



Using FSG Monitoring to Influence Implementation of a Sodium Reduction Intervention in Schools

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Community Health and Research

We seek to identify and understand health needs through research and programs and work to create an environment where every person has access to their best health.



Sodium Reduction in Communities Program

- Administered by CDC's Division for Heart Disease and Stroke Prevention.
- Funds communities to implement strategies to reduce sodium intake to no more than the recommended maximum amount as defined in the *Dietary Guidelines for Americans*.
- Awardees work with food service providers and food industry partners to increase the availability of lower sodium foods.¹

Example: Springdale Public School District



*Springdale Public School District is the **largest district in Arkansas**⁴*

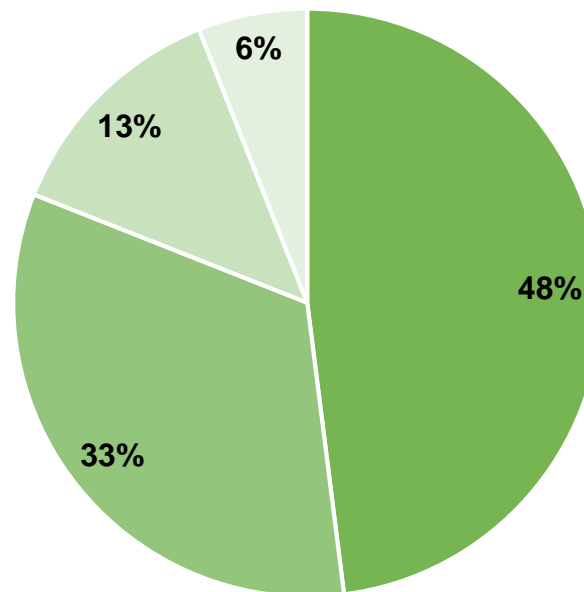
Quick Statistics

22,164 students total⁴

71% eligible free/reduced lunch⁴

44% overweight and obese⁵

Race/Ethnicity⁶



- Hispanic/Latino
- White
- Marshallese/Pacific Islander
- Other

Examples of SRCP Targets Monitored



- Average sodium content of entrées offered on the menu
- Average sodium content of all entrées actually served
 - Springdale's Year 5 target: Entrees served to be **≤480 mg** of sodium per entrée, based on USDA's Smart Snacks in Schools.²
- **Long term outcome:** Average daily sodium intake for all meals served
 - Springdale's Year 5 target: Meals served to be **≤710 mg** of sodium per meal, based on USDA NSLP sodium reduction final targets for school year 2022/23 for middle schools.³
 - Derived from *Healthy, Hunger-Free Kids Act of 2010*

SRCP Strategies



UAMS works with partners to implement policies and practices:

- Purchasing and procurement practices
 - Provide specific item recommendations
 - Assist with contract and bid language
- Meal and menu modifications
 - Customized recipes and menu creation
 - Conduct taste-tests with students to ensure that they like the potential new menu items
- Nutrition guidelines and policy development
 - Draft and develop various policies for procurement, trainings, etc.
- Behavioral economics/environmental changes
 - Utilize posters, table tents, etc.
 - Provide trainings that focus on how to arrange foods so that healthier items are encouraged



Performance Measure Data Collection: 10 Days a Year each October



- **Work closely with district nutrition staff to generate:**
 - Daily production reports for lunch for 10 days across all 30 schools in the district
 - Number of diners served (students and staff)
 - Number of each menu and a la carte item served
 - Menu item nutrient reports (including sodium) for all food items on the menu via nutrition reports
- **Export reports from the district's nutrition software**
 - PrimeroEdge (other examples: NUTRIKIDS, Aramark proprietary system)
 - .xlsx, .csv, .pdf ☹️

Annual Data Processing: 21 Days a Year in November

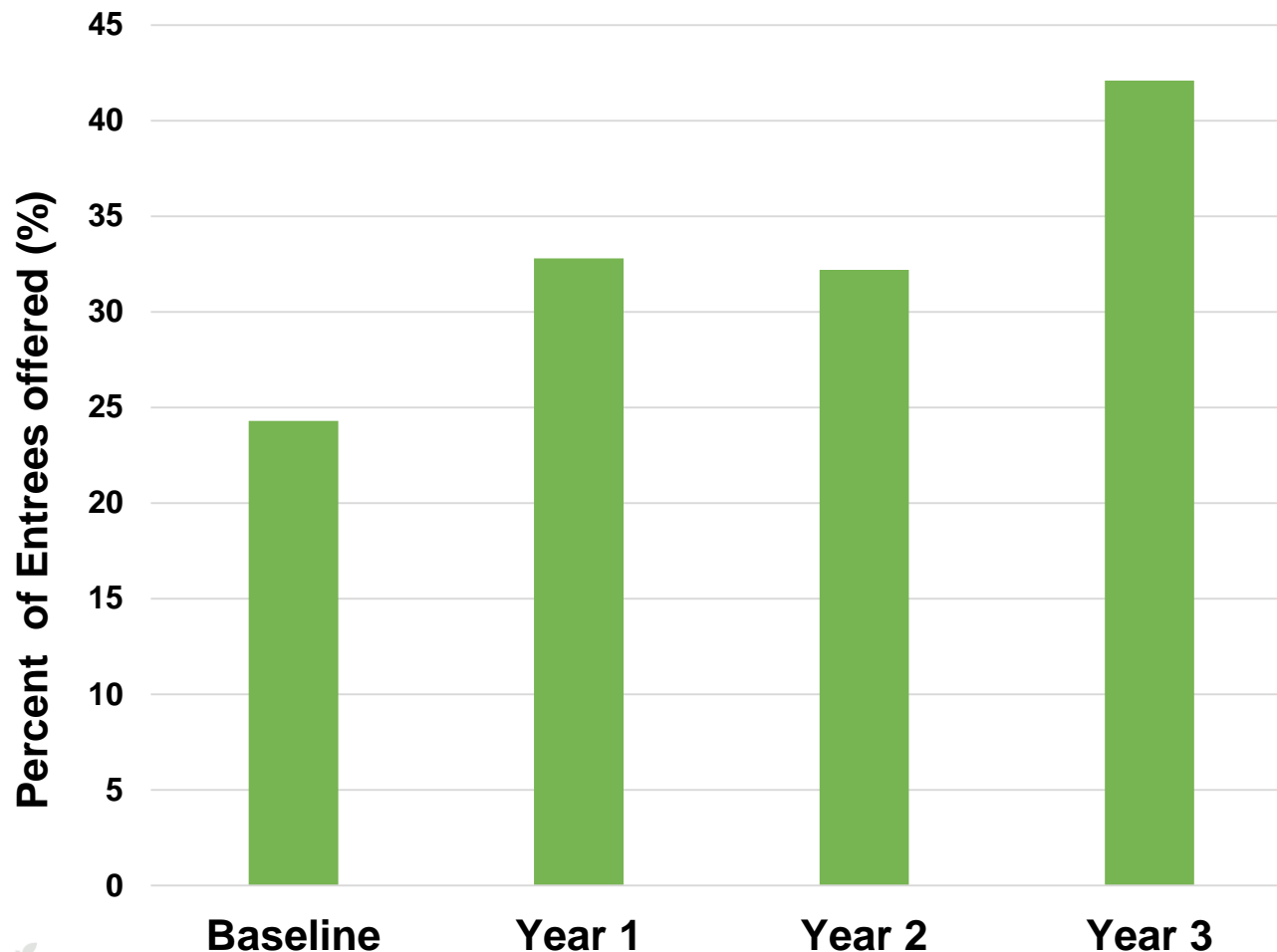


- Extract number of people/meals and individual items served data from production reports
- Extract relevant nutrient data from menu item nutrient reports
- Match nutrient data to number produced of each item
- Challenge: Reports are designed for practitioners and **NOT** for easy data extraction

Sample Year 3 Data Results



Percent of Entrées Offered that Meet Sodium Target
(≤ 480 mg per entrée)



The number of entrées offered that met sodium target increased from **26** entrées to **99** entrées between 2016/2017 to 2019/2020

How Monitoring is Used to Influence Programs



- Discuss results in context of next year's purchasing lists
- Identify and address highest sodium menu items
- Offer trainings to address highest sodium menu items
 - Sauces/dips, lower sodium baking (muffins), grain bowl bar, knife skills
- Create materials (e.g., posters and table tents) to nudge toward lower sodium items
- UAMS RD visits food shows to identify lower-sodium, cost-effective alternatives to identified items



References



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