

Los Angeles County | Year 5 Recipient Profile



The Los Angeles County Department of Public Health (LACDPH) is a recipient of the CDC-funded Sodium Reduction in Communities Program, which supports 8 recipients to implement sodium reduction strategies in conjunction with food service partners.



Population

10,039,107

Prevalence of High Blood Pressure

21.2% of adults in Los Angeles County have ever had high blood pressure (California Health Interview Survey, 2018)

Award Amount

\$395,000 (Year 3)

Complementary CDC-Funded Local-level Heart Disease and Stroke Programs

DP18-1817: Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes, Heart Disease, and Stroke

Key Partners



Higher Learning Institutions

San Diego State University; California State University, Northridge; University of California, Los Angeles (UCLA); California State University, Los Angeles



Hospitals

Los Angeles County & University of Southern California; Harbor UCLA; Rancho Springs; Olive View; Adventist Health, Rady Children's Hospital; City of Hope; Children's Hospital Los Angeles; University of California, San Diego Health



Congregate Meals

County of San Diego Aging and Independence Services (SDAIS)



Food Sector Partners

Center for Good Food Purchasing, Culinary Institute of America Consulting

Program Implementation

Under SRCP, LACDPH 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

2,536,144

individuals
reached
in
Los Angeles
County

Guidelines and Nutrition Standards



52 entities implementing comprehensive nutrition standards and practices that include sodium

Examples of LACDPH activities included supporting food service organizations to

- Use environmental scan assessments to inform recommendations for nutritional improvements in the venues
- Implement recommended LACDPH Nutrition Standards and procurement practices

Meal and Menu Item Recipe Modification



1,012 meal/menu items affected by recipe modification to reduce sodium content

Examples of LACDPH activities included supporting food service organizations to

- Replace high sodium ingredients or products to ensure menu items satisfy USDA requirements
- Develop a culinary food preparation program where an expert chef educates and scales culinary techniques and food preparation practices to reduce sodium in meals

Procurement Changes



9,753 products/ingredients replaced with a lower-sodium alternative

Examples of LACDPH activities included supporting food service organizations to

- Embed sodium standards within existing and new food services contracts
- Implement the Good Food Purchasing Program and require all venues to meet baseline procurement goals

Environmental and Behavioral Economic Strategies



768,342 people exposed to environmental choice architecture and placement interventions for lower-sodium foods

Examples of LACDPH activities included supporting food service organizations to

- Integrate pricing and placement strategies in food service request for proposals and new/renewing food service contracts
- Pass regulations to require restaurants to include labels with calories, carbohydrates, saturated fat, and sodium

Intermediate- and Long-Term Outcomes



Decreased Sodium Content of Purchased Products

554mg

reduction of sodium on average per meal



Decreased Sodium Consumption

255,892

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.