

# Federal Grant Application Request

## Oregon Health Authority

### Sodium Reduction in Communities

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**Analyst:** Kim To

**Request:** Approve the submission of a federal grant to the Centers for Disease Control and Prevention (CDC), in the amount of up to \$350,000 per year for three years, to reduce sodium intake of Oregonians to limits recommended by the 2013 Dietary Guidelines for Americans by collaborating with local county health departments to increase the availability of healthy food options essential to preventing and managing costly chronic conditions such as high blood pressure.

**Recommendation:** Approve the request.

**Analysis:** The Oregon Health Authority (OHA) Public Health Division is requesting approval from the Joint Committee on Ways and Means to apply for the Sodium Reduction in Communities grant from the Centers for Disease Control and Prevention. The grant is expected to be up to \$350,000 per year for three years (up to \$1,050,000 in total). No state matching funds are required for the grant, nor is there a requirement for maintenance of effort.

Heart disease and stroke account for 1/3 of all deaths in Oregon; 62% of strokes and 49% of heart attacks are attributed to high blood pressure. The latest dietary guidelines recommend no more than 2,300 mg of sodium consumption a day (and less than 1,500 mg/day for individuals who are 51 and older). Americans consume an average of 3,400 mg of sodium each day, increasing their risk for high blood pressure. More than 75% of the sodium Americans eat comes from restaurant and processed foods—not the salt added at the table or during home cooking. This funding opportunity complements Oregon’s Healthy Communities program comprehensive strategy to improve the food environment for Oregonians. The grant will allow OHA to collaborate with local county health departments to provide training and technical assistance to educate consumers about choosing healthy options and lower sodium foods; and to increase the availability and accessibility of healthier foods.

No new staff will be needed to implement the activities of the grant. Grant funding would support three existing positions, a Program Analyst 3 at 0.20 FTE, a Research Analyst 3 at 0.20 FTE, and a Program Analyst 2 at 0.20 FTE.

The grant application is due on June 18, 2013. If approved, the funding would begin September 30, 2013 and end September 29, 2016. If necessary, the additional expenditure limitation could be included in the OHA 2013-15 budget, or be added later in the biennium.

The Legislative Fiscal Office recommends approval of the request.

**Motion: I move that the Joint Committee on Ways and Means approve the Oregon Health Authority’s submission of a federal grant application to the Centers for Disease Control and Prevention (CDC) to support efforts to reduce sodium consumption.**



Office of the Director

John A. Kitzhaber, MD, Governor

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May 23, 2013

The Honorable Richard Devlin, Co-Chair  
The Honorable Peter Buckley, Co-Chair  
Joint Committee on Ways and Means  
900 Court Street NE  
H-178 State Capitol  
Salem, OR 97301-4048

Re: Request to Apply Letter – Competitive Grant – Sodium Reduction in Communities  
(OHA-PH-13-09)

Dear Co-Chairpersons:

### **Nature of the Request**

The Oregon Health Authority (OHA), Public Health Division requests permission to apply for the Sodium Reduction in Communities Funding Opportunity Announcement (grant) for federal funds up to \$350,000 a year for three years beginning September 30, 2013 and ending September 29, 2016.

The intent of the grant is to reduce sodium intake to limits recommended by the *Dietary Guidelines for Americans, 2013*, through community efforts that increase availability of, access to, and selection of lower sodium food products. The funding is available through the Centers for Disease Control and Prevention (CDC). The request for proposals was received on May 6, 2013, and the application is due on June 18, 2013. This grant funding requires no matching funds. There is not a federal requirement for maintenance of effort.

### **Agency Action**

The greatest health challenge facing Oregonians is the increasing impact of chronic diseases. More than 85 cents on every dollar spent on health care is spent on treatment of chronic diseases. High blood pressure is a chronic disease that is a significant risk factor for heart disease and stroke, the number one cause of death in Oregon. An estimated 33 percent of adult Oregonians report having high blood pressure. Ninety percent of

Americans consume too much sodium, increasing blood pressure. Americans consume an average of 3,400 mg of sodium each day, which is significantly more than 2,300 mg per day the *2010 Dietary Guidelines for Americans* recommends. More than 75 percent of the sodium Americans eat comes from restaurant and processed foods – not the salt added at the table or during home cooking.

This funding will provide additional support to Oregon's Healthy Communities program by funding work focused on sodium reduction strategies in hospitals and private and government worksites through development and implementation of nutrition guidelines. Organizations that choose to adopt and implement such guidelines make more healthy options accessible where Oregonians work and receive health care services, and also drive the demand for manufacturers to produce products with less excess sodium.

To date a small amount of current CDC funding is used to fund county health departments and tribes in Oregon for partnerships, assessment, planning and pilot interventions to expand the opportunities to be as healthy as possible wherever Oregonians live, work, learn, play and receive services. The program, called Healthy Communities, currently provides training and technical assistance to nine county public health departments and one tribe.

The Public Health Division uses data and science-based evidence to leverage these local partnerships to implement a variety of community-based interventions that reinforce healthy choices and healthy behaviors that make it easier for Oregonians to take charge of their health. Such interventions, including adoption of nutrition guidelines by local organizations, have broad reach to diverse people throughout Oregon, have sustained health impact, and are a good investment for reducing health care costs.

This grant provides resources to maintain or expand community engagement and planning to support the development and implementation of comprehensive nutrition guidelines for foods available in local hospitals and private and government worksites in ways that make sense for Oregon. Guidelines that promote the availability of foods lower in sodium, as well as fats and sugar, will expand access to healthier foods in local communities where people work, conduct business and receive health care. In addition, these efforts support hospitals and worksites as leaders in creating environments that are supportive of health. This grant will help expand public health support at state and local levels for improved access to healthy options for Oregonians, and will also support evaluation efforts to identify the impact comprehensive nutrition guidelines have on

reducing sodium intake in Oregon. The funding opportunity announcement specifies that at least 70 percent of the funding must go to local county health departments. This work will complement the work of Coordinated Care Organizations by expanding the availability of healthy food options which are essential to preventing and managing costly chronic conditions such as cardiovascular disease, diabetes and obesity.

We are engaged in discussions with internal and external partners about activities and staffing needs related to this funding opportunity. At this time, we estimate this grant opportunity will not be used to create new positions, but will provide funding for existing positions partially funded by other CDC grants. These positions include a Program Analyst 3 (0.2 FTE), Research Analyst 3 (0.2 FTE), and Program Analyst 2 (0.2 FTE) positions. The Program Analyst 3 position provides nutrition expertise to support development of comprehensive nutrition guidelines. The Research Analyst 3 position provides data collection, analysis and dissemination of results for cardiovascular health and sodium intake. The Program Analyst 2 provides cardiovascular health technical assistance and training support to local health department and tribal healthy communities program grantees. These positions are existing, permanent positions. Per the funding opportunity announcement, at least 15 percent of the funding will be used to support evaluation activities to identify the effectiveness of the strategies in reducing sodium intake.

There is no expectation that the state will continue to fund these activities or positions at the end of the grant period.

The OHA mission is to help people and communities achieve optimum physical, mental and social well-being through partnerships, prevention and access to quality, affordable health care. By engaging partners to help worksites and hospitals promote improved nutrition, including lower sodium intake, we can help achieve our mission to get to better health, better care and lower costs for all Oregonians.

### **Action Requested**

The Oregon Health Authority (OHA), Public Health Division requests permission to apply for a Sodium Reduction in Communities grant from the Centers for Disease Control and Prevention.

### **Legislation Affected**

None.

The Honorable Richard Devlin, Co-Chair  
The Honorable Peter Buckley, Co-Chair  
05/23/2013  
Page 4 of 4

For additional information, please call Jae Douglas, Administrator for the Center for Prevention and Health Promotion, at 971-673-1139.

Sincerely,



Kelly Ballas  
Chief Financial Officer

Cc: Linda Ames, Legislative Fiscal Office  
Kate Nass, Department of Administrative Services  
Blake Johnson, Department of Administrative Services  
Dustin Ball, Department of Administrative Services