



FROM SALT TO STANDARDS: HOW SMALL STEPS CAN LEAD TO BIG RESULTS



County of San Diego HHSA

a program of





BACKGROUND

- San Diego County is the fifth largest in the nation and second largest in California
- Population is just over 3 million
- Prevalence of diagnosed high blood pressure is 26.3%
- The County of San Diego employs approximately 17,000 people





BUILDING BETTER HEALTH: 3-4-50



Three behaviors contribute to **four diseases** that cause over **50 percent** of deaths worldwide (57 percent in San Diego County). 3-4-50 serves as the cornerstone of the *Live Well San Diego* Building Better Health strategy.



Live Well San Diego is an innovative, long-term initiative of the County of San Diego to be healthy, safe and thriving. It has three areas of focus:

- **Building Better Health** calls for improving the health of all residents and supporting healthy choices
- **Living Safely** calls for ensuring residents are protected from crime and abuse, neighborhoods are safe and communities are resilient to disasters and emergencies
- **Thriving** calls for cultivating opportunities for all people and communities to grow, connect and enjoy the highest quality of life



RELEVANT WORK

Builds on other County of San Diego nutrition efforts:

- Adoption of a healthy vending policy
- Implementation of a policy to support lactation
- Policy, systems and environmental changes implemented through CDC-funded initiatives:
 - Communities Putting Prevention to Work
 - Community Transformation Grant
 - Healthy Works: Prevention Initiative (1422)



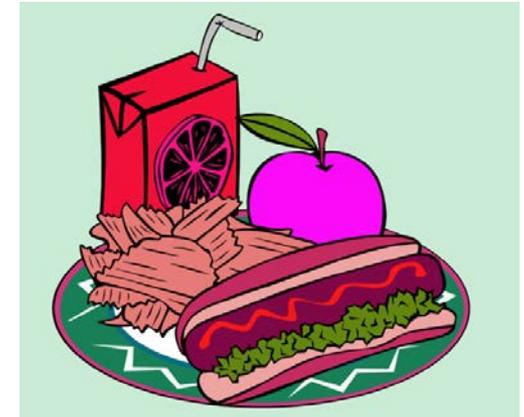
SODIUM REDUCTION VENUES

Congregate Meals:

- Senior Nutrition Program (250 seniors)
- Detention Facilities (5000 adults, 800 juveniles, 11 facilities)
- County Psychiatric Hospital (50 patients per day, 2000 per year)

Worksites:

- County Worksite Cafeteria (3200 employees)





SODIUM REDUCTION STRATEGIES

- Assess current environment and create action plan with Sodium Practices Assessment Tool (SPAT)
- Modify menus and recipes to reduce sodium
- Replace high sodium ingredients with lower sodium alternatives
- Incorporate more whole foods, including fresh, seasonal, locally-grown produce
- Develop sustainable procurement practices and procedures to decrease sodium for future competitive procurements
- Provide training and peer sharing opportunities



OVERALL CHALLENGES

- Access to lower sodium items from current distributors
- Concern about costs of lower sodium items
- Concern about acceptability of lower-sodium items
- Lack of resources for staff training, high staff turnover
- Lack of nutrient analysis in some venues
- Monitoring and sustaining changes over time





OPPORTUNITIES AND FACILITATORS

Opportunities:

- Lower sodium in meals served to vulnerable populations
- Incorporate best practices into future RFPs and contracts
- Include participants in development of food systems standards

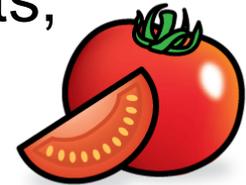
Facilitators:

- Availability of nutrient analysis and sales data in some venues
- Willingness of food service operators to consider lowering sodium
- *Live Well San Diego* as a platform to encourage buy-in from stakeholders



SENIOR NUTRITION – STRATEGIES

- Switch to low-sodium canned tomato products, soup bases and gravy bases; use salt-free seasoning blends, herbs and spices
- Make low-sodium salad dressings from scratch; reduce portion size
- Make salt-free seasoning blends available in addition to salt and pepper
- Utilize assistance of brokers to identify additional low-sodium products available through distributors





SENIOR NUTRITION – CHALLENGES & FACILITATORS

- Many contractors with varying facilities and staff skill levels
- Limited flexibility of menus due to minimum calorie and nutrient requirements
- Willingness of contract managers to consider amending contracts
- Availability of written menus
- Annual customer satisfaction surveys



DETENTION FACILITIES – STRATEGIES

- Prime Vendor program chef assistance to modify recipes and menu
- “Meatless Fridays” featuring soy-based entrées
- Distributor assistance to identify additional lower sodium ingredients



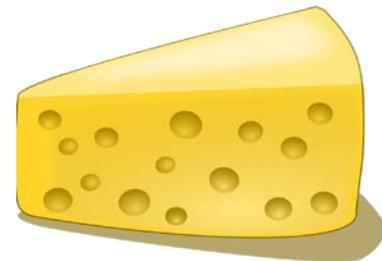
DETENTION FACILITIES – CHALLENGES & FACILITATORS

- Limited flexibility of large-production “cook chill” facility
- Menu set annually so less opportunity for change
- Largest County purchaser of food
- Several lower sodium products already used
- Nutrient analysis is available



PSYCHIATRIC HOSPITAL – STRATEGIES

- Switch to lower sodium products: ham; Swiss cheese instead of processed American cheese
- Use more fresh, whole foods, e.g., whole potatoes instead of frozen or flakes, and dried beans instead of canned
- Make salad dressing from scratch, and pre-dress salads
- Add nutrition education and nutrition posters in the meal area to encourage healthy choices





PSYCHIATRIC HOSPITAL – CHALLENGES & FACILITATORS

- Sustainability of sodium reduction if contractor changes
- Time constraints limit ability to perform nutrient analysis
- Contractor is enthusiastic about making improvements
- Contractor oversees menu for County emergency children's shelter



WORKSITE CAFETERIA – STRATEGIES

- Replace higher sodium entrées with “Eat Well” options containing 800 mg of sodium or less
- Adopt “Go-Slow-Whoa!” color coding system for items on salad station
- Update nutrition facts posters; place in more accessible location





MAKE THE MOST OF YOUR SALAD

Use the color-coded tongs to create a salad
that is **NUTRITIOUS AND DELICIOUS.**

GREEN SAVOR HEALTHY CHOICES

Use These Ingredients As Often As You Like.

Top your mixed greens with a selection of fresh fruit and veggies that are full of flavor and loaded with nutrients.

YELLOW ENJOY IN MODERATION

Be Careful Here.

These ingredients pack on protein, healthy fats and other good stuff, so enjoy them...in moderation.

RED USE A LITTLE...NOT A LOT

This is where good salads can go bad.

Too much of these toppings and your salad can be overwhelmed by calories, sodium and unhealthy fats. Add just a bit for flavor and enjoy.



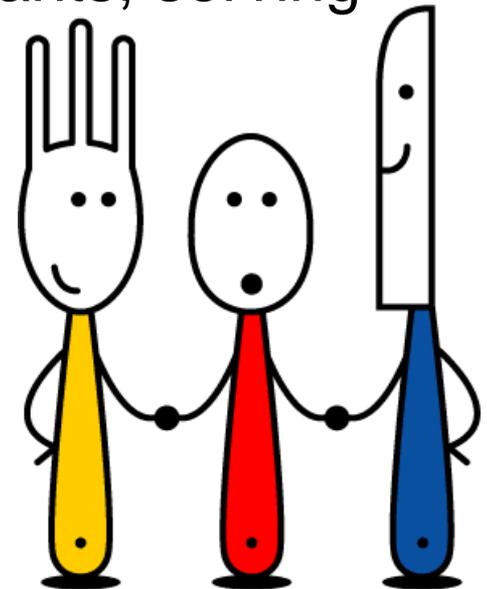
WORKSITE CAFETERIA – OPPORTUNITIES & FACILITATORS

- Sustainability of sodium reduction if operator changes
- Some customer favorites need to be kept on menu
- More flexible budget and enthusiastic operator allows for more improvements
- Many items made from scratch
- Availability of nutrient analysis and sales data



HEALTHY, LOW-SODIUM COOKING DEMO

- Collaboration with American Heart Association, chef and other local partners
- Attended by 25 sodium reduction participants, serving meals to more than 6,700 people
- Small group discussion and post-training survey provided valuable information



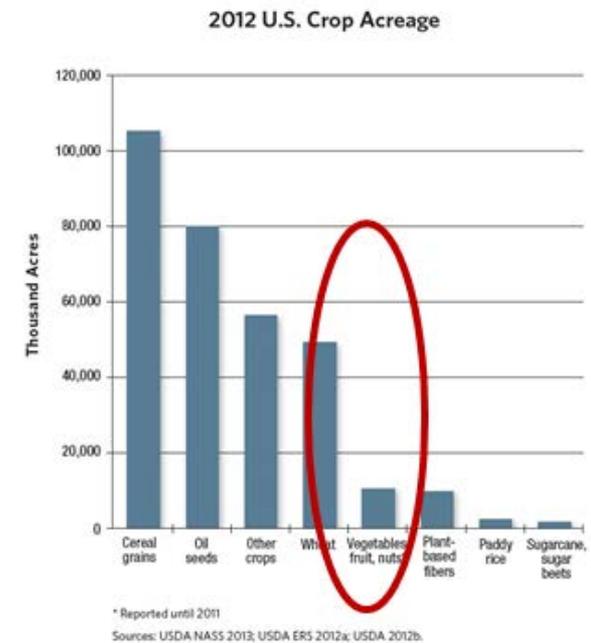
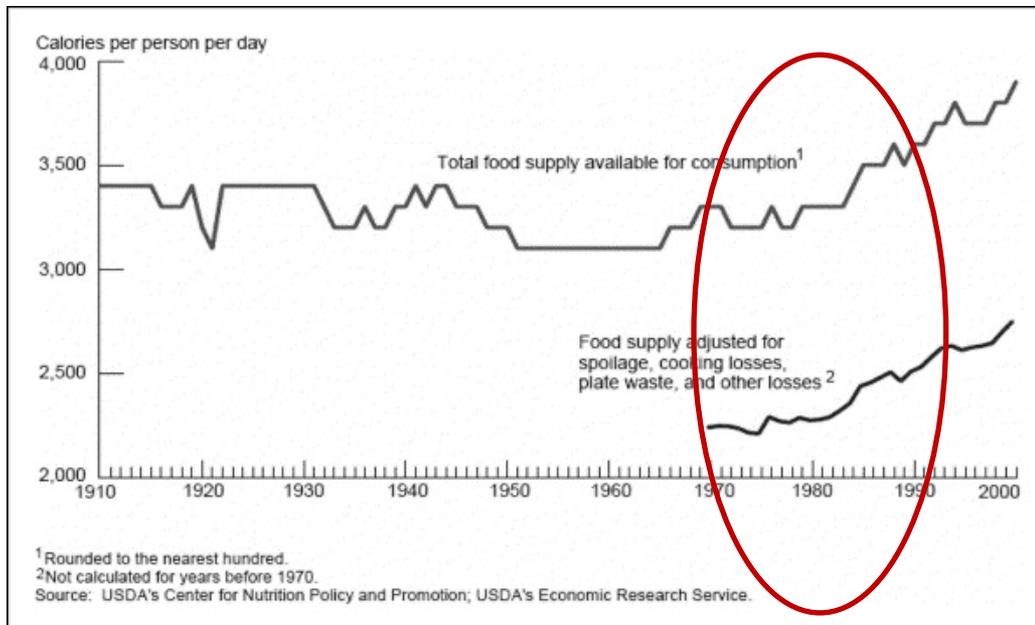


HEALTHY WORKS: PREVENTION INITIATIVE

- Environmental and systems approaches to promote physical activity and healthful foods and beverages
- Building support for lifestyle improvements
- Improving the quality, effective delivery and use of clinical and other preventive services, and creating community-clinical linkages to increase management of hypertension and prevention of type 2 diabetes



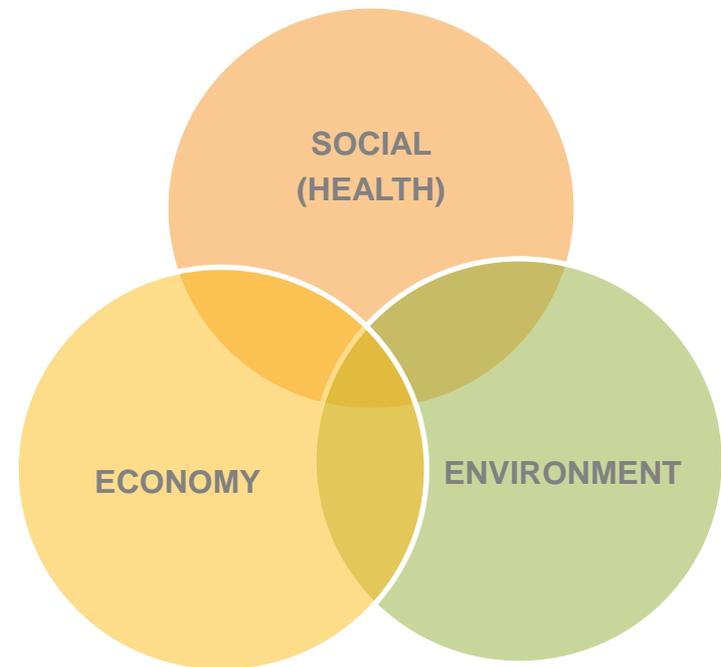
Eat Well Standards: Why Beyond Nutrition?





Eat Well Standards: Why Beyond Nutrition?

- HEALTH: > 50% San Diego County adults obese or overweight
- ENVIRONMENT: 40% of all food in the US is wasted
- ECONOMY: San Diego County is #1 in off-site farm income





Eat Well Standards: The Scope

ALL foods and beverages offered by the County

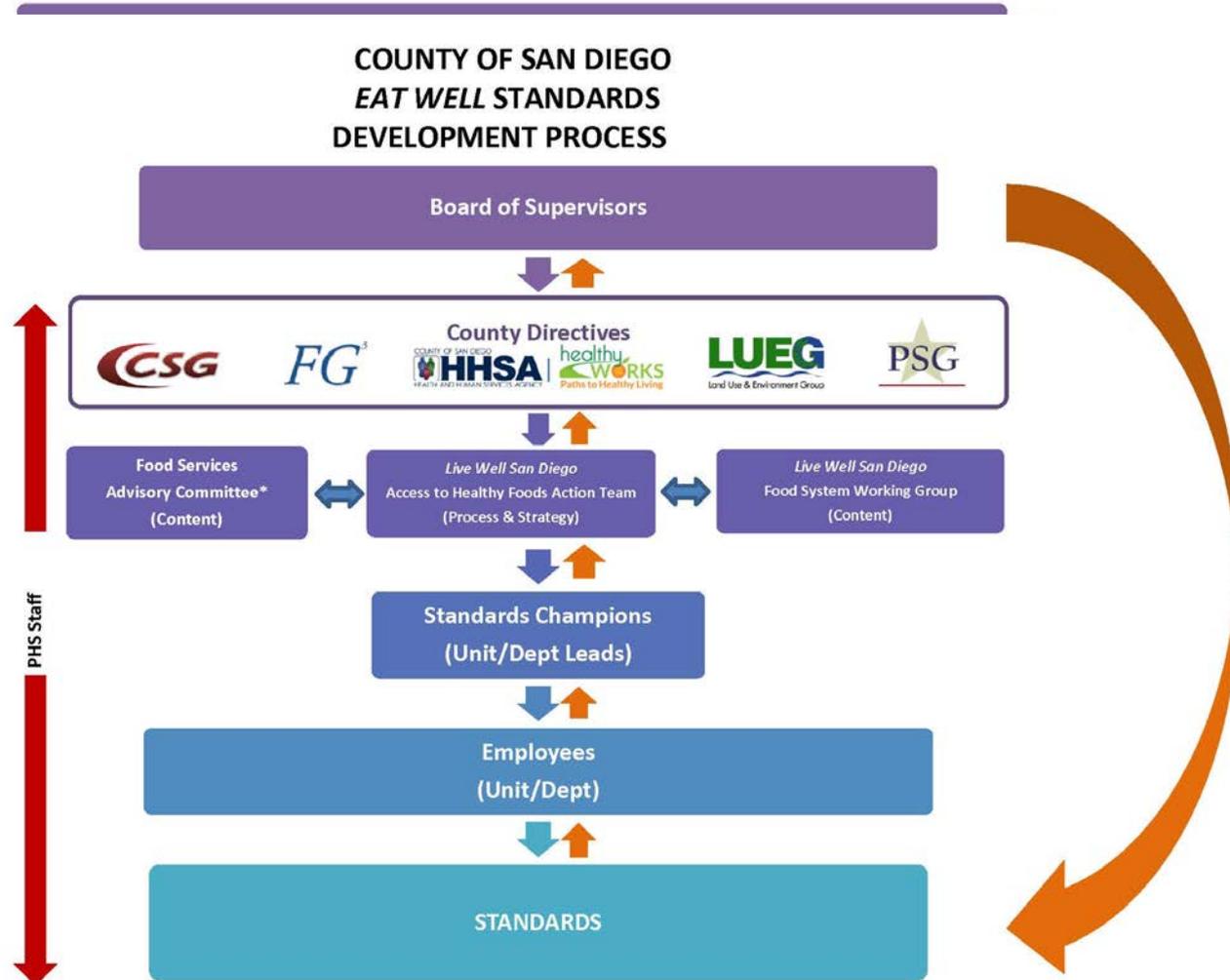
- Cafeterias and Congregate Meals - >96 sites
 - Cafeterias and Kiosks - 7
 - Child Welfare Services - 37
 - Sheriff's Food Services - 11
 - Senior Nutrition - 41
 - >5 million meals
 - ~900,000 lbs. of waste

- Meetings & Events
 - Internal & external

- Vending
 - ~100 vending machines



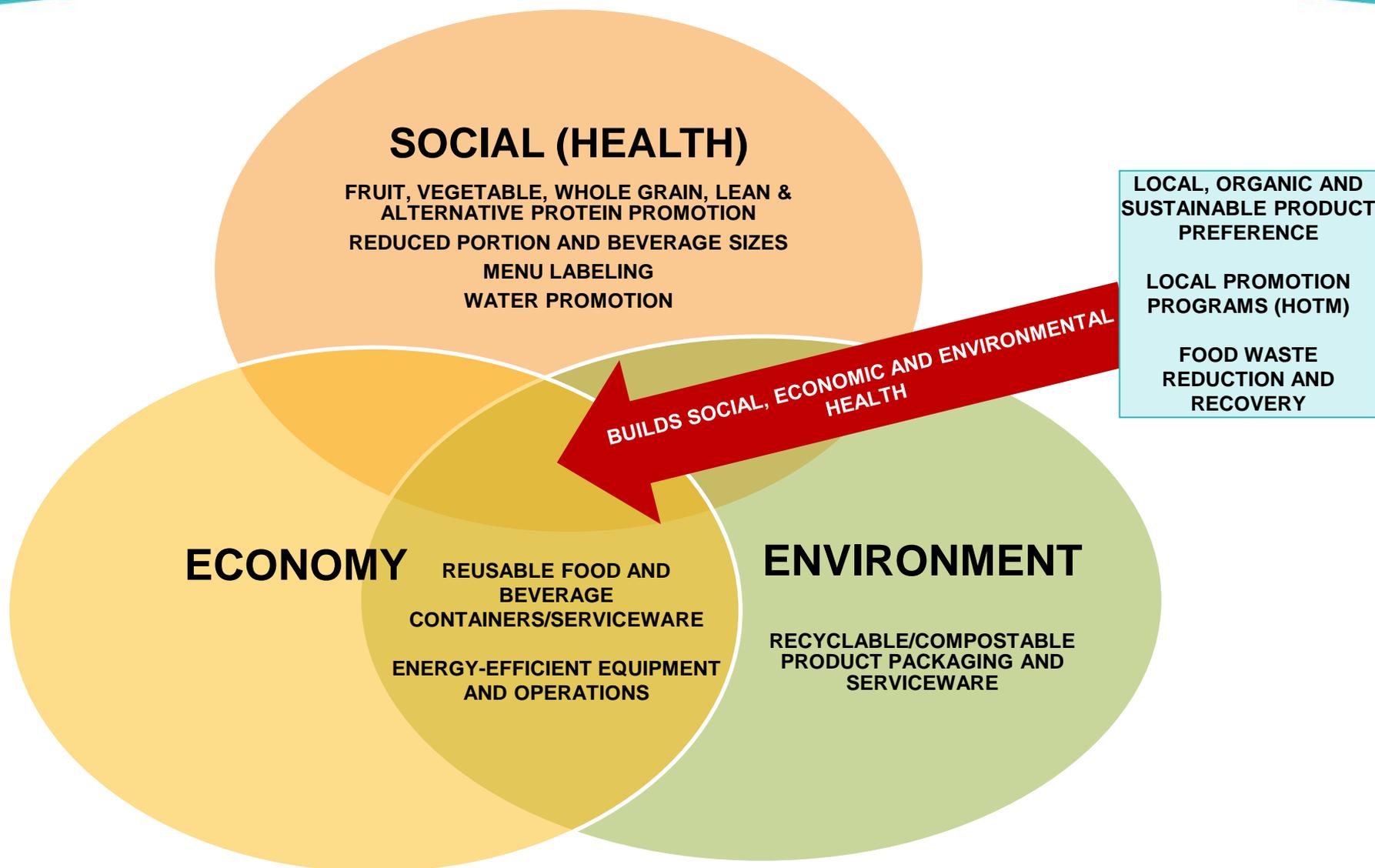
Eat Well Standards Process





Eat Well Standards: Foundation & Basis

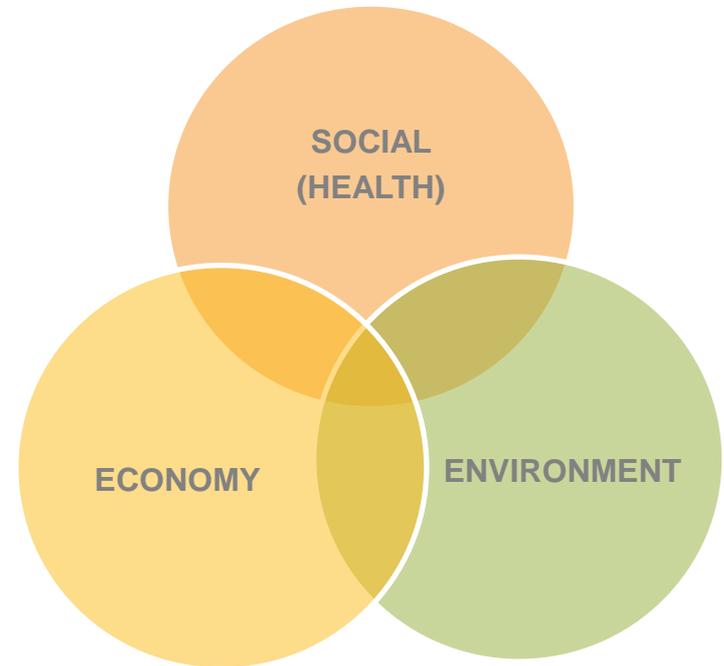
- 2015 Dietary Guidelines
- Local, state and national best practices from schools and hospitals
- Local, state and federal nutrition standards (Chicago, Philadelphia, New York City, Los Angeles County, Maricopa County, Santa Clara County, King County, Washington State, General Services Administration)
- County department and other key feedback





Where we are in the process

- **August 2015:** draft of *Eat Well* Standards Action Plan
- **October 2015:** identify Board of Supervisors champion
- **January 2016:** unit/branch healthy meeting guidelines and worksite food environment assessments
- **March 2016:** draft of *Eat Well* Standards
- **June 2016:** anticipated adoption of *Eat Well* Standards





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