

**2013年12月16日**

大家好！

本周美国疾病预防控制中心《减盐电子周刊》包括以下内容：美国疾病预防控制中心的社区减钠项目、全球范围内的减钠工作、餐馆营养指南和一些新的减钠教育机会和资源等。

**推出社区减钠项目增刊**

日前，《公共卫生管理与实践杂志》增刊重点介绍了美国疾病预防控制中心的社区减钠项目（SRCP），该增刊已经在网上先行发布。该2014年1-2期增刊名为《减少钠摄入的公共卫生干预》，主要收录了社区减钠项目的方法、进展和经验等方面的文章。2010年，美国疾病预防控制中心发起了社区减钠项目。通过为期3年的实施，6个社区实施了提高低钠食品可及性的地方政策。近日，美国疾病预防控制中心启动了第二轮为期三年的社区减钠项目，全国共有7个地区成功获得该项目的支持。

 该增刊请见：<http://journals.lww.com/jphmp/toc/2014/01001>.

**全球减钠活动**

根据美国心脏协会2013年科学会议上发布的调查结果，一个在中国农村地区开展的的减钠干预活动降低了参与者的钠摄入量。 这项名为《验证以社区为基础的食用钠减少效果的整群随机研究——中国农村健康行动》在120个村庄进行；其中60个村庄得到了减少钠摄入的健康教育，另外60个村庄作为对照组未采取任何干预措施。在接受干预的村庄，还通过社区健康教育活动和农村便利店推广低钠盐。这60个干预村庄被进一步随机分为两组，其中30个村庄得到低钠盐价格补贴，村民购买低钠盐的价格和普通盐一致。另外30个村庄全价销售低钠盐。18个月后，每个村庄有20个村民得到24小时尿液检测，研究发现：

* 干预组村民和对照组村民相比，钠摄入量降低了约300毫克。
* 接受低钠盐价格补贴的参与者和对照组相比，钠摄入量降低了约400毫克。

本干预是在同一地区进行的一项规模更大的、为期5年的研究的一部分，该研究旨在确定以社区为基础进行的的减钠干预活动是否能影响高血压和中风患病率。更多的该研究方法学信息请见：

<http://www.sciencedirect.com/science/article/pii/S000287031300447X>.

**兰德公司（RAND）发布了新《餐馆营养指南》**

美国兰德公司（RAND）召集专家们日前制定出了一份更健康的餐馆用餐指南，其中包括了钠摄入方面的一些建议。该餐馆标准有望成为各州、地方或组织制定餐馆认证项目的参考。指南建议，单个成人和儿童的用餐钠摄入量应限定在770毫克以下。

 该餐馆标准请见：<http://www.rand.org/content/dam/rand/pubs/conf_proceedings/CF300/CF313/RAND_CF313.pdf>.

**即将开始的减钠教育机会与资源**

州区卫生官员协会（ASTHO）和美国疾病预防控制中心将于2013年12月16日（星期一），东部时间下午1:30，举行一次时长为一小时的网络研讨会。研讨会将深入探讨马萨诸塞州、阿肯色州和华盛顿目前的减钠工作，特别是与制定和实施食品服务指南相关的工作，该研讨会是州区卫生官员协会和美国疾病预防控制中心“盐与你的州”项目的一部分。更多关于“盐与你的州”项目相关信息请见：<http://www.astho.org/Programs/Prevention/Obesity-and-Wellness/Sodium-Reduction/>. 参与网络研讨会请点击下面的链接注册：

<https://cc.readytalk.com/cc/s/registrations/new?cid=5cdmimj8o1up>.

公共利益科学中心（CSPI）和美国心脏协会两家机构日前各自发布图表信息，分别刊登了美国人饮食中钠的主要来源和相关的减钠措施。公共利益科学中心的“盐相关的数字”图表信息请见： <http://cspinet.org/salt/Salt-Infographic.pdf>，美国心脏病协会的“七个盐的误解破灭”请见： [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/SodiumInfographics\_UCM\_454726\_Article.jsp#](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/SodiumInfographics_UCM_454726_Article.jsp).

感谢您一直以来对减钠工作的支持！

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 information regarding CDC’s Sodium Reduction in Communities Program, global sodium reduction efforts, restaurant nutrition guidelines, and new sodium educational opportunities and resources.

**Sodium Reduction in Communities Program Journal Supplement**

A special supplement published online ahead of print in the *Journal of Public Health Management and Practice* highlights the work of CDC’s Sodium Reduction in Communities Program (SRCP). The January/February supplemental edition titled, “Public Health Interventions to Reduce Sodium Intake” features articles focusing on the methods, progress, and lessons learned from the SRCP. CDC launched the SRCP in 2010. Through this 3-year program six communities worked to implement local-level strategies to increase the availability and accessibility of lower sodium foods for consumers. CDC recently awarded funding to seven sites across the country for a second three year SRCP.

The special supplement may be found here: <http://journals.lww.com/jphmp/toc/2014/01001>.

**Global Sodium Reduction Efforts**A community-based sodium reduction intervention in rural China resulted in lower sodium intake, according to findings presented at the American Heart Association’s 2013 Scientific Sessions. The study, “A large-scale cluster randomized trial to determine the effects of community-based dietary sodium reduction—the China Rural Health Initiative” included 120 villages; 60 received education on lowering sodium intake and 60 received no intervention. A reduced sodium salt substitute was also promoted through the community health education program and throughout village convenience stores in the villages receiving the intervention. Of the 60 intervention villages, 30 were randomly assigned to receive a price subsidy for the salt substitute, and 30 paid full price. After 18 months, 24-hour urine samples from 20 people in each intervention village found –

* Sodium intake was reduced by ~300 mg compared with non-intervention villages.
* Sodium intake was reduced by ~400 mg in villages receiving the price subsidy.

The intervention is part of a larger, five-year study in the same region to determine whether the community-based sodium reduction intervention impacts the prevalence of high blood pressure and stroke. More information may be found here: <http://www.sciencedirect.com/science/article/pii/S000287031300447X>.

**New Restaurant Nutrition Guidelines from RAND**Experts convened by the RAND Corporation recently developed guidelines for more healthful restaurant meals, including recommendations for sodium.  The restaurant performance standards are intended to be used as a model for states, localities, or organizations when developing certification programs for restaurants. The guidelines recommend limiting single adult and children’s meals to <770 mg of sodium.

The “Performance Standards for Restaurants” may be found here: <http://www.rand.org/content/dam/rand/pubs/conf_proceedings/CF300/CF313/RAND_CF313.pdf>.

**Upcoming Educational Opportunities and Sodium Reduction Resources**The Association of State and Territorial Health Officials (ASTHO) and CDC is offering a one hour webinar on  Monday, December 16, 2013 at 1:30 pm Eastern. The webinar will provide insight into current sodium reduction work in Massachusetts, Arkansas, and Washington, primarily related to developing and implementing food service guidelines. The webinar is part of ASTHO and CDC’s “Salt and Your State” project. More information on the “Salt and Your State” project may be found here: <http://www.astho.org/Programs/Prevention/Obesity-and-Wellness/Sodium-Reduction/>.  To register for the webinar, visit: <https://cc.readytalk.com/cc/s/registrations/new?cid=5cdmimj8o1up>.

The Center for Science in the Public Interest and the American Heart Association both recently released infographics with information on major sources of sodium in the American diet and myths about sodium reduction, respectively. CSPI’s “Salt by the Numbers” infographic may be found here: <http://cspinet.org/salt/Salt-Infographic.pdf> and AHA’s “Seven Salty Myths Busted” infographic, here: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Infographics\_UCM\_454726\_Article.jsp#](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Infographics_UCM_454726_Article.jsp).

Thank you for your continued engagement in sodium reduction.

Regards,

Jessica

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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. For questions or comments, or to be added or removed from this communication, contact Jessica Levings at* *JLevings@cdc.gov*)*.*

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