



Eliminating trans fat

Artificial trans fat is a toxic chemical that increases the risk of heart attack and death. Globally, artificial trans fat intake is estimated to cause 540,000 deaths every year.¹

Artificial trans fat can be eliminated. Experience from food manufacturers shows artificial trans fat can be eliminated (it may take 2-3 years for certain foods) and replaced with healthier alternatives without altering taste or increasing cost.² More than 20 countries have enacted policies to strictly limit the amount of trans fat in the food supply.

Elimination of artificial trans fat has substantial health benefits. Eliminating the addition of artificial trans fats to foods in Denmark reduced deaths from cardiovascular disease.³ In New York State, people living in counties with artificial trans fat restrictions had a 7.8% greater decrease in hospital admissions for heart attacks than people in counties without restrictions.⁴

Eliminating trans fat is a World Health Organization (WHO) priority. While many countries have taken steps to reduce or eliminate artificial trans fat, progress has been largely limited to high income countries. WHO has made elimination of artificial trans fat a priority, including a target of global elimination by 2023 in its 13th General Programme of Work (GPW13).⁵ Elimination of trans fat is a critical component of accelerating prevention of noncommunicable diseases (NCDs). WHO has classified the use of legislation to ban artificial trans fat as a cost-effective intervention to reduce the economic impact of NCDs in low- and middle-income countries.⁶

Resolve to Save Lives will work with governments to help implement proven strategies to eliminate exposure to artificial trans fat and increase availability of healthier alternatives. This can be done through mandatory limits on artificial trans fat and/or restrictions in the use of partially hydrogenated oils. Resolve to Save Lives will also support the tracking of artificial trans fat in the food supply and of people's exposure to the toxic chemical. Exposure to artificial trans fat varies globally but little data is available to support elimination efforts outside of high income countries. The ultimate goal is to completely eliminate the use of artificial trans fat globally.

540,000

PEOPLE DIE FROM ARTIFICIAL TRANS-FAT INTAKE EACH YEAR.

0 FOODS FOR WHICH ARTIFICIAL TRANS-FAT IS NECESSARY.

RESOLVE TO SAVE LIVES

A five-year, \$225 million campaign funded by Bloomberg Philanthropies, the Chan Zuckerberg Initiative, and the Bill & Melinda Gates Foundation. It is led by Dr. Tom Frieden, former director of the US Centers for Disease Control and Prevention, and coordinated by Vital Strategies, which works in 60 countries to address the world's most challenging health issues.

AN INITIATIVE OF



vitalstrategies.org

RESOLVETOSAVELIVES.ORG

1. Wang Q, Afshin A, Yakoob MY, et al; Global Burden of Diseases Nutrition and Chronic Diseases Expert Group (NutriCoDE). Impact of nonoptimal intakes of saturated, polyunsaturated, and trans fat on global burdens of coronary heart disease. *J Am Heart Assoc.* 2016 Jan 20;5(1).

2. Angell SY, Cobb LK, Curtis CJ, Konty KJ, Silver LD. Change in trans fatty acid content of fast-food purchases associated with New York City's restaurant regulation: a pre-post study. *Ann Intern Med.* 2012 Jul 17;157(2):81-86.

3. Restrepo BJ, Rieger M. Denmark's policy on artificial trans fat and cardiovascular disease. *Am J Prev Med.* 2016 Jan;50(1):69-76.

4. Brandt EJ, Myerson R, Perrallion MC, Polonsky TS. Hospital admissions for myocardial infarction and stroke before and after the trans-fatty acid restrictions in New York. *JAMA Cardiol.* 2017 Jun 12;6(6):627-634.

5. World Health Organization. (2018). Thirteenth general programme of work 2019–2023, GPW 13 Impact Framework: Targets and Indicators.

6. World Health Organization. (2017). Tackling NCDs: "Best buys" and other recommended interventions for the prevention and control of noncommunicable diseases.