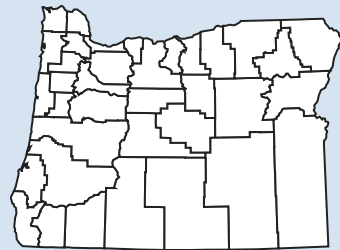


Oregon | Year 5 Recipient Profile



The Oregon Health Authority-Public Health Division (OHAPHD) 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

4,217,737

Award Amount

\$395,000 (Year 3)

Prevalence of High Blood Pressure

30.1% of adults in Oregon 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

Key Partners



Schools

Oregon Department of Education



Hospitals

3 Oregon State Hospitals



Congregate Meals

14 Correctional Facilities within the Oregon Department of Corrections



Food Sector Partners

Oregon State University Food Innovation Center and Oregon Department of Agriculture

Program Implementation

Under SRCP, OHAPHD 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

582,272
individuals
reached
in Oregon



Guidelines and Nutrition Standards



12,044 people exposed to new food service guidelines/standards that include sodium

Examples of OHAPHD activities included supporting food service organizations to

- Develop and adopt comprehensive nutrition standards for vending machines and cafeterias, such as the Nutrition and Healthy Meeting Policy and the Samaritan Health System's Carrot Program
- Increase awareness of nutrition standards by developing sticker systems and a Good Options (Go!) brand

Meal and Menu Item Recipe Modification



1,822 meal/menu items affected by recipe modification to reduce sodium content

Examples of OHAPHD activities included supporting food service organizations to

- Identify high sodium menu items and modify recipes to meet the standards of the Healthy Selections Program
- Replace higher-sodium sandwich items and sides with fruit and vegetables

Procurement Changes



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

Examples of OHAPHD activities included supporting food service organizations to

- Purchase lower-sodium ingredients like low sodium turkey
- Change vending machine selections to include lower-sodium food items
- Revise the USDA Commodity Distribution State Processing Agreements for poultry and pork to include sodium specifications

Environmental and Behavioral Economic Strategies



4,358 people exposed to environmental choice architecture and placement interventions for lower-sodium foods

Examples of OHAPHD activities included supporting food service organizations to

- Remove salt packets from meals served by tray and salt shakers from tables
- Design spaces to highlight healthy foods by repainting and hanging photos of healthy foods
- Incentivize healthy meals by discounting purchases that are part of Samaritan Health Services' Carrot Program

Intermediate- and Long-Term Outcomes



Decreased Sodium Content
of Purchased Products

839mg

reduction of sodium on average
per meal



Decreased Sodium
Consumption

12,044

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.