

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>.

感谢您对减少钠摄入长期以来的关注和支持！

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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>.

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*](mailto:JLevings@cdc.gov)*.*

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