

11月6日

大家好：

本周的疾控中心《减盐电子周刊》内容包括：纽约市健康医院膳食。

纽约的医院尝试提供更加健康的餐食

在纽约市，“医院健康食品计划”(HHFI)为医院可以接受的常规饮食患者餐食提供了营养标准，同时也对餐食零售制定了相应标准。近期发表在《营养学和饮食研究学会会刊》 (*Journal of the Academy of Nutrition and Dietetics)* 上的一项新的研究对“医院健康食品计划”实施前和实施后的医院餐食做了评估，发现虽然不是所有的常规饮食饭菜都达到了该计划所规定的基线标准，但是在该计划实施后，所有参与医院在关键的营养指标上都实现了达标。通过对比参与该计划的医院患者餐食在计划干预前和干预后的7日平均钠含量发现，饭菜中的平均钠含量减少了19%，而且有一半的医院减钠达到了850毫克甚至更多。该研究的分析数据涵盖了在2010年至2014年之间参与“医院健康食品计划”的8家纽约市的医院。

该研究题为：《贯彻营养标准，改善医院患者餐食质量：纽约市医院健康食品计划调研》。文章可通过以下链接查阅：

[http://www.andjrnl.org/article/S2212-2672(15)01226-5/abstract](http://www.andjrnl.org/article/S2212-2672%2815%2901226-5/abstract).

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 information on healthier hospital meals in New York City.

**Healthier Hospital Meals in New York City**In New York City (NYC), the Healthy Hospital Food Initiative (HHFI) offers nutrition standards for regular-diet patient meals that hospitals can adopt, in addition to retail standards. A recent study published in the *Journal of the Academy of Nutrition and Dietetics* assessed hospital meals before and after implementation of the HHFI standards and found that, while no regular-diet menu met all HHFI standards at baseline, hospitals met all key nutrient standards after implementation. Average 7-day sodium content of the participating hospital patient menus pre- and post-intervention found that the average sodium content was reduced by 19%, and half of the hospitals decreased sodium by 850 mg or more. The analyses included 8 NYC hospitals participating in the HHFI between 2010 and 2014.

The study, “Use of Nutrition Standards to Improve Nutritional Quality of Hospital Patient Meals: Findings from New York City’s Healthy Hospital Food Initiative” may be found here: [http://www.andjrnl.org/article/S2212-2672(15)01226-5/abstract](http://www.andjrnl.org/article/S2212-2672%2815%2901226-5/abstract).

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**.*

*Salt e-Update* content is selected solely on the basis of newsworthiness and potential interest to readers. CDC assumes no responsibility for the factual accuracy of the items presented. The selection, omission, or content of items does not imply any endorsement or other position taken by CDC. Opinions expressed by the original authors of items included in *Salt e-Update*, or persons quoted therein, are strictly their own and are in no way meant to represent the official position of CDC. References to products, trade names, publications, news sources, and Websites are provided solely for informational purposes and do not imply endorsement by the CDC.