

Trans Fat Elimination

Reasons and Resources to Protect Your Country Now

- Artificial trans fat is a man-made compound still used in some countries as a substitute for butter or lard in fried food, deep-fried food, baked goods, and spreads.
- Trans fat has been estimated to cause more than 500,000 deaths per year.¹
- Trans fat can be eliminated and replaced with healthier alternatives, and many governments have already successfully protected their people. But protection from trans fat has mostly been for people living in wealthy countries.
- Because all people, in all countries, must be protected from the risks of trans fat consumption, the World Health Organization has called for global elimination of artificial trans fat by 2023 with the REPLACE initiative.
- In 2019, 25 additional countries enacted best practice limits that will take effect in the next two years and protect an additional 700 million people. In three countries that already have less restrictive limits, best practice policies will come into effect within the next two years.

GROWING MOMENTUM FOR TRANS FAT ELIMINATION



Mandatory trans fat limits or bans on partially hydrogenated oil (PHO) are currently in effect for 2.4 billion people in 30 countries. 12 of these countries have best practice policies in effect.²

- But more than two thirds of people in the world are still not covered by any mandatory trans fat limits. Currently, less than 10% of people in the world are covered by best practice policies, and 0% of people living in low- and middle- income countries are protected.

It's time to act to end preventable deaths from this toxic food contaminant

Trans fat elimination is:



Life-saving

Global trans fat elimination will save an estimated 17.5 million lives over the next 25 years and prevent avoidable suffering.³



Cost effective

Eliminating trans fat will reduce health care costs by preventing heart attacks, which require costly care.⁴



Feasible

Artificial trans fat can be replaced in foods without changing taste or cost to the consumer.⁴ Healthier alternatives already exist and are being used.⁵



Practical

Even in countries with low levels of trans fat in the food supply, elimination makes sense.⁶ As more and more countries regulate trans fat, manufacturers selling products containing trans fat may shift to new markets where elimination policies are not in place. Implementing regulations before trans fat levels are high reduces future enforcement difficulty and cost.⁶

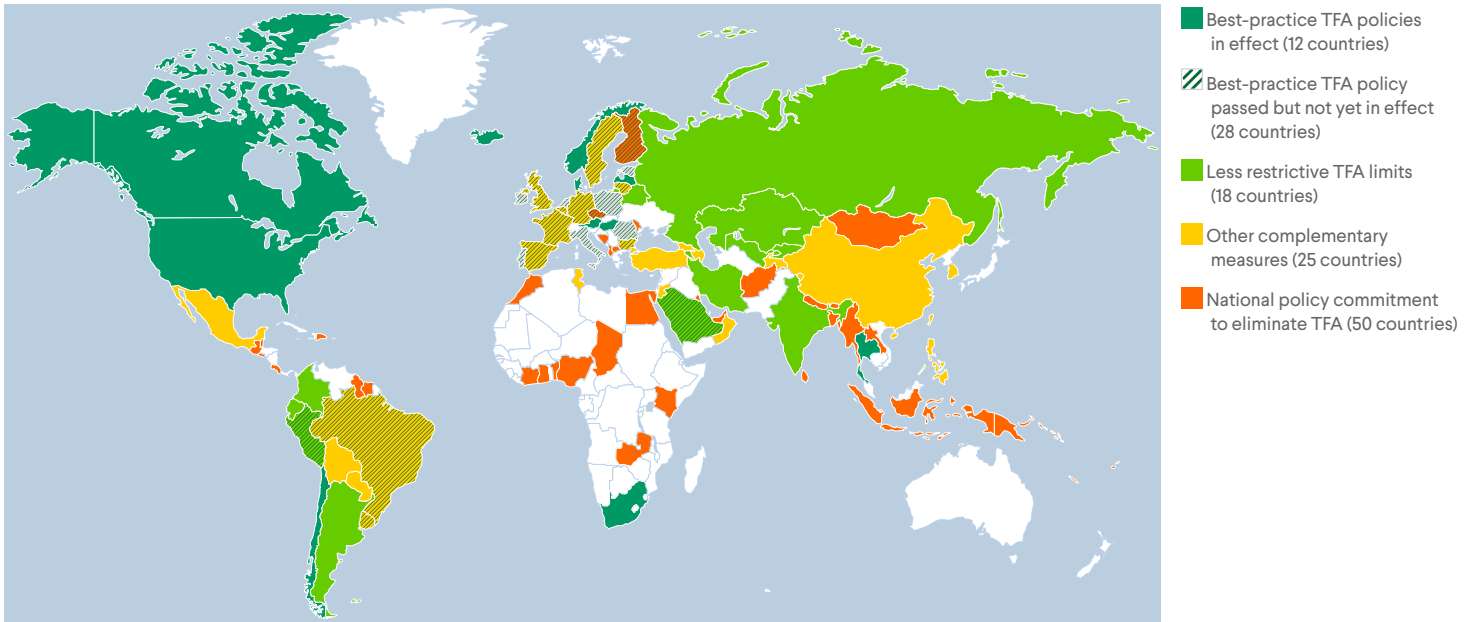


An investment in overall nutrition and food safety

Trans fat elimination is an opportunity to build regulatory systems that can be leveraged for food safety and for healthier foods.

30% of the world's population is currently protected by mandatory trans fat limits

TRANS FAT POLICIES BY COUNTRY²



Proven, effective trans fat elimination policies can save 17 million lives over the next 25 years

The most effective way to reduce trans fat in the food supply is through regulatory action.^{6,7}

1. Mandatory national restrictions that limit artificial trans fat to 2% of total fat content **in all foods**; OR
2. Mandatory national bans on the production or use of partially hydrogenated oils (PHO) **in all foods**.⁸

Although voluntary and labeling approaches can lead to reductions in artificial trans fat, products containing artificial trans fat remain on the market and may be consumed in high quantities by some groups.^{7,9,10}

Resources for Trans Fat Elimination

WHO's REPLACE action package

- This comprehensive action package includes implementation modules with step-by-step guidance for countries working to protect their populations (www.who.int/replace-transfat/).

Technical and financial assistance

- Resolve to Save Lives offers technical and financial resources to support the elimination of artificial trans fat from national food supplies and can work with countries to identify steps forward. Experts can provide technical support to structure legal/regulatory provisions and assess the amount of trans fat in the food supply.
- Contact Lindsay Steele (lsteel@rtsl.org) for more information.

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