New Hampshire 1305 Program
Sodium Reduction 2014-2016

- Grafton County Senior Citizens Council
- Concord Hospital
- 30 Licensed Child Care Programs
- 49 Public Schools
Polling Question: What types of settings are you partnering with to implement nutrition/sodium initiatives? (Select all that apply)

a. Schools
b. Child care
c. Worksites
d. Restaurants
e. Hospitals
f. Congregate meal sites
g. Other
Nutrition Agencies that Provide Congregate Meals

Congregate/Home-Delivered Meals
- + 60 years of age
- Disabled Adults

Colleague had worked with:
- Bureau of Elderly and Adult Services
- Directors of the nutrition agencies

$10,000 in 1305 budget for projects with two of the 10 agencies

Only one agency applied

Lia Baroody, NH DPHS
Heart Disease & Stroke Prevention
Staff sodium reduction training
Increased fresh foods
Decreased canned foods
Developed purchasing guide
Reduced high-sodium breads

Yearly reach:
- 5,000 senior meals
- 77,381 congregate meals
- 128,149 home-delivered meals
Changes for 2016

- One project for $15,000
- Applicant had to be a worksite, hospital, or nutrition agency
- Still only one applicant
- Application received 3/4/16, contract delayed until early June
- Project had to be completed by June 30, 2016

Scot’s Disappointed Face
Concord Hospital
June 2016

- 206 Beds, 4th Largest Hospital
- Reduced cost of healthy items* by 50%
- 75% increase in fresh fruit sales
- Healthy food sales doubled in four weeks
- Yearly reach:
  - 55,000 people visited 8 locations
  - 2,683 hospital employees

* Less than 200 mg sodium and 150 calories per serving

Jason Aziz, MS
Wellness Coordinator
Concord Hospital
Child Care Programs

March 2015 – June 2016
30 Child Care Programs / 2,212 Children

Child Care Programs
- Must make at least 3 nutrition improvements
- At least one of the 3 must directly reduce sodium

Activities:
- Utilized Go NAP SACC and added sodium questions
- Reduced snacks higher in sodium
- Increased fruit/veggies
- Made soups from scratch

Nashua Adult Learning Center Early Childhood Adventures Program,
Nashua, NH
Schools

March 2015 – June 2016
49 Schools with a total of 28,257 students
23,157 meals served/day

Schools
- Must make at least 3 nutrition improvements
- At least one of the 3 must directly reduce sodium

Activities included:
- Add a “Fruit & Veggie Bar”
- Made soups from scratch
- Improved breakfast options
- School garden provided lettuce for school lunch program

Little Harbour School Garden
Portsmouth, NH
Polling Question:
What is the greatest challenge you face with the implementation of nutrition/sodium initiatives?

a. Availability of low-sodium products
b. Buy in from staff
c. No interest in project
d. Financial/budget constraints
e. Food service staff training
f. Other
Lessons Learned

Congregate Meal Sites

- Staff liked the hands-on sodium reduction training
- Feedback from meal site was that project needed to be more structured

Photo courtesy of Grafton County Senior Citizens Council
Lessons Learned

Concord Hospital

- Start with fewer “healthy” products
- Easier to identify a few products and track sales over 8 weeks or so
Lessons Learned

Child Care Programs/Schools

- Work with the willing
- Helps to have a champion or a programmatic desire to improve
- Consultants that have child care program/school experience
- Mini-grants for implementation
  - $1,000 for child care
  - $1,500 for school districts

Photo courtesy of Jamie Swann, Strafford County Head Start
Thank You!

Scot Foster

Diabetes, Heart Disease, Obesity & School Health Program

Email: scot.foster@dhhs.nh.gov
Phone: (603) 271-4628

* Image may make Scot appear younger than he actually is