

# Health gains, cost savings projected for sodium goals

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(HealthDay)—Substantial health gains and cost savings could be

achieved with implementation and achievement of the U.S. Food and Drug Administration sodium reformulation targets, according to a study recently published in *PLOS Medicine*.

Jonathan Pearson-Stuttard, B.M.B.Ch., from the University of Liverpool in the United Kingdom, and colleagues used a microsimulation approach of a close-to-reality synthetic population to examine the impact from 2017 to 2036 of three scenarios related to the FDA's sodium reduction goals targeting processed and commercially prepared foods: optimal, 100 percent compliance with 10-year reformulation targets; modest, 50 percent compliance; and pessimistic, 100 percent compliance with two-year targets but no further progress. Model inputs were informed using data from the National Health and Nutrition Examination Survey and high-quality meta-analyses.

The researchers found that the optimal reformulation [scenario](#) achieving the FDA sodium reduction targets could prevent about 450,000 cardiovascular disease cases, gain about 2.1 million discounted quality-adjusted life-years (QALYs), and produce about \$41 billion in discounted [cost savings](#) (health savings minus policy costs) between 2017 and 2036. Health gains would be 1.1 and 0.7 million QALYs in the modest and pessimistic scenarios, and savings would be \$19 and \$12 billion, respectively. The scenarios were estimated with more than 80 percent probability of being cost-effective by 2021 and were expected to become cost-[saving](#) by 2031.

"Implementing and achieving the FDA sodium reformulation targets could generate substantial health gains and net cost savings," the authors write.

Several authors disclosed financial ties to the pharmaceutical and [health](#) care industries.

**More information:** [Abstract/Full Text](#)

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