

# University of Arkansas for Medical Sciences Year 5 Recipient Profile



The University of Arkansas for Medical Sciences (UAMS) 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

3,017,804

## Award Amount

\$394,999 (Year 3)

## Prevalence of High Blood Pressure

41.3% of adults in Arkansas have high blood pressure (CDC, Behavioral Risk Factor Surveillance System, 2018)

## Key Partners



### Schools

58 Schools within Farmington, Eureka Springs, Greenland, Huntsville, Prairie Grove, and West Fork School Districts



### Government Worksites

Arkansas Department of Human Services



### Congregate Meals

22 Congregate Meal Programs including Community Centers within Benton, Carroll, Madison, and Washington Counties



### Food Sector Partners

Dale Bumpers College of Agricultural, Food and Life Science; Brightwater: A Center for the Study of Food

## Program Implementation

Under SRCP, UAMS 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

227,525  
individuals  
reached  
in Arkansas



## Guidelines and Nutrition Standards



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

Examples of UAMS activities included supporting food service organizations to

- Adopt Smart Snacks guidelines for menu entrees to reduce the overall sodium content of meals
- Identify appropriate nutrition standards and guidelines

## Meal and Menu Item Recipe Modification



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

Examples of UAMS activities included supporting food service organizations to

- Remove higher-sodium entrees from the menu cycle
- Make meals from scratch in bulk and then freeze to be used at a later time
- Rinse all canned vegetables to reduce the amount of sodium

## Procurement Changes



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

Examples of UAMS activities included supporting food service organizations to

- Partner with new vendors and manufacturers who carry lower-sodium food items
- Purchase lower-sodium alternatives, such as cheeses and meats, that will affect multiple recipes

## Environmental and Behavioral Economic Strategies



**47,397** people exposed to environmental choice architecture and placement interventions for lower-sodium foods

Examples of UAMS activities included supporting food service organizations to

- Collect Smarter Lunchrooms data at all of the Springdale Child Nutrition Department Cafeterias and present awards to schools that reach gold level
- Create Shake the Habit posters, which feature healthier eating choices, including the reduction of added salt to prepared foods

## Intermediate and Long Term Outcomes



Decreased Sodium Content of Purchased Products

**659mg**

reduction of sodium on average per meal



Decreased Sodium Consumption

**3,821**

individuals purchasing or selecting lower-sodium items per week

Note: SRCP recipients vary in size and scope of work, so performance measures are not necessarily comparable across recipients.