Making Healthy Easy Through Health Systems Change

Sonia Angell, MD, MPH

Workshop 2.6 Implementing the commitments of the UN Decade of Action on Nutrition
October 19, 2017
Making the Healthy Choice the Easy Choice

Individual
- Culture
- Attitudes/Beliefs
- Skills
- Knowledge
- Time
- Affordability

Environment & Systems
- Physical Access/Availability
- Pricing/Economic
- Communication/Media
- Point of Decision
- Education/Promotion

Health Promoting Behaviors

Environment
Reformulation: National Salt Reduction Initiative

- Nationwide partnership of 100 public health groups, based upon UK model
- Set sodium reduction targets for food industry
- Invite industry commitments
- Monitor sodium changes
- Sales weighted mean sodium density, 2014 compared with 2009
  - Decreased in almost half of all food categories.
  - Overall, declined by 6.8%
- In 2016, FDA announced National Guidance for Comment, currently delayed pending completion of DRG

Labeling: Sodium Warning in Chain Restaurants

SODIUM PER ITEM IN 2014, BY RESTAURANT TYPE IN NYC

Warning: Indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

Source: MenuStat, 2014
Labeling: Calories in Chain Restaurants

- Requires certain food service establishments (FSEs) to post calorie content of menu items on menus and menu boards
- Applies to restaurants that are part of a chain with 15 or more locations in the US
  - Covers >3,000 restaurants in NYC
- Included in the US Federal Affordable Care Act, 2010
- Expanded to chain retail/grocery stores
- Enforcement delayed until May 2018
## Trans Fat Restrictions in Restaurants

### Based on United States Population: 301 Million

<table>
<thead>
<tr>
<th>Trans Fat Ban</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York City, NY</td>
<td>8 million</td>
</tr>
<tr>
<td>Philadelphia, PA</td>
<td>1.5 million</td>
</tr>
<tr>
<td>Montgomery County, MD</td>
<td>932,000</td>
</tr>
<tr>
<td>Brookline, MA</td>
<td>58,000</td>
</tr>
<tr>
<td>King County, WA</td>
<td>1.8 million</td>
</tr>
<tr>
<td>Nassau County, NY</td>
<td>1.3 million</td>
</tr>
<tr>
<td>Westchester County, NY</td>
<td>949,355</td>
</tr>
<tr>
<td>Suffolk County, NY</td>
<td>1.5 million</td>
</tr>
<tr>
<td>Boston, MA</td>
<td>600,000</td>
</tr>
<tr>
<td>Stamford, CT</td>
<td>118,000</td>
</tr>
<tr>
<td>Cambridge, MA</td>
<td>100,000</td>
</tr>
<tr>
<td>California</td>
<td>36.5 million</td>
</tr>
<tr>
<td>Albany County, NY</td>
<td>298,000</td>
</tr>
<tr>
<td>Broome County, NY</td>
<td>200,000</td>
</tr>
</tbody>
</table>

Procurement: Nutrition Standards

• Evidence-based nutrition criteria mandated in City agencies, by Executive Order:
  • Meals/Snacks Purchased and Served (2008)
  • Beverage Vending Machines (2009)
  • Food Vending Machines (2011)
  • Cafeterias and Cafes (2012)
  • Meetings & Events (2013)
  • Commissaries - in correctional facilities (2013)

• Affects 260+ million meals and snacks served by NYC agencies
Taxation: Sugar Sweetened Beverages

- Global obesity epidemic threatens all of us.
- Sugar sweetened beverages responsible for > 40% of all added sugar in the diet

Source: Healthy Food America
Integrating Food Systems with Clinical Systems: Pharmacy to Farm Prescriptions

- **Health Bucks**
  - Supplements Federal SNAP (Supplemental Nutrition Assistance Program)
- Pharmacy-based fruit and vegetable prescription program
  - Monthly fruit and vegetable prescriptions are exchanged for $30 worth of Health Bucks
In Summary

- Rapid changes in the food environment are possible!
- Food policy and programming requires multi-sectoral engagement
  - Source of innovation
- Effective policies span from voluntary to mandatory
- Local initiatives can be the source of national policy
- Investment in evaluation is essential and can guide further innovation
Thank you!

Sonia Angell, MD, MPH
Deputy Commissioner, Division of Prevention and Primary Care
New York City Department of Health and Mental Hygiene