

NATIONAL SALT AND SUGAR REDUCTION INITIATIVE (NSSRI)

The National Salt and Sugar Reduction Initiative (NSSRI) is a partnership of over 100 local, state and national health organizations convened by the New York City Health Department. The Health Department launched the initial phase of this effort, the National Salt Reduction Initiative (NSRI), in 2009 and set targets for reduced sodium levels in packaged and restaurant foods. The partnership joined together to encourage major food companies to make voluntary commitments to specific food category targets for sodium reduction and monitored sodium levels to track this progress. Between 2009 and 2015, there was a 6.8 percent reduction in sodium levels in the food supply, demonstrating the feasibility of this model.

In 2018, NSRI became The National Salt *and Sugar* Reduction Initiative (NSSRI), and in 2021, set targets for sugar reduction. The initiative will monitor sugar levels in packaged foods and beverages that contribute the majority of added sugar to the diet over time. Once again, the partnership is encouraging food companies to voluntarily meet these targets.

Sugar has become widespread in the national food supply; currently, 68 percent of packaged foods and beverages purchased in the U.S. contain caloric sweeteners. Research shows that intake of added sugars is associated with increased risk of excess weight, type 2 diabetes, hypertension, stroke, heart disease and cavities.

Reducing the amount of salt and sugar consumed requires action by individuals, governments and the private sector. Individuals can monitor and reduce their intake. Health organizations, including government agencies, can provide leadership and raise awareness of the health benefits of lowering salt and sugar intake. The private sector can reduce the amount of salt and sugar in processed foods by reformulating its products and expanding the range of lower sugar items for consumers to choose from. There is an opportunity to work together through a transparent public process to reduce the amount of salt and sugar in the food supply and the diet, preventing diet-related chronic disease and improving population health.

National Salt and Sugar Reduction Initiative Partnership

- » Academy of Nutrition and Dietetics
- » Alaska Department of Health and Social Services
- » American College of Epidemiology
- » American Cancer Society Inc.
- » American Heart Association
- » American Medical Association
- » American Public Health Association
- » Arizona Department of Health Services
- » Association of State Public Health Nutritionists
- » Association of State and Territorial Health Officials
- » Big Cities Health Coalition
- » Boston Public Health Commission
- » Brazos County Health Department, Texas
- » Broome County Health Department, New York
- » California Conference of Local Health Officers
- » California Department of Public Health
- » Cambridge Public Health Department
- » Center for Science in the Public Interest
- » Chicago Department of Public Health
- » Colorado Department of Public Health and Environment
- » Connecticut Department of Public Health
- » Consumer Reports
- » Cook County Department of Public Health, Illinois
- » Corpus Christi - Nueces County Public Health District, Texas
- » Council of State and Territorial Epidemiologists
- » County of San Diego Health and Human Services Agency, California
- » County of Santa Clara Public Health Department, California
- » Delaware Department of Health and Social Services
- » District of Columbia Department of Health
- » Eradicate Childhood Obesity Foundation

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- » Foodicine Health
- » Harvard Food Law and Policy Clinic
- » Hawaii State Department of Health
- » Healthy Food America
- » Houston Health Department
- » Idaho Department of Health and Welfare, Heart Disease and Stroke Prevention Program
- » Illinois Department of Public Health
- » Illinois Public Health Institute
- » Indiana State Department of Health
- » InterAmerican Heart Foundation
- » International Network for Epidemiology in Policy
- » Kaiser Permanente
- » Kentucky Department for Public Health
- » Los Angeles County Department of Public Health, California
- » Louisiana Department of Health and Hospitals
- » Maine Center for Disease Control and Prevention
- » Maricopa County Department of Public Health, Arizona
- » Marion County Public Health Department, Indiana
- » Maryland Department of Health
- » Massachusetts Department of Public Health
- » Michigan Department of Health and Human Services
- » Minneapolis Health Department
- » Minnesota Department of Health
- » Mississippi State Department of Health
- » Mississippi Task Force on Heart Disease and Stroke Prevention
- » Missouri Council for Activity and Nutrition
- » National Alliance of Hispanic Health
- » National Association of Chronic Disease Directors
- » National Association of County and City Health Officials
- » National Black Leadership Commission on Health
- » National Forum for Heart Disease and Stroke Prevention
- » National Kidney Foundation
- » National Network of Public Health Institutes
- » National WIC Association
- » New Hampshire Department of Health and Human Services, Division of Public Health
- » New Jersey Department of Health
- » New Mexico Department of Health
- » New York Academy of Medicine
- » New York City Department of Health and Mental Hygiene
- » New York State Chapter, American College of Cardiology
- » New York State Department of Health
- » Northern Illinois Public Health Consortium
- » Northwest Kidney Centers
- » Ohio Department of Health
- » Oklahoma City-County Health Department, Oklahoma
- » Oregon Health Authority, Public Health Division
- » Pennsylvania Department of Health
- » Philadelphia Department of Public Health
- » Preventive Cardiovascular Nurses Association
- » Public Health Institute
- » Public Health Law Center at Mitchell Hamline School of Law
- » Resnick Program for Food Law and Policy at UCLA
- » Rhode Island Department of Health
- » Rudd Center for Food Policy and Obesity at UConn
- » Salt Lake County Health Department, Utah
- » Schenectady County Public Health Services, New York
- » Seattle and King County Public Health Department, Washington
- » Shasta County Health and Human Services Agency - Public Health, California
- » Society for Nutrition Education and Behavior
- » Society for the Analysis of African-American Public Health Issues
- » South Carolina Institute of Medicine & Public Health
- » South Dakota Department of Health
- » Southern Nevada Health District
- » St. Louis City Department of Health
- » Steuben County Public Health, New York
- » Summit County Health Department, Utah
- » Tarrant County Public Health, Texas
- » Texas Medical Association
- » Texas Association of City and County Health Officials
- » Texas Cardiovascular Disease and Stroke Partnership
- » The Food Trust
- » Washington State Department of Health
- » Wisconsin Heart Disease and Stroke Alliance
- » World Food Policy Center at Duke University
- » World Hypertension League

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Questions? Email sugar@health.nyc.gov

