The National Salt and Sugar Reduction Initiative (NSSRI) is a partnership of over 100 local, state and national health organizations convened by the New York City Health Department. The Health Department launched the initial phase of this effort, the National Salt Reduction Initiative (NSRI), in 2009 and set targets for reduced sodium levels in packaged and restaurant foods. The partnership joined together to encourage major food companies to make voluntary commitments to specific food category targets for sodium reduction and monitored sodium levels to track this progress. Between 2009 and 2015, there was a 6.8 percent reduction in sodium levels in the food supply, demonstrating the feasibility of this model.

In 2018, NSRI became The National Salt and Sugar Reduction Initiative (NSSRI), and will set targets for and monitor sugar levels in packaged foods and beverages that contribute the majority of added sugar to the diet. Once again, the partnership is encouraging food companies to make voluntary commitments to these targets.

Sugar has become widespread in the national food supply; currently, 68 percent of packaged foods and beverages purchased in the U.S. contain caloric sweeteners. Research shows that intake of added sugars is associated with increased risk of excess weight, type 2 diabetes, hypertension, stroke, heart disease and cavities.

Reducing the amount of salt and sugar consumed requires action by individuals, governments and the private sector. Individuals can monitor and reduce their intake. Health organizations, including government agencies, can provide leadership and raise awareness of the health benefits of lowering salt and sugar intake. The private sector can reduce the amount of salt and sugar in processed foods by reformulating its products and expanding the range of lower sugar items for consumers to choose from. There is an opportunity to work together through a transparent public process to reduce the amount of salt and sugar in the food supply and the diet, preventing diet-related chronic disease and improving population health.

National Salt and Sugar Reduction Initiative Partnership

- Academy of Nutrition and Dietetics
- Alaska Department of Health and Social Services
- American College of Epidemiology
- American Cancer Society Inc.
- American Heart Association
- American Medical Association
- American Public Health Association
- Arizona Department of Health Services
- Association of State Public Health Nutritionists
- Association of State and Territorial Health Officials
- Big Cities Health Coalition
- Boston Public Health Commission
- Brazos County Health Department, Texas
- Broome County Health Department, New York
- California Conference of Local Health Officers
- California Department of Public Health
- Cambridge Public Health Department
- Center for Science in the Public Interest
- Chicago Department of Public Health
- Colorado Department of Public Health and Environment
- Connecticut Department of Public Health
- Consumers Union/Consumer Reports
- Cook County Department of Public Health, Illinois
- Corpus Christi - Nueces County Public Health District, Texas
- Council of State and Territorial Epidemiologists
- County of San Diego Health and Human Services Agency, California
- County of Santa Clara Public Health Department, California
- Delaware Department of Health and Social Services
- District of Columbia Department of Health
- Eradicate Childhood Obesity Foundation

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