

***Million Hearts® and Sodium Reduction Strategies:
State and Federal Innovative Actions
August 11, 2014 2-3pm ET***

Audience:

Million Hearts® Collaboration Partners and Stakeholders, State and Local health departments, Healthcare Professionals, National Organizations

Purpose:

Decreasing sodium intake of the population is a priority of the Million Hearts® Initiative. The Webinar will highlight ways to translate sodium reduction strategies into practical application and share best practices and collaborative efforts.

Objectives:

At the end of the webinar, participants will be able to:

- Recognize sodium reduction strategies as one of the Million Hearts® priorities
- Share messaging from the American Heart Association's sodium campaign for their audiences
- Identify public health strategies to reduce dietary sodium consumption
- Identify implementation of Washington State's Healthy Nutrition Guidelines that help to decrease sodium intake of its residents
- Identify how Iowa's healthy vending initiative (Nutrition Environment Measures Survey – Vending or NEMS-V) & its associated partnerships have helped to decrease sodium intake of Iowans

Agenda:

Welcome, Overview

The Million Hearts Initiative

Public Health Strategies to Reduce Dietary Sodium Consumption

Emily Ann Miller, National Program Lead, Sodium Reduction Initiative, American Heart Association

Public Health Strategies to Reduce Dietary Sodium Consumption

Kristy Mugavero, Division for Heart Disease and Stroke Prevention
National Center for Chronic Disease Prevention and Health Promotion, CDC

Choose Well Live Well, Washington State Department of Health Amy

Ellings, Healthy Eating Active Living Program Manager

Healthy Vending in the Work Place, Iowa Department of Public Health

Carol Voss, MEd, RD, LD, Nutrition Coordinator and Terry Y. Meek, Health Systems Coordinator

Q and A

Jill Birnbaum JD, Vice President, State Advocacy & Public Health, American Heart Association

Final Remarks

Emily Ann Miller