

Changing The MENU:



STRATEGIES for Healthy Eating & Sodium Reduction in California

September 29-30, 2015



Welcome



Conference Objectives

- Increase awareness of sodium reduction strategies and nutrition policies/guidelines.
- Highlight best practices/strategies for, and challenges to the adoption of strong, comprehensive procurement policies; food service guidelines; and nutrition standards.

Conference Objectives

- Foster collaboration among conference participants to increase the adoption of strong, comprehensive procurement policies, food service guidelines, and nutrition standards throughout California.
- Provide opportunities for resource sharing and networking among conference participants.
- Engage participants in a call to action.

Attendees

- National Organizations
- State Governments
- Local Governments
- Advocacy Groups
- Academic Institutions
- Non-Profits



Agenda-Day 1



Time	Topic
1:30 pm	Welcome and Conference Overview
1:45 pm	Setting the Stage
2:00 pm	Public Health Strategies to Reduce Dietary Sodium Consumption
3:00 pm	Burden of Cardiovascular Disease in California
3:15 pm	California Wellness Plan Implementation
3:30 pm	Break
3:45 pm	I Love You Salt, but You're Breaking My Heart AHA's Sodium Reduction Efforts for Consumer
4:45 pm	Closing Remarks
5:00 pm	Networking Reception



Sodium
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SRCP Grant 2010-2013



Who are we?

Sodium

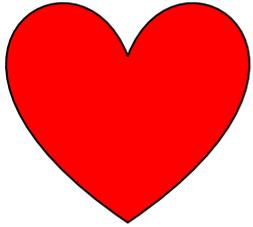
Awareness

Leadership

Team



Goal



Reduce heart disease and stroke by fostering healthy eating, including reduction of sodium consumption, in California.

Annual Objectives

Sodium reduction Web page

- <http://www.cdph.ca.gov/programs/cdcb/Pages/SodiumReductionInitiave.aspx>

– Facebook posts

- CDPH
- DHCS/Welltopia

– Paystub message - November 2015

- Did you know? Eating too much sodium can increase your risk for high blood pressure and lead to heart attack/stroke. Replace high sodium foods with fruits and vegetables.

– BRFSS Question for 2015

- Measures awareness about sodium consumption and \uparrow HBP



Employee Wellness Fair



Facebook Posts

California Department of Public Health
January 7 · 🌐

Have you heard of the Salty Six? Most of the sodium we eat comes from packaged, processed, store-bought, and restaurant foods. Here are the salty six that can add high levels of sodium to your diet: breads and rolls, cold cuts and cured meat, pizza, poultry, soup, and sandwiches.

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Zahid Hasan Tuhin Zahid, Alison Dabney, Sabrina Auble and 34 others like this.



“Changing the Menu” Planning Team



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Thank You!



SACRAMENTO STATE
COLLEGE OF CONTINUING EDUCATION



Thank you!



American Heart Association | **American Stroke Association®**

life is why™



Thank you!



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

