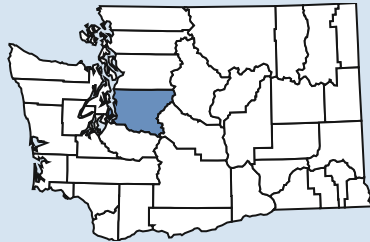


Seattle-King County | Year 5 Recipient Profile



Public Health Seattle-King County (PHSKC) is a recipient of the CDC-funded Sodium Reduction in Communities Program (SRCP), which supports 8 recipients to implement sodium reduction strategies in conjunction with food service partners.



Population
2,252,782

Award Amount
\$339,700 (Year 3)

Prevalence of High Blood Pressure

20.0% of adults in Seattle have high blood pressure (CDC, 500 Cities Project, Local Data for Better Health, 2017)

Key Partners



Schools

74 Schools within Highline School District, Renton School District, Auburn School District, Seattle Public Schools, and Kent School District



Emergency Food Venues

18 Food Banks and Food Pantries



Food Sector Partners

Washington State University (WSU) Department of Agriculture Regional Markets Program, Northwest Harvest, WSU King County Extension, Seattle King County Food Coalition, Seattle Food Committee, and Food Lifeline

Program Implementation

Under SRCP, PHSKC is partnering with food service organizations to increase the availability and purchase of lower-sodium food options by

- Implementing food service guidelines/nutrition standards that include sodium
- Changing procurement practices to include lower-sodium options
- Making meal and/or menu modifications to reduce sodium
- Implementing environmental strategies/behavioral economics approaches for lower-sodium products

262,931
individuals
reached in
Seattle-King
County

Guidelines and Nutrition Standards



18 entities implementing comprehensive nutrition standards and practices that include sodium

Examples of PHSKC activities included supporting food service organizations to

- Develop language for nutrition standards and policies
- Adopt an implementation plan and develop policy implementation worksheets for individual food banks

Meal and Menu Item Recipe Modification



10 meal/menu items affected by recipe modification to reduce sodium content

Examples of PHSKC activities included supporting food service organizations to

- Identify and transition to a new chef consultant who aids in incorporating recipe changes and staff training
- Implement flavor stations, which highlight the use of spices to improve flavor of meals without increasing sodium
- Teach new skills to Auburn School District Staff to develop cooking techniques, such as preparation of vegetables

Procurement Changes



64 products/ingredients replaced with a lower-sodium alternative

Examples of PHSKC activities included supporting food service organizations to

- Establish a farm that will grow fresh produce for the 12 food banks in the South King County Food Coalition
- Develop donor messaging to encourage lower-sodium donations to food banks

Environmental and Behavioral Economic Strategies



39,274 people exposed to environmental choice architecture and placement interventions for lower-sodium foods

Examples of PHSKC activities included supporting food service organizations to

- Implement the Healthy Food Environment Project which promotes food banks to change layout to operate more like a grocery store
- Use "Rinse to Reduce" posters for canned goods and shelf labels with sodium reduction messaging
- Refresh the messaging of school meals to promote students' selection of lower-sodium foods

Intermediate and Long Term Outcomes



Decreased Sodium Content of Purchased Products

567mg

reduction of sodium on average per meal



Decreased Sodium Consumption

38,112

individuals purchasing or selecting lower-sodium items

Note: SRCP recipients vary in size and scope of work, so performance measures are not necessarily comparable across recipients.