged 18 to 24 years. Data were obtained from the 2013 Behavioral Risk Factor Surveillance System. Twenty-six 26 U.S. states, the District of Columbia, and Puerto Rico participated in the new optional sodium module.

[Read more here.](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.physiciansbriefing.com%2fArticle.asp%3fAID%3d697000)

**February 28–March 13, 2015**

[**A Cheese “Product” Gains Kids’ Nutrition Seal**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwell.blogs.nytimes.com%2f2015%2f03%2f12%2fa-cheese-product-wins-kids-nutrition-seal)

Kraft Singles, the individually wrapped slices of “pasteurized prepared cheese product” that have long been a staple of school lunches, are the first product to get permission to use the new Kids Eat Right label from the Academy of Nutrition and Dietetics, the trade group representing 75,000 registered dietitians and other nutrition professionals. Kraft is a frequent target for child nutrition advocates, who contend that many of the company’s products are over-processed, with high levels of sodium, fat, sugar, artificial dyes, and preservatives. The new nutrition seal will appear on the packaging for the regular and 2% milk versions of Kraft Singles, which account for roughly 95% of the Singles brand. The conflicting statements by Kraft and the Academy- on whether or not the seal is an endorsement- highlights one of consumer advocates’ concerns.  – New York Times

[**Salt of the Earth Launches Sodium Reduction Ingredient with Umami Flavor**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.foodnavigator-usa.com%2fManufacturers%2fSalt-of-the-Earth-launches-low-sodium-ingredient-preserves-clean-label)

Israel-based ingredients firm Salt of the Earth claims the sodium content in soups, sauces, and other finished products can be reduced by as much as half using its new Umami-Essence Sea Salt product. The company says the new product meets the demand of consumers who want to use foods made only from easily recognized ingredients. The product does not include monosodium glutamate or other artificial ingredients. Salt of the Earth explained that Unami-Essence Sea Salt is a ready-to-use, liquid ingredient with umami flavor that does not leave a chemical aftertaste or the notable absence of flavor, which some consumers complain about when considering reduced sodium foods. – Foodnavigator-USA

[**General Mills Files Patent to Protect Sodium Reduction Innovation for Bakery Products**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.bakeryandsnacks.com%2fR-D%2fGeneral-Mills-files-patent-to-protect-fat-particle-invention-and-slash-salt-in-dough-bakery-products)

General Mills has filed an international patent application to protect an invention that uses “fat particles” to distribute sodium in localized concentrations in dough or bakery products, allowing producers to cut salt levels without sacrificing taste, the company claims. The new product uses what the company calls shortening chips—solid particles that are easy to handle, store, and process—that suit producers preparing dough products on a commercial scale. The locally increased salt concentrations enable producers to provide baked goods that have lower total salt content while maintaining flavor similar to that of baked dough products containing more salt that is more evenly distributed. – Bakery and Snacks

[**More Children Eating Fruit in School, Study Shows**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f03%2f05%2fus%2fmore-children-eat-fruit-in-school-study-shows.html)

Changes made to government-subsidized meals as part of the Healthy, Hunger-Free Kids Act to get schoolchildren to eat more fruit are having their intended effect, according to a new study published in the journal *Childhood Obesity*. The study found that from the time the changes went into effect in 2012 through 2014, the percentage of students choosing fruit on cafeteria lines rose from 54% to 66%. Children also threw away less food than they did before the new guidelines were in place, despite warnings from critics who claimed that children were throwing food in the trash because they were being forced to eat more nutritious but less desirable meals. – New York Times

[**Distorting Nutrition Facts to Generate Buzz**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.huffingtonpost.com%2fmichael-f-jacobson%2fdistorting-nutrition-facts-to-generate-buzz_b_6776024.html)

In mid-February, the U.S. government released a [scientific report](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.health.gov%2fdietaryguidelines%2f2015-scientific-report%2f) that will shape the 2015 *Dietary Guidelines for Americans*—recommendations for the American diet that influence doctors’ health advice, food labels, and what goes into school lunches. According to Michael F. Jacobson, executive director of the Center for Science in the Public Interest, not much has changed since the previous report in 2010—or even since the first guidelines were issued in 1980. He responds to Nina Teicholz’s recent [*New York Times* op-ed](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.nytimes.com%2f2015%2f02%2f21%2fopinion%2fwhen-the-government-tells-you-what-to-eat.html%3fpartner%3drss%26emc%3drss%26_r%3d0), which he says criticized the new report “to drum up publicity for [her] own fringe views on diet and health.” Jacobson argues that Teicholz’s piece was filled with errors and distortions; he refutes her assertion that the government’s 2013 sodium reduction advice was contradicted by an Institute of Medicine (IOM) study, noting that the IOM report actually found insufficient, not contradictory, evidence. – Huffington Post

[**Better Hospital Food in Maine Is Healthy for All Concerned**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.pressherald.com%2f2015%2f03%2f01%2fbetter-hospital-food-in-maine-is-healthy-for-all-concerned%2f)

Hospitals in the MaineHealth system have joined 700 hospitals nationwide that are participating in the Hospital Healthy Food Initiative, a program of the Partnership for a Healthy America. The program, begun in 2012, uses techniques such as nutrition labeling and creating “wellness meals” to give hospital food a healthy makeover. Maine Medical Center recently teamed up with local company It’ll Be Pizza, the manufacturer that makes dough for Portland Pie Company, to create multigrain, low-sodium pizza dough. The dough contains less than half of the sodium found in the old version, down to 218 milligrams per slice versus 475 milligrams. Sodium is one of the most challenging targets to address in the Hospital Healthy Food Initiative, but the partnership with MaineHealth means that It’ll Be Pizza can make the new dough available to all 12 hospitals in the system. – Portland Press Herald

[**Eating Out at McDonald’s in India Now a “Low Salt” Affair**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2ftimesofindia.indiatimes.com%2fcity%2fkolkata%2fEating-out-at-McDonalds-now-a-low-salt-affair%2farticleshow%2f46461146.cms)

McDonald’s India is slashing calories and reducing salt content in its existing menu and adding healthier food options to shed the impression that fast food is unhealthy. Changes in customers’ lifestyle preferences led to the alterations, said Amit Jatia, chief executive officer of Hardcastle Restaurants Pvt. Ltd., a company that licenses the McDonald’s Corporation in India. Since 2013, the product development team at McDonald’s has reduced sodium across various products: Sodium is down 10% in sauces, buns, and Chicken McNuggets, and 20% in fries. – Times of India

[**Australians Consuming Too Much Sodium, Survey Finds**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.smh.com.au%2ffederal-politics%2fpolitical-news%2faustralians-falling-short-on-calcium-intake-and-consuming-too-much-sodium-survey-finds-20150309-13zbd3.html)

Most Australians are consuming too much sodium, according to the first national nutrition survey in 15 years. The survey, conducted by the Australian Bureau of Statistics and Food Standards Australia New Zealand, found that more than three in four men and two in five women exceeded the recommended upper level of intake for sodium, without including salt added to food at the table or during cooking. High sodium intake can increase blood pressure, which in turn increases the risk for heart and kidney problems. – Sydney Morning Herald

[**Health Authorities to Discuss Salt Content Reduction in Maltese Bread**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.timesofmalta.com%2farticles%2fview%2f20150303%2flocal%2fhealth-authorities-to-discuss-salt-content-reduction-in-maltese-bread.558236)

Maltese health authorities intend to hold talks with bread makers to reduce the salt content in Maltese bread, according to Chris Fearne, the parliamentary secretary for health. Almost half of individuals aged 70 years and older have high blood pressure, and the figure among all adults is 23%, according to Fearne. One of the causes of high blood pressure is dietary salt. A Health Systems Performance Assessment recently analyzed a large number of Maltese food products and found that bread, a staple of the Maltese diet, contained a significant amount of salt. – Times of Malta

[**The Weird Benefit of Eating Salty Food**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2ftime.com%2f3730061%2fthe-weird-benefit-of-eating-salty-food%2f)

Too much salt can lead to heart disease, but a new study reported in the journal *Cell Metabolism* claims that there may be a healthy side to salt that has not yet been appreciated. The research—which is still in its early stages—suggests that salt may be an ancient way for the body to protect itself against bacteria. In a series of studies using both mouse and human cells, the researchers found that levels of sodium increased around an infection site; without salt, bacteria tended to flourish and grow better. While the findings open the possibility that salt may be an unrecognized contributor to the immune system, study author Jonathan Jantsch stresses that the results do not mean high salt diets are now healthy or advisable. – TIME

[**Many U.S. Adults Taking Action to Reduce Sodium Intake**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.physiciansbriefing.com%2fArticle.asp%3fAID%3d697000)

More than half of U.S. adults are taking action to reduce their sodium intake, according to new CDC research presented at the American Heart Association’s Epidemiology and Prevention/Lifestyle and Cardiometabolic Health 2015 Scientific Sessions. The prevalence of taking action to reduce intake was highest (82%) among adults who had received advice from a doctor or other health professional to reduce sodium intake. However, only 23% of adults had received such advice. The group with the highest rate of receiving advice (51%–56%) was individuals taking medications to control high blood pressure and people who had diabetes, kidney disease, or a history of cardiovascular disease; the lowest rate of receiving advice (7%) was among adults aged 18 to 24 years. – Physician’s Briefing

[**Salt Affects Organs, Even in Absence of High Blood Pressure**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.sciencedaily.com%2freleases%2f2015%2f03%2f150310160033.htm)

Even in the absence of an increase in blood pressure, excess dietary sodium can negatively affect target organs, including the blood vessels, heart, kidneys, and brain, according to a new study published in the *Journal of the American College of Cardiology*. Potential effects on the arteries include reduced function of the endothelium, the inner lining of blood vessels. High sodium is also associated with reduced kidney function, a decline observed with only a minimal increase in blood pressure. Sodium may also affect the sympathetic nervous system, which activates what is often termed the “fight-or-flight” response. – Science Daily

[**Tips for Eating Less Sugar, Saturated Fat, and Sodium to Create a Healthier Diet**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.fresnobee.com%2f2015%2f03%2f03%2f4406538_tips-for-eating-less-sugar-saturated.html%3frh%3d1)

Kaiser Permanente dietitian Kim Tirapelle helps consumers understand the recently released Dietary Guidelines Advisory Committee report. On the whole, Tirapelle says, the recommendations focus on the overall intake of the foods people eat. The issue is not just cutting things out, but replacing them with something healthy. The committee recommends that U.S. adults consume no more than 2,300 milligrams of sodium each day. If buying prepared or packaged foods, Tirapelle recommends paying attention to labels. Canned soups, processed meats, and snack foods can pack lots of sodium. When cooking at home, instead of reaching for the salt shaker, consider adding fresh herbs and spices. – Fresno Bee

[**Does Salt Cause High Blood Pressure?**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.empowher.com%2fhigh-blood-pressure%2fcontent%2fdoes-salt-cause-high-blood-pressure)

Salt poses quite a conundrum for the medical field. Some experts say that people with heart disease, specifically high blood pressure, should avoid it at all costs. Others say that sea salt is safe and actually has a number of healing properties. The diversity in types of salt can also leave people confused as to which salt they should use—or whether they should be using any salt at all. The article recommends following the Dietary Approaches to Stop Hypertension (DASH) diet and reading food labels, and it dispels the myth that sea salt is healthier than table salt. – EmpowHER

[**Eight Surprisingly Salty Foods**](https://mail.cn.cdc.gov/owa/redir.aspx?C=Vh1PmIpWlkmyvUFLZn4USh7xE41BNtIITlIgkvmnEhOIqTuVBKS3sux3FdFBlDHbEabaY5dWeEU.&URL=http%3a%2f%2fwww.care2.com%2fgreenliving%2f8-surprisingly-salty-foods.html)

As people age, controlling sodium intake becomes more and more important. Although it is easy to calculate how much sodium is delivered from a salt shaker, it is easy to forget about all of the other ways it can sneak into a person’s diet. In the United States, most excess dietary sodium comes from processed foods—even foods that, at first glance, seem like healthy options. The article goes on to describe eight of the most surprisingly salty foods, including canned vegetables, bread, and blended coffee drinks. – Care2

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