



October 7, 2024

Dear Tribal Leader:

The U.S. Food and Drug Administration (FDA) invites federally recognized American Indian and Alaska Native Tribes to participate in an all tribes call with FDA to learn about FDA's work to help reduce sodium in the food supply. We hope that you are able to join us on November 7, 2024, from 2pm-3pm.

Diet-related chronic diseases are the leading cause of death and disability in the U.S., and these diseases can often be prevented. Excess sodium intake increases the risk for hypertension and heart disease. According to the CDC, in 2018, American Indians/Alaska Natives were 50 percent more likely to be diagnosed with coronary heart disease than their white counterparts. As a population, we vastly overconsume sodium relative to recommended limits—this is the case in almost every age and racial/ethnic group. About 90% of all Americans exceed recommended daily limits for sodium. The recommended upper limit of sodium intake to reduce the risk of chronic disease is 2,300 mg/day for those 14 years and older, and even less for those 13 years and younger.

The FDA is taking an [iterative approach to helping to facilitate reducing sodium](#) in the food supply that includes establishing voluntary sodium reduction targets for industry.¹ In August 2024, the FDA released a new, draft guidance to establish Phase II voluntary sodium reduction targets for industry. The Phase II targets build on the Phase I targets FDA issued in October 2021 to support further progress already made in reducing sodium in the food supply. The new, draft targets, if achieved, would reduce sodium intake to about 2,750 mg/day in three years. The comment period for the new, draft guidance is open until November 14, 2024. You can review the document and provide comments at <https://www.regulations.gov/document/FDA-2014-D-0055-0562>.

FDA is issuing voluntary sodium reduction targets for the food industry because over 70% of the sodium Americans consume comes from sodium added to processed, packaged, and restaurant foods—not from salt added to food by the consumer at home. This makes it very difficult for consumers to stay within recommended sodium intake limits with the current food supply. The food industry has made progress in reducing sodium in certain food categories, but more progress is needed.

The FDA will hold a [webinar](#) for the general public on October 10, 2024, to provide an overview of the recently released draft guidance outlining new, voluntary targets for sodium reduction in foods, as well as a preliminary assessment of progress during 2010-2022. We will also host an all tribes call on **November 7, 2024 from 2-3pm EST** to ensure meaningful and timely input from federally recognized American Indian and Alaska Native Tribes. Upon completion, a transcript of the recorded call will be available on the FDA Tribal Affairs page.

¹ <https://www.fda.gov/food/food-labeling-nutrition/sodium-reduction-food-supply>

Page 2 -. Dear Tribal Leader

To Register for the All-Tribes Call Information, please click the link below:

<https://fda.zoomgov.com/meeting/register/vJlsc-ChqjouEiAr9DwwbEfkYZfX4REZ-yA> Please note that each registrant will receive a confirmation email with a unique sign in for the call. Please remember to save this link to attend the call.

For Tribes in need of assistance with any FDA-related issue, please contact the FDA Intergovernmental Affairs (IGA) team at IGA@fda.hhs.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "Donald Prater". The signature is written in a cursive style with a large initial "D" and "P".

Donald Prater
Principal Associate Commissioner
for Human Foods

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