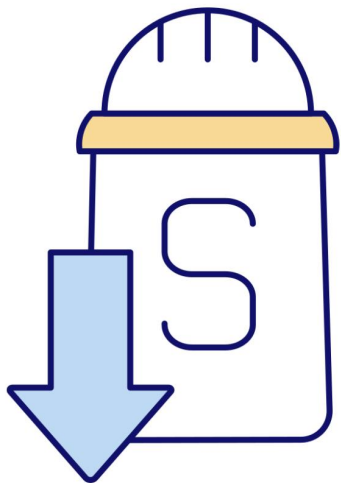


Digital Sodium Reduction Intervention



Michael G, Daisy W, Maggie B, Nathalee

Yang, Lucia R

FMPH 110 - SPRING 23

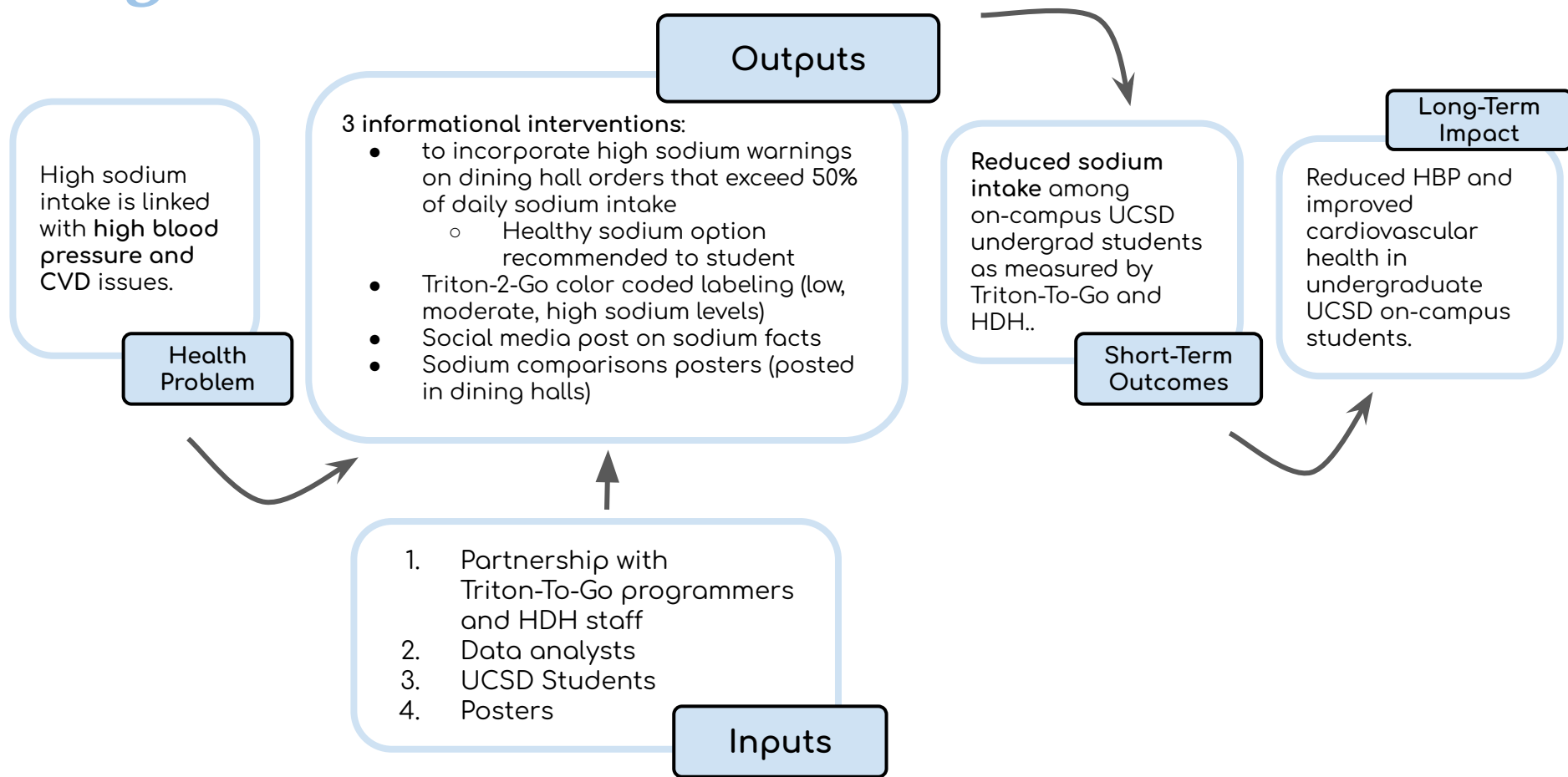
Group 17



Hypothesis

Sodium intake of on-campus undergraduate UCSD students at UCSD dining halls will be reduced after our intervention is implemented as measured through the HDH/Triton-To-Go sales records when comparing baseline sodium consumption to post-11 weeks of intervention.

Logic Model



Health problem

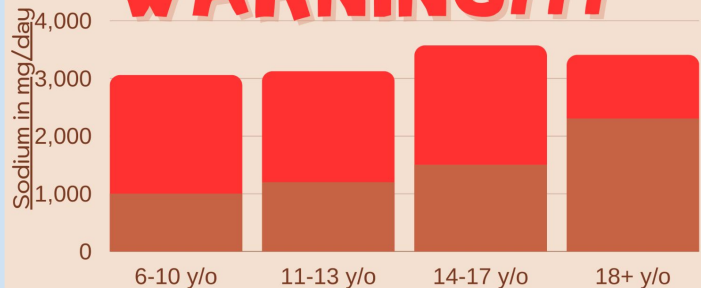
- CVD risk (Wang, et al.)
- Sodium restriction for hypertension (Houston, M.C.)
- Hypertension prevalence: 22.4% among U.S. adults 18-39
 - But increases with age (CDC)
- Increased prevalence after 2017 (CDC)



Target population

- UCSD on-campus undergrad students



SODIUM INTAKE WARNING!!!



 = Recommended
 = Actual Intake

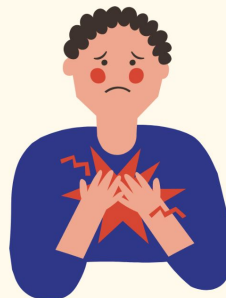
The general sodium intake recommendation is 2,300 mg/day, which translates to around only **1-1.5 teaspoons** of sodium **daily**

WATCH YOUR SODIUM INTAKE!

HIGH SODIUM
INTAKE LEADS TO
HYPERTENSION



HYPERTENSION
IS A SILENT
KILLER



DON'T WAIT UNTIL
IT'S TOO LATE!

PLAN & AVOID
SODIUM BEYOND
2300MG DAILY
INTAKE





139 Posts 2,596 Followers 215 Following

UCSD HDH

College & university

The official Instagram for UC San Diego's Housing, Dining and Hospitality program.

9500 Gilman Drive, San Diego, California

linktr.ee/ucsdhousingdining



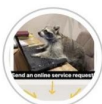
Sustainability



Dining



Housing



HDH FixIt!



ResHare

Follow

Message



RISKS

associated with high sodium consumption

01

Cardiovascular
Disease- high
blood pressure,
strokes

02

Chronic Kidney
Disease- reduced
ability to excrete
sodium



03

Osteoporosis-
calcium deficiency,
weakening of the
bones

04

Cancer-
increased risk to
stomach cancer

UC San Diego

HOUSING • DINING • HOSPITALITY

Burger and fries



Which image has
higher sodium
content?

??

Top

Bottom

2 salads 2 plates with fish and veggies, smoothie



HOW MUCH SODIUM
IS IN THIS MEAL?

??

(A) 750mg

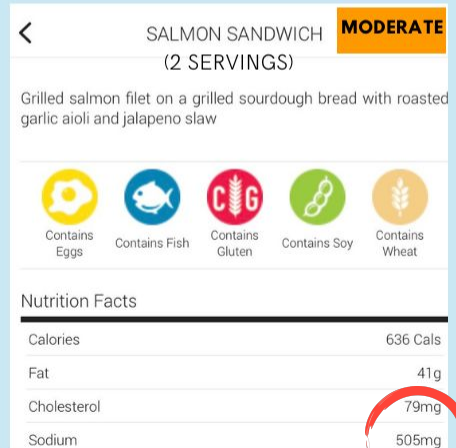
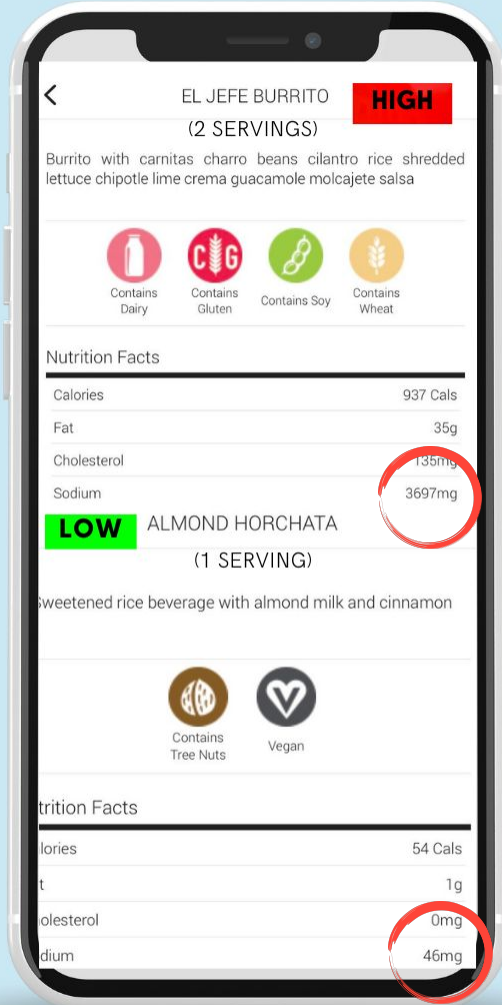
(B) 900mg

(C) 1200mg

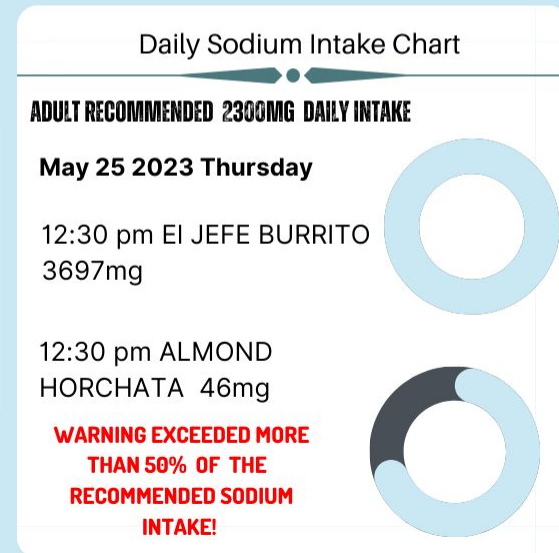
(D) 1050mg

UC SAN DIEGO

HOUSING • DINING • HOSPITALITY



RANKINGS	%DV (PERCENT OF DAILY VITAMIN)	AVG. SODIUM/ SERVING LIMIT
HIGH	$\geq 20\%$	$\geq 460\text{mg}$
MEDIUM	$5\% < \text{mg} < 20\%$	$115\text{mg} < \text{mg} < 460\text{mg}$
LOW	$\leq 5\% \text{DV}$	$\leq 115\text{mg}$



Evaluation

❑ **Process** Evaluation Method

- ❑ Post-Intervention Survey to dining hall users
- ❑ Gathered during final intervention week for one week
- ❑ *How was our intervention received by participants?*

❑ **Outcome** Evaluation Method

- ❑ Sodium-Related Sales Audit
- ❑ Compare HDH/Triton-To-Go sales record to analyze average sodium in purchases pre-, throughout, and post- test

❑ **Impact** Evaluation Method

- ❑ UCSD Student Health Center data
- ❑ Compare rates of blood pressure levels pre-intervention and post-intervention each quarter to see if impacts were maintained

Work Cited

American Heart Association. (2018). How much sodium should I eat per day? [Www.heart.org.
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day)

Centers for Disease Control and Prevention. (2018, June 29). The Role of Potassium and Sodium in Your Diet. Centers for Disease Control and Prevention. <https://www.cdc.gov/salt/potassium.htm>


Eyles, H., McLean, R., Neal, B., Jiang, Y., Doughty, R. N., McLean, R., & Ni Mhurchu, C. (2017). A salt-reduction smartphone app supports lower-salt food purchases for people with cardiovascular disease: Findings from the SALT SWITCH randomised controlled trial. *European Journal of Preventive Cardiology*, 24(13), 1435–1444.
<https://doi.org/10.1177/2047487317715713>

Houston M. C. (1986). Sodium and hypertension. A review. *Archives of internal medicine*, 146(1), 179–185.

Nutrition, C. for F. S. and A. (2022). Sodium in Your Diet. FDA.
<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet#:~:text=As%20a%20general%20guide%3A%205%25%20DV%20or%20less>

Ostchega, Y., Fryar, C. D., Nwankwo, T., Nguyen, D. T. (2020). Hypertension Prevalence Among Adults Aged 18 and Over: United States, 2017–2018.

Wang, Y. J., Yeh, T. L., Shih, M. C., Tu, Y. K., & Chien, K. L. (2020). Dietary Sodium Intake and Risk of Cardiovascular Disease: A Systematic Review and Dose-Response Meta-Analysis. *Nutrients*, 12(10), 2934.
<https://doi.org/10.3390/nu12102934>



uhhhh...



?



Questions?