

Indicators Spotlight

SODIUM REDUCTION

Background for Sodium Reduction

Funded programs can play a role in reducing population-based sodium consumption by implementing policy and systems changes in communities. Policy- and systems-level interventions, such as changes to procurement policies at the state, local, and organizational levels as well as community and clinical interventions, will ultimately affect adults who have high blood pressure.

Purpose of the Indicators Spotlight

The purpose of this document is to give funded programs working on sodium reduction a list of potential indicators to explore for planning and evaluation purposes. Multiple indicators can be chosen as outcomes for logic models and measures for companion evaluation plans. This Indicators Spotlight should be used with the Expert Panel Indicator Ratings Table and Indicator Profiles found in *Outcome Indicators for Policy and Systems Change: Controlling High Blood Pressure*.

Using Indicators for Planning

Step 1

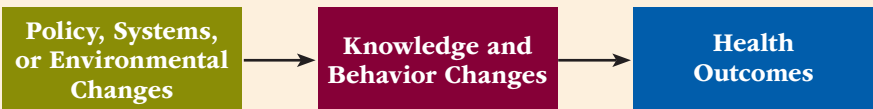
Determine the setting in which you want to intervene. Many sodium reduction activities occur in the community or worksite arena. See Intervention Examples on Page 2 for ideas.

Step 2

Select a short-term policy/systems change indicator from the setting of choice. Interventions should be implemented at the highest level to impact the largest population. Sodium reduction policy and systems change approaches that successfully affect short-term outcomes will—with sufficient time and sustained effort—affect intermediate outcomes related to behavioral and physiological risk factors among individuals affected by the environmental changes.

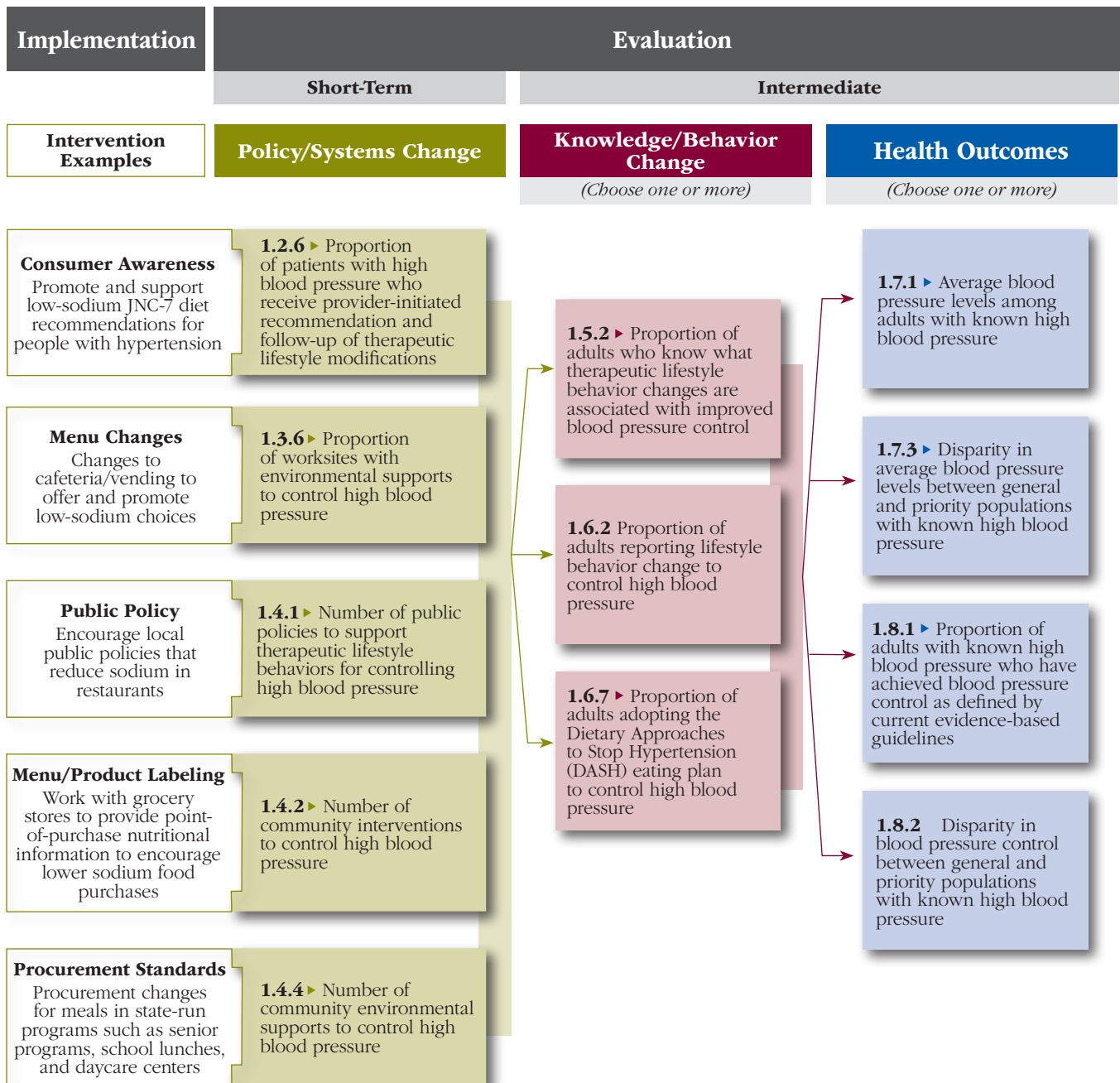
Step 3

Map outcomes of interest over time. It is advantageous to determine the logic model pathway of one or more intermediate outcomes. Measuring short-term and intermediate outcomes along a logic model pathway allows programs to identify gaps in program implementation before completing a comprehensive evaluation that focuses on long-term outcomes related to death and disability.



Step 4

Enhance the evaluation with practice-based indicators. As the literature continues to develop and emerge around sodium reduction it is useful to consider practice-based indicators. These indicators are measures that show change from sodium reduction initiatives that have been implemented in the field but currently lack a sufficient evidence base. See Practice-Based Indicator Examples on the reverse for ideas.



Practice-Based Indicator Examples

In addition to the evidence-based outcome indicators, you may want to monitor additional practice-based indicators:

- Number/percentage of low-sodium meals/items served/offered (procurement standards)
- Percentage of low-sodium pantry/constituent ingredients used in restaurants (menu changes)
- Amount of bulk salt purchased for cooking and for use by patrons in restaurants (menu changes)
- Percentage of consumers who use sodium nutrient information to inform their food purchases (menu/product labeling)
- Percentage of items/products sold that are lower in sodium (pricing strategies)
- Number of venues that have made efforts to reduce the price of lower sodium items (pricing strategies)

For More Information

- **Evaluation Guides:**
www.cdc.gov/dhdsdp/programs/nhdsp_program/evaluation_guides/index.htm
- **CDC Salt Webpage:**
www.cdc.gov/salt
- **Contact Your CDC Evaluation Technical Assistance Provider or Project Officer**

For more information please contact Centers for Disease Control and Prevention

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