

**Oregon Health Authority
Sodium Reduction in Communities**

(Reported out of Subcommittee on May 30, 2013)

The Human Services Subcommittee recommends that the Full Committee approve the submission of a federal grant application to the Centers for Disease Control and Prevention (CDC) in the amount of up to \$350,000 annually for three years to collaborate with local county health departments to provide training and technical assistance to reduce Oregonians' sodium consumption.

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. 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. The grant will allow OHA to support the efforts of local county health departments to reduce sodium intake by educating consumers and increasing the availability and accessibility of healthier foods.

No state matching funds are required for the grant, and no new staff will be needed to implement the activities of the grant.

The grant application is due on June 18, 2013. If approved, the funding would begin September 30, 2013 and end September 29, 2016.

The Human Services Subcommittee recommends approval of the request.

Federal Grant Application Request

Oregon Health Authority

Sodium Reduction in Communities

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.