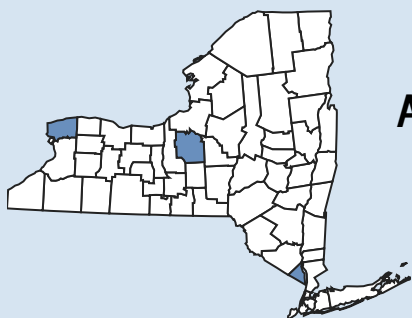


# New York State | Year 5 Recipient Profile



The New York State Department of Health (NYSDH) 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. NYSDH provides sub-awards to county health departments in Niagra, Onondago, and Rockland Counties.



## Population

995,598

## Award Amount

\$395,000 (Year 3)

## Prevalence of High Blood Pressure

29.4% of adults in New York have high blood pressure (CDC, Behavioral Risk Factor Surveillance System, 2018)

## Complementary CDC-Funded State-level Heart Disease and Stroke Programs

DP18-1815: Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke

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

DP15-1514: Paul Coverdell National Acute Stroke Program

## Key Partners



### Higher Learning Institutions

10 Universities and Colleges



### Early Child Education

57 Early Childhood Education Centers



### Food Sector Partners

New York State Child and Adult Care Food Program and Sysco

## Program Implementation

Under SRCP, NYSDH 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

**70,432**  
individuals  
reached in 3  
New York  
State  
Counties

## Guidelines and Nutrition Standards



**44** entities implementing comprehensive nutrition standards and practices that include sodium

Examples of NYSDH activities included supporting food service organizations to

- Collaborate to share best practices and lessons learned for adopting comprehensive nutrition standards
- Partner with New York City to identify food products that meet comprehensive nutrition criteria

## Meal and Menu Item Recipe Modification



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

Examples of NYSDH activities included supporting food service organizations to

- Involve cooks more in the planning and implementation of lower-sodium techniques
- Purchase products to make cooking from scratch more efficient (e.g., produce slicers and food processors)

## Procurement Changes



**553** products/ingredients replaced with a lower-sodium alternative

Examples of NYSDH activities included supporting food service organizations to

- Create a bi-annual Good Choice Product List, which helps identify items in the food distributors' inventory that meet nutrition standards
- Utilize "farm-to-institution" protocols and options to maximize the use of locally produced, lower-sodium choices

## Environmental and Behavioral Economic Strategies



**59** entities implementing environmental choice architecture and placement interventions for lower-sodium foods

Examples of NYSDH activities included supporting food service organizations to

- Price healthy food to be less expensive
- Develop signs and educational material in various languages to convey healthier eating habits

## Intermediate- and Long-Term Outcomes



Decreased Sodium Content of Purchased Products

**291mg**

reduction of sodium on average per selection



Decreased Sodium Consumption

**33,191**

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.