

Marion County | Year 5 Recipient Profile



The Marion County Public Health Department (MCPHD) 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

964,582

Award Amount

\$290,250 (Year 3)

Prevalence of High Blood Pressure

34.2% of adults in Indianapolis have high blood pressure (CDC, 500 Cities Project: Local Data for Better Health, 2017)

Key Partners



Worksites

5 Government Work Sites: the Bean Center Cafeteria, Bean Store, Beanery, and the Indiana Government Center North and South Cafeterias



Congregate Meals

Central Indiana Aging and in-Home Solutions (CICOA) Home-delivered Meals, CICOA Congregate Meals, At-Risk Afterschool Meals, Summer Food Service Program, CICOA Voucher Program

Program Implementation

Under SRCP, MCPHD 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

23,827



individuals
reached
in Marion
County

Guidelines and Nutrition Standards



7,038 people exposed to new food service guidelines/standards that include sodium

Examples of MCPHD activities included supporting food service organizations to

- Review products with a nutritionist to ensure that guidelines are followed
- Convene meetings with key stakeholders, such as dietitians and food service personnel, to provide unified guidance
- Collaborate with external partners to raise awareness of the need for adopting nutrition guidelines

Meal and Menu Item Recipe Modification



1,188 meal/menu items affected by recipe modification to reduce sodium content

Examples of MCPHD activities included supporting food service organizations to

- Analyze all nutrients from a four-week menu cycle
- Implement menu modifications incrementally to increase buy in for larger changes
- Use the Sodium Practices Assessment Tool (<https://assessmenttoaction.org/>) to identify kitchen preparations practices to modify recipes

Procurement Changes



124 products/ingredients replaced with a lower-sodium alternative

Examples of MCPHD activities included supporting food service organizations to

- Complete Nutrition Environment Measures Survey-Vending assessments on all vending machines to focus on procurement of healthy vending options
- Review product lists and provide a list of similar products with lower-sodium content

Environmental and Behavioral Economic Strategies



808 people exposed to environmental choice architecture and placement interventions for lower sodium foods

Examples of MCPHD activities included supporting food service organizations to

- Reduce portion sizes for higher-sodium foods and increasing fresh fruits and vegetables
- List nutrition information on menus and provide a full nutritional analysis of menu items online

Intermediate- and Long-Term Outcomes



Decreased Sodium Content
of Purchased Products

280mg

reduction of sodium on average
per meal



Decreased Sodium
Consumption

6,385

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.