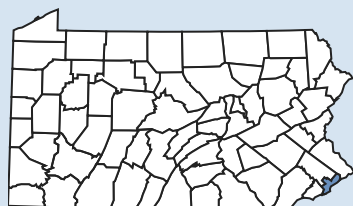


# Philadelphia | Year 5 Recipient Profile



The Philadelphia Department of Health (PDH) 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

1,584,138

## Award Amount

\$395,000 (Year 3)

## Prevalence of High Blood Pressure

33.8% of adults in Pennsylvania have high blood pressure (CDC, 500 Cities Project: Local Data for Better Health, 2017)

## 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



### Restaurants

11 Asian Buffet Restaurants



### Congregate Meals

Juvenile Justice Services Center, Out-of-School Time Program, Prisons, Parks and Recreation Summer and Afterschool Program, Riverview Home and Youth Emergency Shelter, and the Sheriff's Office



### Food Sector Partners

Temple University's Center for Asian Health, The Asian Community Health Coalition, The Greater Philadelphia Restaurant Association, and Drexel University's Food Lab

## Program Implementation

Under SRCP, PDH 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

150,234  
individuals  
reached in  
Philadelphia



## Guidelines and Nutrition Standards



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

Examples of PDH activities included supporting food service organizations to

- Implement Healthy Beverage Vending and Healthy Snack Standards
- Create individualized implementation plans for the agencies/departments to meet compliance requirements
- Collaborate with current or potential vendors to increase the availability of lower-sodium products that meet nutrition standards

## Meal and Menu Item Recipe Modification



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

Examples of PDH activities included supporting food service organizations to

- Distribute lower-sodium cooking materials including lower sodium recipes, tool kits, and measuring spoons to enable chefs to make lower-sodium meals in-house
- Replace canned ingredients with frozen ones, add more whole grain options, and limit fried foods

## Procurement Changes



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

Examples of PDH activities included supporting food service organizations to

- Create the Food Policy Advisory Council which facilitates the development of responsible policies to improve access to local, sustainable, nutritionally sound and affordable food
- Procure lower-sodium alternatives for soups, hot and cold breakfast entrées, and snacks

## Environmental and Behavioral Economic Strategies



**2,874** people exposed to environmental choice architecture and placement interventions for lower sodium foods

Examples of PDH activities included supporting food service organizations to

- Acclimate customers to decreases in sodium by incrementally reducing sodium in recipes
- Require 2/3 of vending machines in government worksites to meet prominent placement of healthy items, implement competitive pricing of healthy items, and enforce health labeling through compliance checks and sales data analysis.

## Intermediate- and Long-Term Outcomes



Decreased Sodium Content of Purchased Products

**187mg**

reduction of sodium on average per meal



Decreased Sodium Consumption

**162,465**

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.