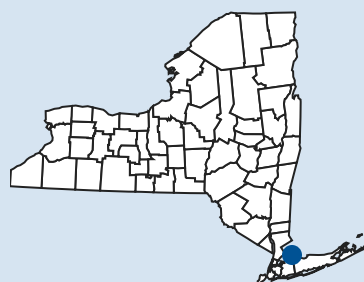


New York City | Year 5 Recipient Profile



The New York City Department of Health and Mental Hygiene (NYCDHMH) 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

8,398,748

Prevalence of High Blood Pressure

28.0% of adults in New York have high blood pressure (CDC, 500 Cities Project: Local Data for Better Health, 2017)

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

Brooklyn College, Hostos Community College, Lehman College (Underground Lounge, Carman Cafeteria, and Harmony Cafe)



Hospitals

15 Hospitals within New York City



Food Sector Partners

Sysco and US Foods

Program Implementation

Under SRCP, NYCDHMH 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

48,075
individuals
reached
in New York
City



Guidelines and Nutrition Standards



20 entities implementing comprehensive nutrition standards and practices that include sodium

Examples of NYCDHMH activities included supporting food service organizations to

- Set feasible sodium reduction goals by basing targets on the food categories that pose the greatest challenges for reducing sodium
- Conduct nutritional analyses on recipes to ensure compliance of cafeteria standards

Meal and Menu Item Recipe Modification



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

Examples of NYCDHMH activities included supporting food service organizations to

- Conduct skills-based training to enable food service staff to feel more confident using lower-sodium and healthier alternatives while cooking
- Educate employees through four training presentations: Cooking with Less Salt, Healthy Fat Alternatives, Healthy Eating 101, and Cooking with Fruits and Vegetables

Procurement Changes



517 meals/menu items affected by ingredient or product modification/substitution to reduce sodium content in purchased items

Examples of NYCDHMH activities included supporting food service organizations to

- Purchase food from distributors that participate in the Good Choice Pilot, which helps identify items that meet nutrition standards
- Create binders with hard copies of lists of products that meet the Good Choice criteria for distribution while distributors work on providing online access

Environmental and Behavioral Economic Strategies



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

Examples of NYCDHMH activities included supporting food service organizations to

- Email customers to provide information regarding healthy eating and recipes that meets the Good Choice criteria
- Create a recognition system to encourage more changes to cafeterias and cafes

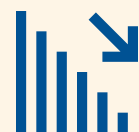
Intermediate- and Long-Term Outcomes



Increased Purchase of Products with Lower Sodium

2,785

item increase in purchase of lower-sodium items per week



Decreased Sodium Consumption

10,765

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.