



KING COUNTY

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

Signature Report

March 25, 2013

Resolution 13-07

Proposed No. 13-07.1

Sponsors

1 A RESOLUTION encouraging King County agencies and
2 institutions to continue efforts to promote healthy eating,
3 including implementing healthy food guidelines, endorsing
4 the National Salt Reduction Initiative, and urging the Food
5 and Drug Administration to modify policies related to
6 sodium.

7 WHEREAS, one in three American adults has high blood pressure, and

8 WHEREAS, high blood pressure, also known as hypertension, is the single largest
9 risk factor for cardiovascular disease ("CVD") mortality, accounting for forty-five
10 percent of all CVD deaths, and

11 WHEREAS, CVD is responsible for thirty-one percent of all deaths in the United
12 States. Each year, more than 600,000 Americans die of heart disease and more than
13 135,000 die of stroke, and

14 WHEREAS, heart disease and stroke are the second and third leading causes of
15 death in King County. In 2010, 3,444 King County residents died of CVD, including
16 heart disease, stroke and other vascular diseases, and

17 WHEREAS, fifty-five percent of King County residents are overweight or obese
18 and overweight and obesity are risk factors for high blood pressure, and

19 WHEREAS, twenty-four percent, or about 367,000, King County adults report
20 they have been told they have high blood pressure by a doctor, nurse or other health
21 professional, and

22 WHEREAS, a high amount of sodium in the diet has been linked to high blood
23 pressure and may also have other harmful effects on health, including increased risk for
24 stroke, heart failure and kidney disease, and

25 WHEREAS, the World Health Organization now characterizes the evidence
26 linking excess sodium intake to CVD as conclusive, and

27 WHEREAS, approximately nine out of ten persons in the United States consume
28 more sodium than recommended, and

29 WHEREAS, Americans age twenty or older consume an average of 3,466
30 milligrams of sodium per day, which is about fifty-one percent above the recommended
31 level and far exceeds the amount needed for good health, and

32 WHEREAS, the 2010 Dietary Guidelines for Americans (“DGA”) recommend
33 that persons who are either hypertensive, diabetic, black, over fifty-one years of age or
34 have chronic kidney disease, who are roughly seventy percent of the population, consume
35 less than 1500 milligrams of sodium daily and recommend that the rest of the
36 population, consume less than 2300 milligrams of sodium daily, and

37 WHEREAS, among menu items in King County sit-down and quick-service
38 restaurants surveyed in 2010, the average sodium content of entrees was 1733 (\pm 965)
39 milligrams, and

40 WHEREAS, in 2010, the Institute of Medicine) published a report that
41 recommended that the generally recognized as safe (status of sodium be modified and

42 that the Food and Drug Administration ("FDA") regulate the amount of sodium permitted
43 in foods. To date, the FDA has not taken action on these recommendations, and

44 WHEREAS, in 2011, the American Public Health Association unanimously
45 passed a resolution that called on the FDA to begin regulating sodium in the food supply
46 within one year and to establish a timetable for gradually reducing sodium in the food
47 supply by seventy-five percent within ten years, and

48 WHEREAS, many countries have been working actively for years to reduce
49 sodium in their food supplies and are far ahead of the United States in their efforts. For
50 example, Finland began a campaign to reduce the consumption of sodium that included
51 both public education and regulation in the 1970s. Sodium intake has decreased more
52 than forty percent since then, resulting in an eighty percent decline in the mortality rate
53 from heart disease and strokes, and

54 WHEREAS, because time is required to adjust taste perception in the general
55 population, the reduction of recommended sodium levels should change over time, and

56 WHEREAS, it is estimated that if the population of the United States moved to an
57 average intake of 1,500 milligrams of sodium per day there would be a twenty-five and
58 six-tenths percent overall decrease in high blood pressure and \$26.2 billion in health care
59 savings, and

60 WHEREAS, seventy-seven percent of the sodium consumed in America comes
61 from processed and restaurant foods, and

62 WHEREAS, the National Salt Reduction Initiative, which includes over forty
63 national health organizations, cities and states, has issued its public commitment to
64 promote gradual, achievable, substantive and measurable reductions in the sodium

65 content of packaged and restaurant foods by setting targets and monitoring progress
66 through a transparent process. The Initiative's goal is to reduce Americans' sodium
67 intake by twenty percent by 2014 through voluntary corporate commitments to lower
68 sodium in packaged and restaurant food.

69 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King
70 County:

71 A. The Board of Health encourages residents to take proactive steps to reduce the
72 sodium in their diets as a way to decrease high blood pressure and other cardiovascular
73 diseases in King County; and

74 B. The Board of Health continues to support King County policies and programs,
75 including those in schools and childcare sites, to implement healthy food guidelines and
76 procurement that meet the 2010 Dietary Guidelines for Americans nutritional standards
77 for sodium; and

78 C. The Board of Health endorses support of the National Salt Reduction Initiative; and

79 D. The Board of Health urges the Food and Drug Administration to:

80 1. Remove or modify the generally recognized as safe status of
81 sodium,

82 2. Begin regulating the amount of sodium permitted in processed
83 foods, and

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3. Establish a schedule for the progressive lowering of sodium in

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food products over the next ten years.

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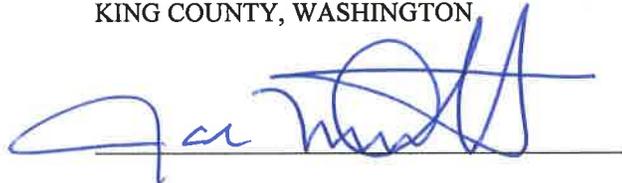
Resolution 13-07 was introduced on and passed by the Board of Health on 3/21/2013, by the following vote:

Yes: 9 - Ms. Frisinger, Mr. Conlin, Ms. Patterson, Ms. Clark, Dr. Baker, Mr. McDermott and Dr. Delecki

No: 0

Excused: 4 - Ms. Lambert, Mr. Licata, Dr. Nicola and Dr. Danielson

BOARD OF HEALTH
KING COUNTY, WASHINGTON



Joe McDermott, Chair

ATTEST:



Anne Noris, Clerk of the Board

Attachments: None