

SENATE CONCURRENT RESOLUTION NO. 4024

Introduced by

Senators Nething, Bowman, Nelson

Representatives Kilichowski, Pietsch

1 A concurrent resolution directing the Legislative Management to study issues relating to sodium
2 intake and legislative measures aimed at decreasing heart disease and stroke.

3 **WHEREAS**, one in three American adults has high blood pressure and an estimated
4 99 percent of middle-aged adults will develop high blood pressure in their lifetime; and

5 **WHEREAS**, a high amount of sodium in the diet has been linked to high blood pressure and
6 may also have other harmful effects on health, including increased risk for stroke, heart failure,
7 osteoporosis, stomach cancer, and kidney disease; and

8 **WHEREAS**, Americans age 20 and older consume an average of 3,466 milligrams per day
9 of sodium which is a level too high to be considered safe; and

10 **WHEREAS**, the American Heart Association and others in the public health community
11 strongly recommend a daily sodium consumption limit of less than 1,500 milligrams per day
12 intake for all Americans; and

13 **WHEREAS**, the American Heart Association advocates for a stepwise reduction of sodium
14 in the American diet to 1,500 milligrams per day by the year 2020; and

15 **WHEREAS**, it is estimated that if the population of the United States moved to an average
16 intake of 1,500 milligrams of sodium per day there would be a 25.6 percent overall decrease in
17 high blood pressure and \$26.2 billion in health care savings; and

18 **WHEREAS**, heart disease and stroke are the first and sixth leading causes of death in
19 North Dakota; and

20 **WHEREAS**, the State Department of Health has joined the National Salt Reduction Initiative
21 to work toward the goal of reducing the population's salt intake by at least 20 percent during the
22 next five years by setting targets and monitoring progress through a transparent, public
23 process; and

24 **WHEREAS**, the State Department of Health receives funding from the Centers for Disease
25 Control and Prevention for the state's heart disease and stroke prevention program which

1 requires the state to take steps to address issues related to reducing consumer sodium intake;
2 and

3 **WHEREAS**, the Stroke System of Care Task Force has developed recommendations to
4 support initiatives that advance public awareness of stroke risk factors such as high blood
5 pressure; assist individuals in identifying their own risks; and move them to action to build
6 healthier lifestyles, including reducing excessive sodium consumption; and

7 **WHEREAS**, the state's heart disease and stroke prevention program is planning to expand
8 efforts to support consumers in making behavior changes to reduce sodium intake in a manner
9 consistent with the 2010 dietary guidelines for Americans; and

10 **WHEREAS**, the state's heart disease and stroke prevention program is finalizing a state
11 plan and is taking an inventory of state policies and programs that directly or indirectly impact
12 sodium intake of North Dakotans, including consideration of the state's procurement policies for
13 food purchased and served with state dollars and venue-based procurement policies with
14 sodium requirements for state aging service agencies, prisons, hospitals, and schools;

15 **NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF NORTH DAKOTA, THE**
16 **HOUSE OF REPRESENTATIVES CONCURRING THEREIN:**

17 That the Legislative Management study issues relating to sodium intake and legislative
18 measures aimed at decreasing heart disease and stroke; and

19 **BE IT FURTHER RESOLVED**, that the Legislative Management report its findings and
20 recommendations, together with any legislation required to implement the recommendations, to
21 the Sixty-third Legislative Assembly.