



# INSTITUTE OF MEDICINE

OF THE NATIONAL ACADEMIES

A Workshop on  
**Perspectives on Dietary Sodium and Health**

**December 5, 2012**

The NAS Building  
2101 Constitution Avenue, NW  
Washington, DC 20418  
**Room 125**

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**Wednesday, December 5, 2012**

**8:00 a.m. Registration**

**8:25 Welcome**  
BRIAN STROM, *Committee Chair*

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**Session 1 – Government Efforts Concerning Sodium Intake**

**8:30 Session 1 Introduction**  
Moderator: BRIAN STROM

**8:35 Current Government Efforts Concerning Sodium Intake**  
ROBERT K. MERRITT, *Centers for Disease Control and Prevention*  
**Cardiovascular Risk Reduction in Adults: The Lifestyle Workgroup  
Background and Methods**  
JANET DE JESUS, *National Heart, Lung, and Blood Institute*  
**FDA's Activities in Sodium Reduction**  
JEREMIAH FASANO, *The Food and Drug Administration*

**9:10 Questions for Session 1 Speakers**

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**Session 2 – Setting the Stage for Examining Sodium Intake in Populations**

**9:20 Session 2 Introduction**  
Moderator: JOE IX

**9:25 Salt Sensitivity: Mechanisms, Diagnosis and Clinical Relevance**  
MATT WEIR, *University of Maryland*

**9:50 Methodological Approaches to Assess Dietary Sodium Intake in the  
Population using Dietary Surveys**  
ALANA MOSHFEGH, *USDA Agricultural Research Service*

10:25 **Sodium Reduction Initiatives in the Americas**  
BRANKA LEGETIC, *Pan American Health Organization*

10:50 **Questions for Session 2 Speakers**

11:10 **Break**

### **Session 3 – Approaches to Reviewing Evidence**

11:25 **Session 3 Introduction**  
Moderator: ALICE LICHTENSTEIN

11:30 **Lesson Learned on Conducting Nutrition Systematic Reviews**  
JOSEPH LAU, *Brown University*

11:50 **Questions for Session 3 Speakers**

12:00 p.m. **Lunch**

### **Session 4 – Health Effects Associated with Lowering Sodium Intake in the Population**

1:00 **Session 4 Introduction**  
Moderator: KIRSTEN BIBBINS-DOMINGO

1:05 **Balancing the Evidence regarding Sodium and Health**  
SALIM YUSUF, *McMaster University, Canada*

1:30 **Dietary Sodium and Cardiovascular Outcomes: The Evidence**  
MICHAEL H. ALDERMAN, *Albert Einstein College of Medicine*

1:55 **A Review of Health Benefits of Lowering Sodium Intake in the U.S.**  
LAWRENCE APPEL, *Johns Hopkins Medical Institutions*

2:20 **Importance of Mineral Interactions in Heart and Bone Health: Sodium, Potassium, Calcium, and Magnesium**  
CONNIE WEAVER, *Purdue University*

2:45 **The Pleiotropic Effects of Dietary Sodium**  
MERLIN THOMAS, *Baker IDI Heart and Diabetes Institute*

3:10 **Low versus Moderate Sodium Intake to Reduce Cardiovascular Events**  
MARTIN O'DONNELL, *McMaster University, Canada*  
*National University of Ireland, Dublin*

**3:35 Sodium Intake's Physiological Range: Perturbation's Pathological Consequences**  
DAVID MCCARRON, *Department of Nutrition, UC Davis*

**4:00 Questions for Session 4 Speakers**

**Session 5 – Public Comments and Review of the Day**

**4:30 Public Comments (5 minutes each)**  
Moderator: BRIAN STROM

**5:30 Adjourn**

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