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## Public Health Applauds FDA for Sodium Reduction Targets

LOS ANGELES – Leaders of local health departments in Los Angeles, New York City, Chicago, Houston and Philadelphia applaud the U.S. Food and Drug Administration (FDA) for releasing sodium reduction targets for the food industry. More than 75% of sodium in the American diet comes from packaged and restaurant foods, which means that consumers have limited control in determining how much sodium they consume. High sodium intake, which is the norm for most of the population, increases blood pressure and the risk of heart disease and stroke.

There is already broad support for sodium reduction, as demonstrated by the 100 public health partners that have urged companies to reduce sodium in their products as part of the National Salt Reduction Initiative (NSRI). This initiative was modeled on a similar sodium reduction model in the United Kingdom, run by the national government, where significant reductions in population sodium intake and blood pressure have occurred. We welcome this federal government action, which reinforces a framework for sodium reduction that local and state governments have endorsed through the NSRI.

The FDA's targets are a necessary step to result in meaningful sodium reduction by food companies.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$900 million. To learn more about the LA County Department of Public Health and the work they do, visit [PublicHealth.LACounty.gov](http://PublicHealth.LACounty.gov), and follow Public Health on social media at [twitter.com/LAPublicHealth](https://twitter.com/LAPublicHealth), [facebook.com/LAPublicHealth](https://facebook.com/LAPublicHealth), and [youtube.com/LAPublicHealth](https://youtube.com/LAPublicHealth).

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*Los Angeles County Department of Public Health works to protect health,  
prevent disease, and promote health and well-being.*

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Thank you,  
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