

# CONSENSUS STATEMENT ON SODIUM

Cardiovascular diseases, including heart disease and stroke, are leading causes of death in the United States. Influencing the major risk factors for cardiovascular disease provides an opportunity to improve Americans' health, which in turn can prevent illness and disability, reduce health disparities, save lives and reduce healthcare costs. Considering the full scope of research, the undersigned affirm the scientific basis for lowering current sodium consumption levels in the U.S. population.

Public health recommendations are made after weighing all of the evidence, including studies of greater and lesser strength of design and some with conflicting results. A vast body of research, including observational studies, feeding studies, and randomized controlled trials, indicates that lowering sodium intake lowers blood pressure, a major risk factor for cardiovascular disease. After reviewing evidence on sodium intake and cardiovascular disease outcomes, the Institute of Medicine recently concluded that reducing population sodium intake would have a positive effect on public health. This is consistent with the compelling body of evidence from laboratory, clinical, and population research that together establishes that high sodium intake causes increases in blood pressure.

**WE CONCLUDE THAT THE EVIDENCE IS CLEAR. POPULATION-WIDE REDUCTION OF SODIUM INTAKE IS AN INTEGRAL APPROACH TO REDUCING CARDIOVASCULAR DISEASE EVENTS AND MORTALITY IN THE UNITED STATES.**

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We welcome additional scientists who publish in this field and agree with the statement to become a signatory.  
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