

Dismantling remaining barriers to be trans fat free by 2023

Francesco Branca, Director, Department of
Nutrition and Food Safety, WHO



Industrially produced TFA intake is estimated to cause around 260,000 deaths per year due to CHD

Eliminating TFA is feasible, cost-effective and will save lives

Health harms of TFA

- TFA is the most harmful form of fat and there is no safe level of consumption
- Every additional gram of TFA intake increases the risk of heart disease by 5%¹
- Compared to saturated fat, TFA can lead to a 10-fold higher risk of heart disease²

Trans Fat

Good 'HDL'



Bad 'LDL'



Sources:

¹ Mozaffarian et al. (2006) Trans Fatty Acids and Cardiovascular Disease. *New England Journal of Medicine*, 354(15):1601–1613. doi: 10.1056/NEJMra054035.

² Mozaffarian, D., Micha, R. (2010). Saturated Fat and Cardiometabolic Risk Factors, Coronary Heart Disease, Stroke and Diabetes: a Fresh Look at the Evidence. *AOCS*, 45(10):893-905. doi: 10.1007/s11745-010-3393-4.

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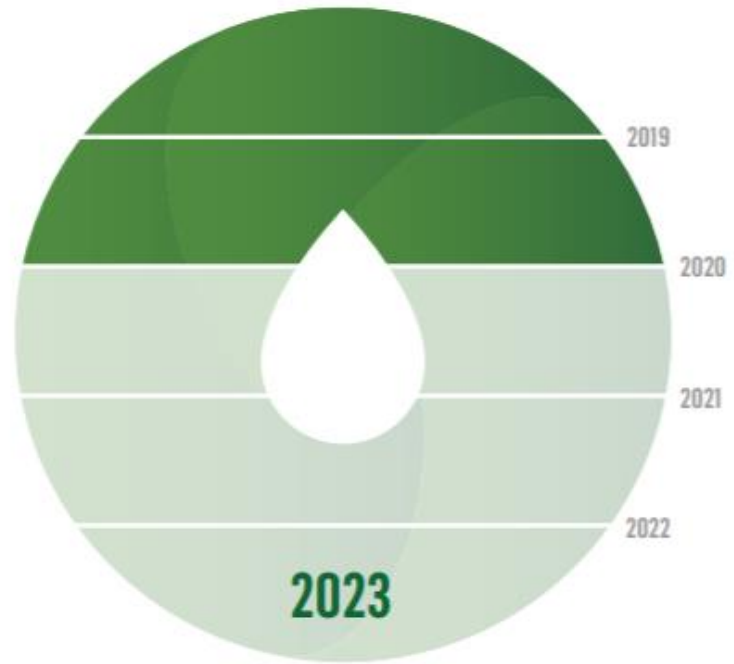
W	PROMOTE	LEGISLATE	ASSESS	CREATE
sources of industrially-produced trans fat and the evidence for required policy	the replacement of industrially-produced trans fat with healthier fats and oils	or enact regulatory actions to eliminate industrially-produced trans fat	and monitor trans fat content in the food supply and changes in trans fat consumption in the population	awareness of the negative health impact of trans fat among policy-makers, producers, suppliers, and the public



May 2018

WHO Called for the global elimination of industrially produced TFA by 2023





COUNTDOWN TO 2023

WHO REPORT ON GLOBAL TRANS FAT ELIMINATION 2020

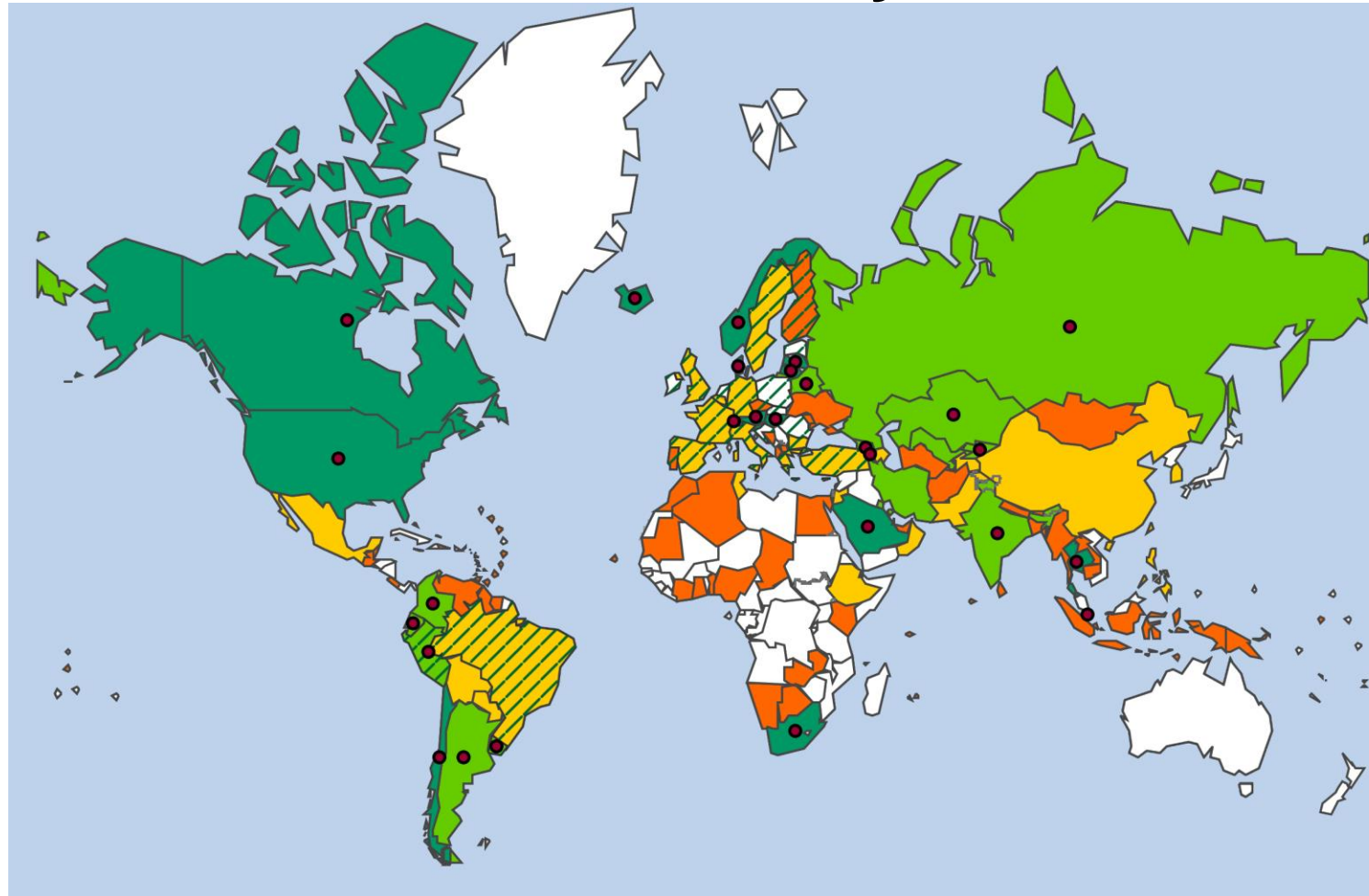





World Health
Organization



World Health
Organization

TFA elimination policy monitoring: Country scorecard



	Best-practice TFA policies
	Best-practice TFA policy passed but not yet in effect
	Less restrictive TFA limits
	Other complementary measures
	National policy commitment to eliminate TFA
	Monitoring mechanism for mandatory TFA limits
	Missing data

<https://extranet.who.int/nutrition/gina/en/scorecard/TFA>

More than 3 billion people protected from harmful trans fat in their food by the end of 2021

FIG. 2. NUMBER OF COUNTRIES WITH BEST-PRACTICE TFA POLICY IMPLEMENTED, BY YEAR

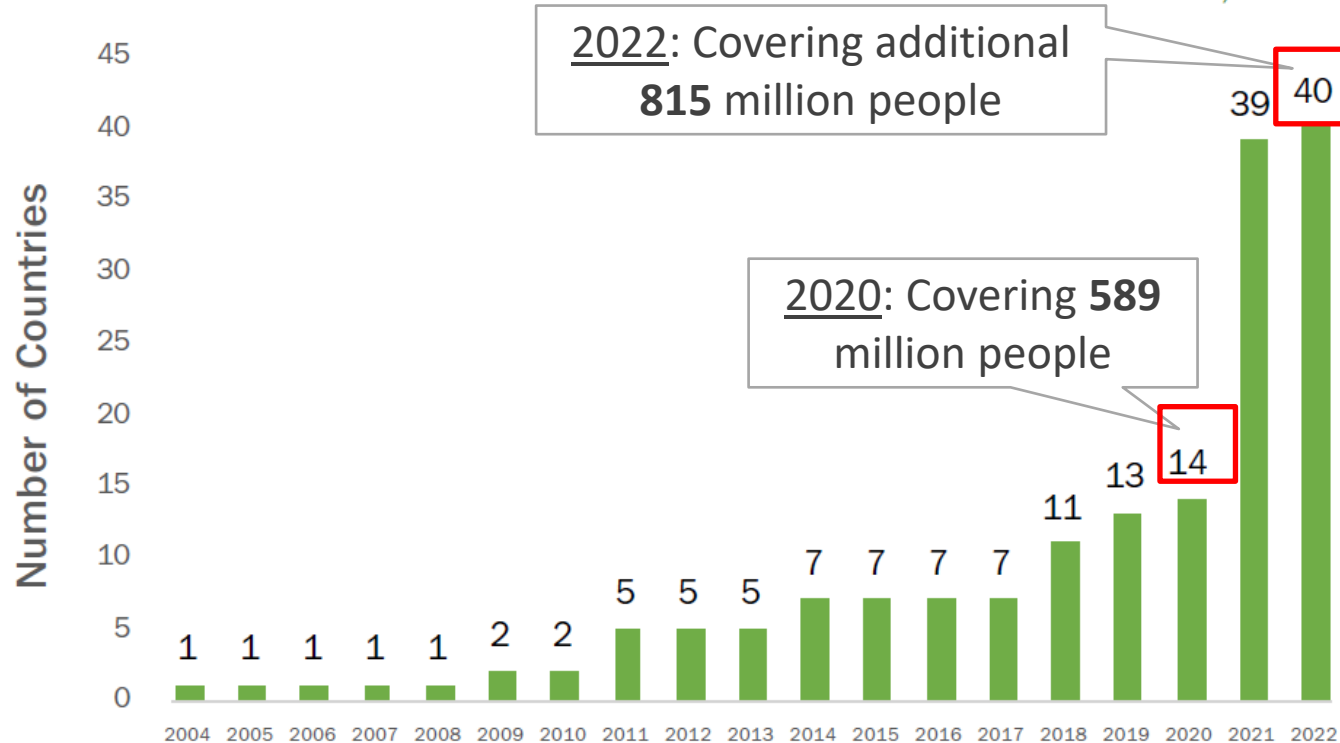
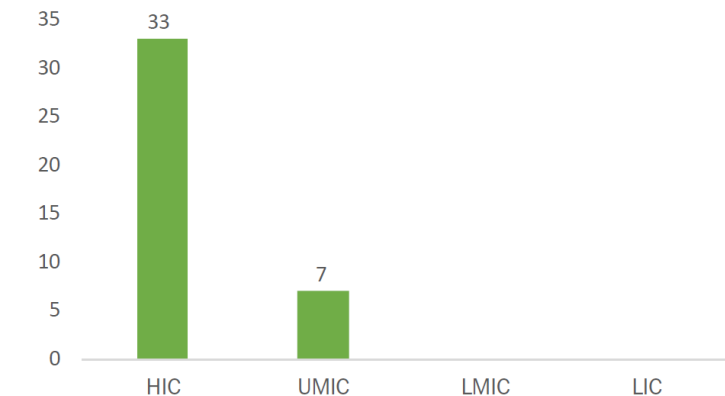


FIG. 3. NUMBER OF COUNTRIES WITH BEST-PRACTICE TFA POLICY PASSED OR IN EFFECT, BY INCOME STATUS



HIC: high-income countries; LIC: low-income countries; LMIC: lower-middle-income countries; UMIC: upper-middle-income countries

**Trend 1:
Regional
regulations –
powerful vehicle
to accelerate
country actions**

2015	EAEU implemented less restrictive TFA limits (2% in oils & fats only)
2015	GCC approved less restrictive TFA limits (2% in oils & fats, 5% in other foods)
2019	EU passed a best-practice policy which will come into effect in 2021
2019	35 AMRO/PAHO countries unanimously passed a regional plan of action for industrially produced TFA elimination by 2025 (in line with best-practice policy)

**Trend 2:
More countries
shifting to best-
practice policy**

Country	Less restrictive limits implemented		Best-practice policy implemented
Saudi Arabia	2017	➡	Jan 2020
Peru	2018	➡	2021 (expected)
Singapore	2012	➡	2021 (expected)
India	2013	➡	2022 (expected)
Uruguay	2019	➡	2022 (expected)

How can we scale up progress ?

- Develop and implement **best-practice policies**
- Strengthen national regulatory capacities
- Advocate for **regional / sub-regional regulations** to expand the benefits of TFA policies
- Provide technical support for strengthening regulatory capacities
- Recognize country achievement
- Disseminate country experiences and good practices
- Undertake global advocacy

Certification Programme for Trans Fat Elimination

To qualify for certification, countries must demonstrate that a

- **Best-practice iTFA elimination policy has been implemented:**
 - mandatory national ban on the production, use or sale of partially-hydrogenated oils (PHO ban)

OR

 - mandatory national restriction that limits industrially produced TFA to a maximum of 2% of total fat in all fats, oils and foods (industrially produced TFA 2% limit)
- **Effective monitoring and enforcement systems are in place:**
 - there is no industrially produced TFA that is domestically produced

AND

 - there is no industrially produced TFA that is imported from outside the country

What should industry do ?

- **Food and beverage industry groups implement the commitments** made in May 2019 to eliminate industrially produced TFA from their products worldwide by 2023
- **Major suppliers of fats and oils step up** to remove PHO that are sold to food manufacturers globally



International Food and Beverage Alliance (IFBA) Enhanced Commitment to Phase out Industrially Produced *Trans*-Fatty Acids

The International Food and Beverage Alliance (IFBA), which brings together 12 leading food and non-alcoholic beverage companies¹, is determined to innovate and optimize the composition of members' products in order to help contribute to the World Health Organisation's (WHO) goal of eliminating industrially produced *trans*-fat (iTFA) from the global food supply by 2023.

Over the years, IFBA members have been working to remove iTFA from their products and have made substantial progress. In 2016, IFBA member companies² committed to reducing iTFA in their products worldwide to no more than 1 g *trans*-fatty acid per 100 g of product by the end of 2018. This commitment has been achieved in an estimated 98.5% of IFBA company products worldwide, through the phase out of partially hydrogenated oils (PHOs) as food ingredients.

Building on this progress, IFBA member companies committed in 2018 to explore alignment with the WHO's 2018 recommendation for a maximum iTFA threshold in food products not exceeding 2 g iTFA per 100 g fat/oil.

IFBA member companies commit to not exceed 2 g iTFA per 100 g fat/oil in their products worldwide by 2023, in line with the WHO's overall objective of phasing out iTFA from the global food supply by that date.

In support of both WHO Guidelines recommending a maximum 1% total energy intake from all *trans*-fat and an intake of saturated fat not exceeding 10% of total energy intake, IFBA member companies will seek wherever possible to avoid that reformulation efforts to meet this iTFA commitment result in increases in saturated fat content.



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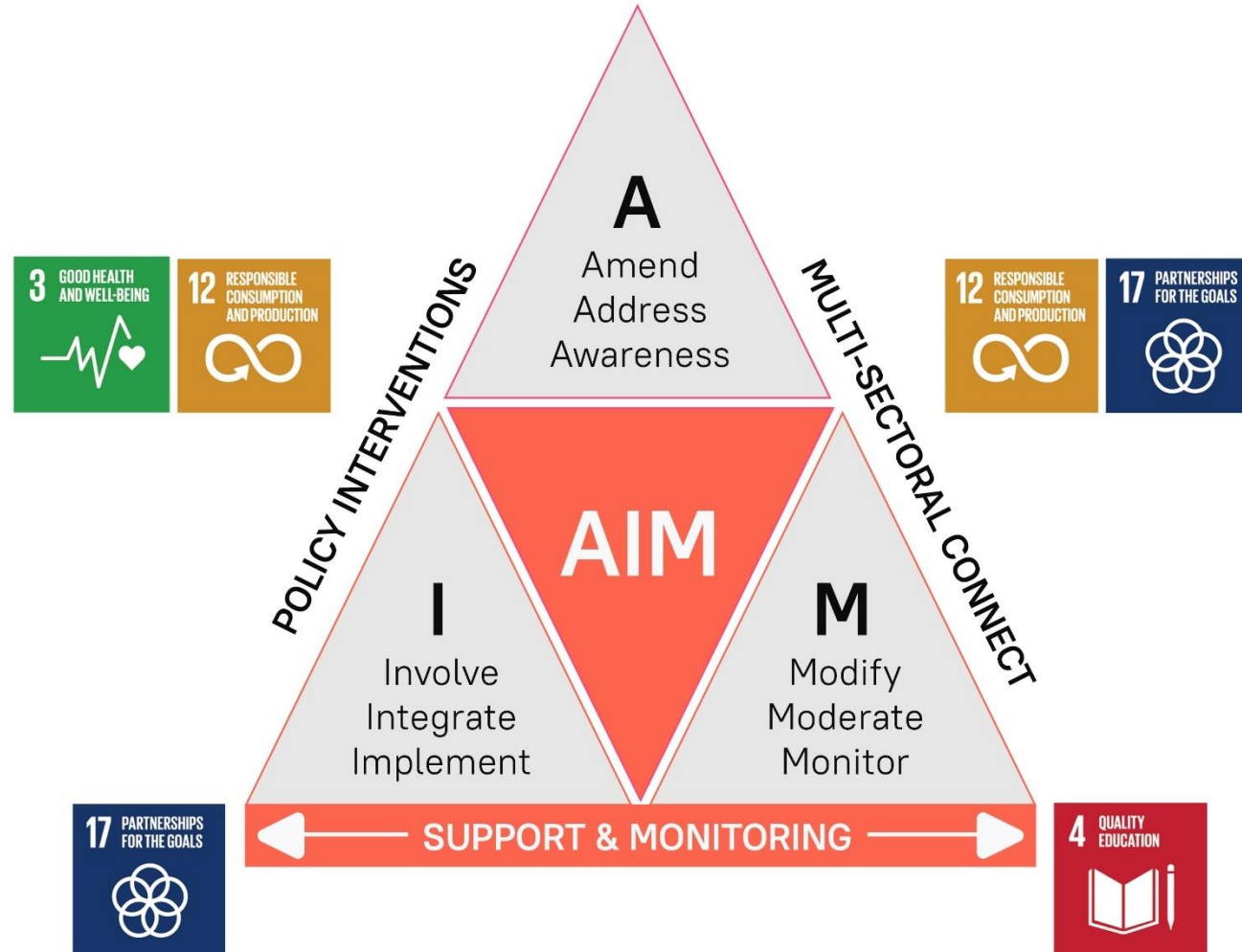
TRANS FAT

AIM **INDIA**
To Make
Trans-Fat Free
.....a multipronged approach

Rita Teatia
Chairperson
Food Safety & Standards Authority of India (FSSAI)

17th November 2020

Overview of India's Strategy



Overview of India's Regulatory Journey

2013

- ◆ Regulations limit TFA to **not more than 10%**
- ◆ Mainly 4 products – **inter-esterified vegetable fat, bakery & industrial margarine, vanaspati and bakery shortening**

2015

- ◆ TFA limit reduced to 5% **effective from February 2018**
- ◆ **Label regulation amended to incorporate mandatory declaration for trans fats**
- ◆ **Trans-fat free** claim permitted if TFA content ≤ 0.2 g per 100 g/ml of product

2019

- ◆ **Trans-fat free claim permitted** in edible oils, if TFA ≤ 1 g per 100 ml
- ◆ Trans fat Free logo launched for food establishments using **TFA free oil** or serving **TFA-free foods**

 **TRANS FAT
FREE**

Overview of India's Regulatory Journey

2019

- ◆ ICDS (coverage 91.3 million) and MDM (coverage 120 million) to eliminate trans fats from meals served to children daily.
- ◆ Regulation amended to reduce TFA to $\leq 3\%$ by January 2021 and to $\leq 2\%$ by January 2022

2020

- ◆ Regulations on safe food and balanced diets for children in school

2016 -
Till Date

- ◆ Enhanced surveillance and testing
- ◆ Strengthening laboratories and laboratory network – infrastructure, methods manpower
- ◆ Collaborating with associations (AOAC, USP) for method sharing

Industry Pledges

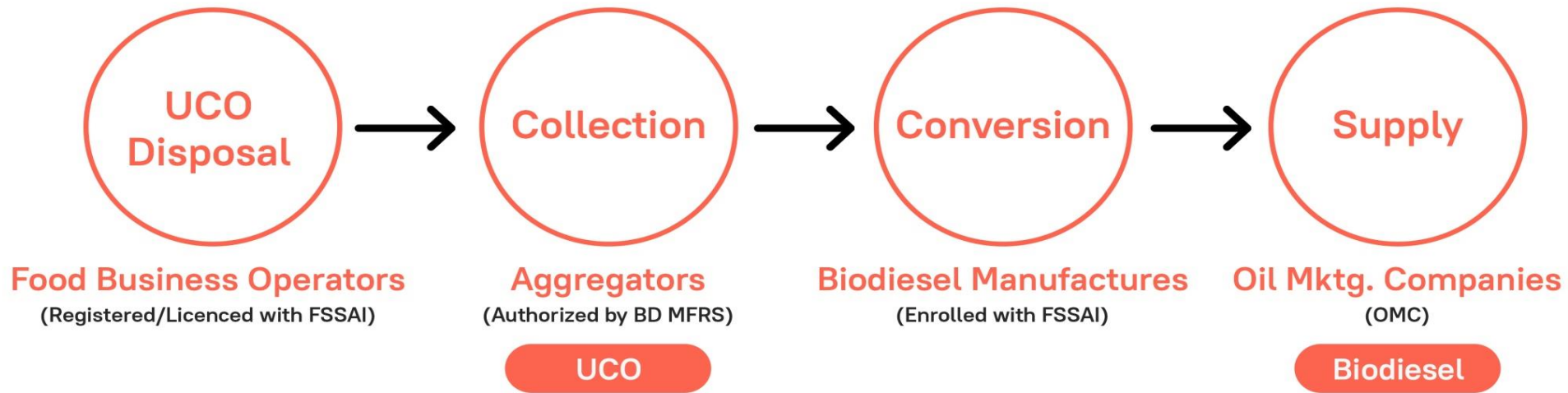
- 01 Associations of Vanaspati Producers, Solvent Extractors' & Vanaspati Manufacturers
- 02 Bakers Federation, Institute of Bakery Tech. Management, Wheat Products society, & Federation of Biscuits Manufacturers
- 03 Associations of Chefs & Halwai's and Hotel Associations
- 04 Nutrition Soc. of India (NSI), Indian Dietetics Assoc. (IDA), Assoc. of Food Scientists & Technologists-India (AFSTI), Indian Medical Assoc., (IMA) & Indian Federation of Culinary Assoc., (IFCA)



MULTI-SECTORAL ACTION

Following up on each of the pledges to monitor the progress

Repurpose Used Cooking Oil (RUCO)



- ◆ **Limit** for total polar compounds (TPC) fixed at 25% - effective since July 2018
- ◆ Complete **ecosystem** to support **Collection to Conversion**
- ◆ **Engagement** with Ministry of Petroleum for ecosystem development
- ◆ **Awareness** through Consumer guidance notes & mass media
- ◆ 20 biodiesel **manufacturers** & 20 UCO **aggregators** currently **functioning**

Stakeholder Connect: EAT RIGHT INDIA



Eat Safe

- Hygiene
- Sanitation
- Combating Adulteration
- Toxic residues in food
- Hazards in production



Eat Healthy

- Balanced diet
- Diet diversification
- Elimination industrial trans-fats
- Reducing salt, sugar & saturated fat intake
- Fortification

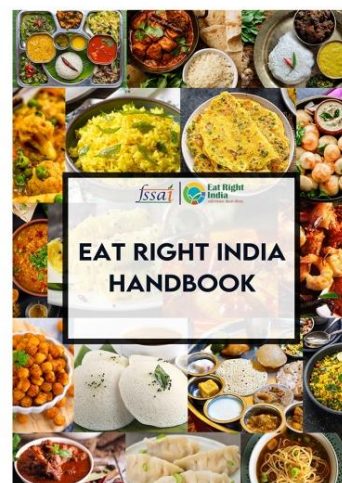


Eat Sustainable

- Local and seasonal foods
- Reducing food waste
- Conserve water in food processing
- Reduce chemicals in food chain
- Reduce/recycle food packaging

Stakeholder Connect

- ◆ **Public service messaging** – Video, Social Media platforms & Website
- ◆ **Handbooks and Toolkits** for different stakeholders (2.3 million field staff supported)
- ◆ **National Campaigns** – Eat Right Challenge, Eat Smart Cities Challenge
- ◆ **Virtual Trainings** – webinars, technical inputs, success stories etc.



ELIMINATE TRANS FATS

WHAT ARE TRANS FATS?
Industrially produced trans fat are harmful fats formed when liquid oils are converted into solid fats by a chemical process called hydrogenation. Trans fat leads to blockage of arteries, resulting in heart attack and other cardiovascular diseases.

WHERE ARE TRANS FATS FOUND?

- **Fats/oils:** Vanaspati, Margarine, Bakery shortenings.
- **Bakery products:** Biscuit, fan, rusk, cake etc.
- **Fried foods:** Bhatara, poori, pakora, bhujija, fried savoury mixtures (namkeens), jalebi, imarti, boondi laddu, etc.
- **Re-heated oils:** Some trans fats are also formed when the same cooking oil is used for repeated frying.

WHY ARE TRANS FATS BAD?

- 1 Industrial trans fats are worst fats and estimated to cause more than 540,000 death worldwide each year.
- 2 Industrial trans fats have no health benefits.
- 3 Consumption of Industrial trans fats leads to cardiovascular diseases and other related disorders.

Partnerships

01

Network of Scientific Co-operation for Food Safety & Applied Nutrition (NetSCoFAN)



NetSCoFAN
Network for Scientific Co-operation
for Food Safety & Applied Nutrition

02

Network of Professionals of Food and Nutrition (NetProFAN)



NetProFaN
NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION

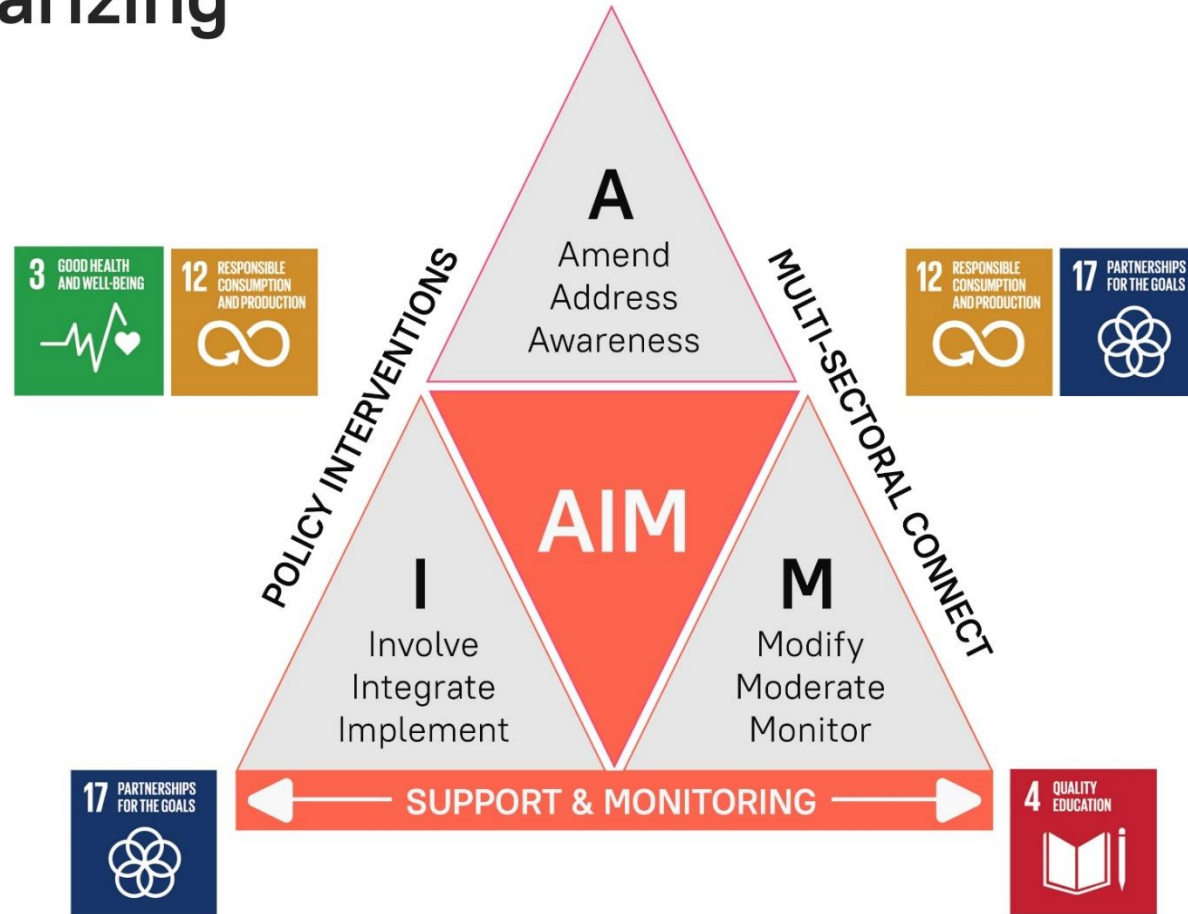
03

Robust food testing system – network of laboratories (>260 accredited laboratories)

04

Collaborations with AOAC, USP, AFSTI etc.

Summarizing



FSSAI, on course to meet relevant SDGs and also AIM to be **TRANS FAT FREE** by 2023!!

Thank You

Accelerating Action to REPLACE Trans Fat

Meeting WHO's 2023 Global Elimination Goal

Thomas R. Frieden
MD, MPH

President and Chief
Executive Officer



Eliminating trans fat is more important than ever

COVID-19 has taken the lives of more than 1 million people in 9 months

CVD will kill more than 10 times as many people this year

People with CVD are at increased risk of severe illness and death from COVID-19

Artificial trans fat increases the risk of heart attack and death

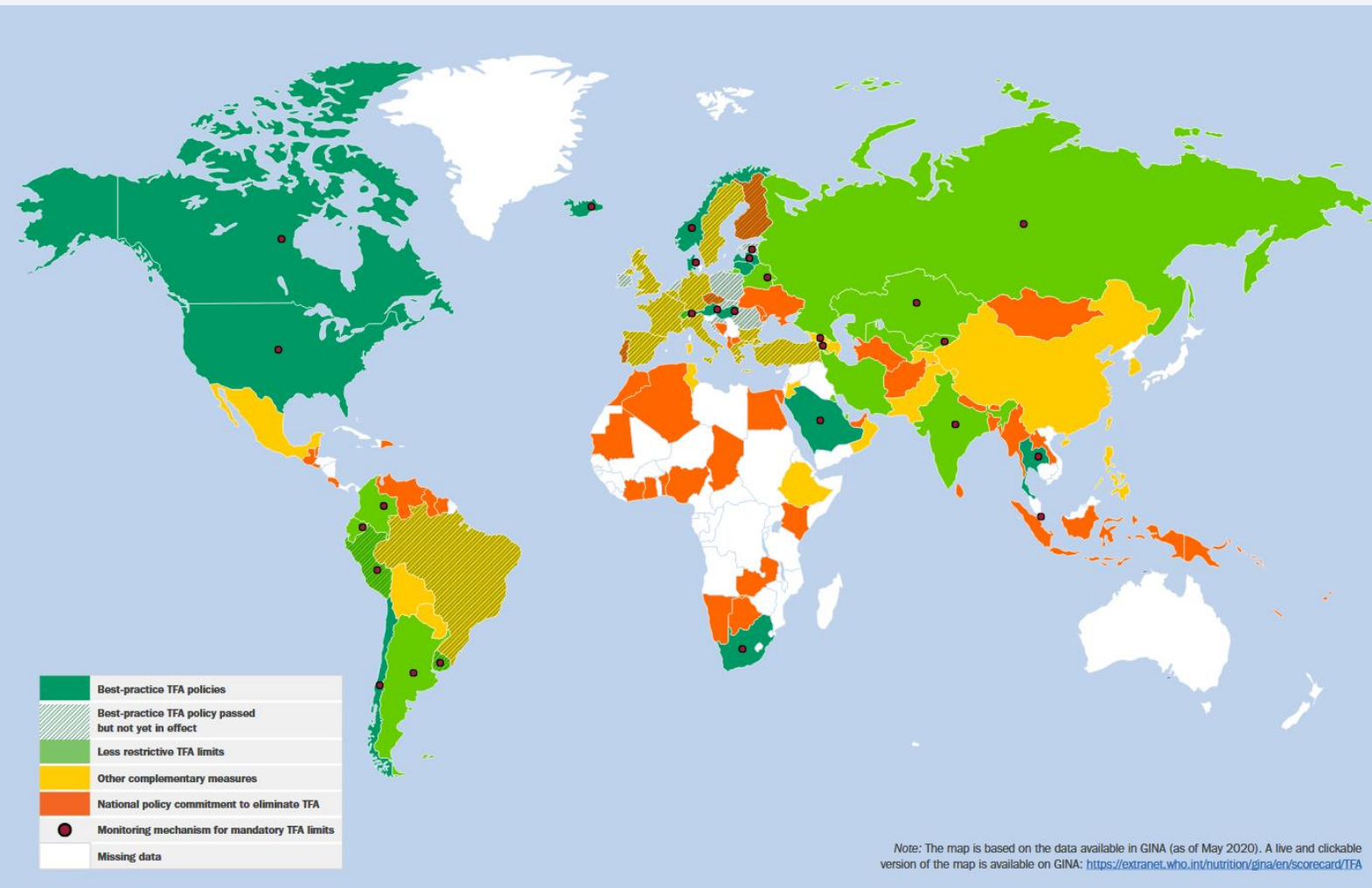
Eliminating artificial trans fat will

- Prevent heart attacks, save lives, and reduce costs
- Protect all people and reduce health inequalities
- Reduce the strain on health systems

Progress is encouraging, but gaps persist

Most policy action has been in higher-income countries and in the WHO regions of the Americas and Europe

No low- or lower-middle-income countries have so far adopted best-practice policies for trans fat elimination



Regional regulations will help close the gap

In 2019, the European Union passed best-practice regulations

This policy alone will protect 500 million people in more than 20 countries not already protected from trans fat

25.4.2019

EN

Official Journal of the European Union

L 110/17

COMMISSION REGULATION (EU) 2019/649

of 24 April 2019

amending Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

(Text with EEA relevance)

THE EUROPEAN COMMISSION,

Having regard to the Treaty on the Functioning of the European Union,

Having regard to Regulation (EC) No 1925/2006 of the European Parliament and of the Council on the addition of vitamins and minerals to certain foodstuffs, and in particular Article 17 thereof,

Whereas:

**COMMISSION REGULATION (EU) 2019/649
of 24 April 2019
amending Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin
(Text with EEA relevance)**

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(Text with EEA relevance)**

THE EUROPEAN COMMISSION,

Having regard to the Treaty on the Functioning of the European Union, and in particular Article 17 thereof,

Whereas:

Trans fats in foods and in the overall diet of the Union are a major risk factor for cardiovascular disease. Heart disease is the leading cause of death in the Union and the risk of heart disease, more than any other nutrient on a per

Establishing a legal limit for industrial trans fats in food appears to be the most effective measure in terms of public health, consumer protection and compatibility with the internal market.

On 30 April 2018, the Commission asked the Authority to compile the outcomes of scientific advice already provided by the Authority on the health effects of trans fats, in particular on nutrition and health claims, dietary reference values and food additives; and to inform the Commission on how such scientific advice relates to current goals and recommendations on the intake of trans fats to maintain health.

(6) On 19 June 2018, the Authority provided its conclusion in the form of scientific and technical assistance. It concluded (*) based on review of available scientific evidence that according to the latest national and international recommendations, dietary intakes of trans fatty acids should be as low as possible.

(7) On 15 May 2018, the World Health Organisation called for the elimination of industrially-produced trans fatty acids from global food supply (*).

(8) Trans fat is a substance other than vitamins and minerals for which harmful effects on health have been identified. The substance should therefore be placed in Part B of Annex III to Regulation (EC) No 1925/2006 and its addition to foods or its use in the manufacture of foods should only be allowed under the conditions specified in that Annex, in view of the current state of scientific and technical knowledge.

(*) OJ L 404, 30.12.2006, p. 26.
(*) EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA): Scientific Opinion on Dietary Reference Values for fats, including saturated fatty acids, polyunsaturated fatty acids, monounsaturated fatty acids, trans fatty acids, and cholesterol. EFSA Journal 2010; 8(3):1461.
(*) COM(2015)619 final of 3.12.2015.
(*) EFSA, 2018. Scientific and technical assistance on trans fatty acids. EFSA supporting publication 2018:EN-1433. 16 pp. doi:10.2903/sp.efsa.2018.EN-1433.
(*) REPLACE – an Action package to eliminate industrially-produced trans fatty acids, reference WHO/NMH/NHD/18.4, May 2018.



Regional regulations



Protect more people than country policies and require less investment from individual countries



Reduce disparities within regions



Reduce barriers to industry compliance



Extend health benefits beyond regulated areas

Industry has an important role to play

- Few multinational food manufacturers and no major fat or oil supplier committed to elimination
- International Food and Beverage Alliance (IFBA) commitment
- Small- and medium-sized enterprises dominate national markets
- Major fats and oils suppliers already use the necessary technology to make trans fat-free oils




Healthier PHO Alternatives

REPLACE TRANS FAT: AN ACTION PACKAGE TO ELIMINATE INDUSTRIALLY PRODUCED TRANS-FATTY ACIDS

MODULE 2: PROMOTE

How-to guide for determining the best replacement oils and interventions to promote their use



<ul style="list-style-type: none"> > High PUFA oil with antioxidants > High oleic oils, moderate PUFA 	<ul style="list-style-type: none"> > Hardstocks interesterified with high PUFA oils > Hardstocks blended with high PUFA oils 	<p>Not available</p>
<ul style="list-style-type: none"> > High oleic oils with no/low PUFA 	<ul style="list-style-type: none"> > Hardstocks interesterified with low PUFA oils > Hardstocks blended with low PUFA oils 	<ul style="list-style-type: none"> > Hardstocks interesterified with some PUFA oils > Hardstocks blended with some liquid oils > Hardstocks interesterified with some MUFA oil
<p>Not recommended:</p> <ul style="list-style-type: none"> > Liquid palm fractions > Animal or tropical fats 	<p>Not recommended:</p> <ul style="list-style-type: none"> > Semi-solid palm fractions > Animal or tropical fats 	<p>Not recommended:</p> <ul style="list-style-type: none"> > Solid palm fractions > Fully hydrogenated oil > Coconut oil > Palm kernel oil
<p>LIQUID</p>	<p>SEMI-SOLID</p>	<p>SOLID</p>

POSITIVE HEALTH IMPACT
(lower SFA + more PUFA)

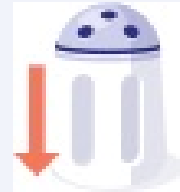
When does

50 + 30 + 0 = 100?

**We can save 100 million
lives over the next 30 years**



Increase global control of
blood pressure from 14% to
50%



Reduce global dietary sodium
intake by
30%



Eliminate artificial trans fats
0%

Resolve to Save Lives: Trans Fat Elimination Priorities

- Support countries to implement REPLACE strategies
- Advocate for regional policies and action
- Encourage industry action
- Galvanize global action with tools and training
- Support countries and other stakeholders through the strengthening the global cardiovascular health community (LINKS)



New advocacy resource available at:

<https://ncdalliance.org/resources/trans-fat-free-by-2023-a-building-block-of-the-covid-19-response>

Act Now – the Days of Trans Fat are Numbered!

**REPLACE trans fat in your
country and region**

**Only your heart will know the
difference!**

**To access resources and learn
more about opportunities for
technical assistance**

www.linkscommunity.org



Dismantling remaining barriers to be trans fat free by 2023

17 November

Learnings from GAIN/SBN pilot project on iTFA elimination

 **ScalingUp**
NUTRITION **Business Network**
ENGAGE • INSPIRE • INVEST

 **gain**
Global Alliance for
Improved Nutrition

“SMEs that are transitioning from either producing Partially Hydrogenated Oils or using them as an ingredient in their products may need some additional support to move to TFA-free products. Some companies may not have the necessary machinery and equipment to adopt approaches such as interesterification or blending.”

REPLACE Action Package



Introducing GAIN/SBN iTFA pilot project

The SUN Business Network (SBN)/Global Alliance for Improved Nutrition (GAIN), with the support of Resolve to Save Lives, has conducted a pilot project to promote the replacement of iTFA by local businesses – especially small and medium enterprises (SMEs) - in Nigeria and Pakistan.

The project included the following activities:

- Research on iTFA consumption and in-country replacement solutions.
- Organization of in-country workshops on iTFA replacement.
- Support to companies for the identification/implementation of iTFA replacement solutions .

Representatives from the International Food and Beverage Alliance (IFBA) shared their input throughout the project and provided their expertise at in-country workshops.



Need for specific country approaches

- Sources of iTFA differ at country level.

Nigeria

French fries, pizza, puff puff and akara (fried foods), fried chicken, plantain chips, cheese balls, sausage rolls, ready-to-microwave popcorn, wafers, crackers, noodles, sauces and seasonings, ice cream, shortenings, partially hydrogenated oils, margarines, doughnuts, biscuits, cookies, pastries, cakes.

Pakistan

Vanaspati ghee (a clarified butter substitute), margarines, butter, cooking oil, biscuits, cakes, chocolate, pastries, snack foods, Nimco (salted snacks products), potato chips.

- Countries have different regulatory environments (at local or national levels).
- Countries have various private sector market structures (size of companies, rates of imported food products, etc.).
- Countries have access to different local replacement alternatives (e.g. groundnut oil in Nigeria, mustard oil in Pakistan).



What works, learnings from the projects

- Create awareness on iTFA is useful.
- Sharing generic information on iTFA is useful for small companies (e.g. refrying of oils, sources of iTFA).
- Create networking opportunities for local SMEs to connect and exchange ideas on iTFA elimination.
- Laboratory capacity is key for business to reformulate their products and for regulations to be successfully implemented.

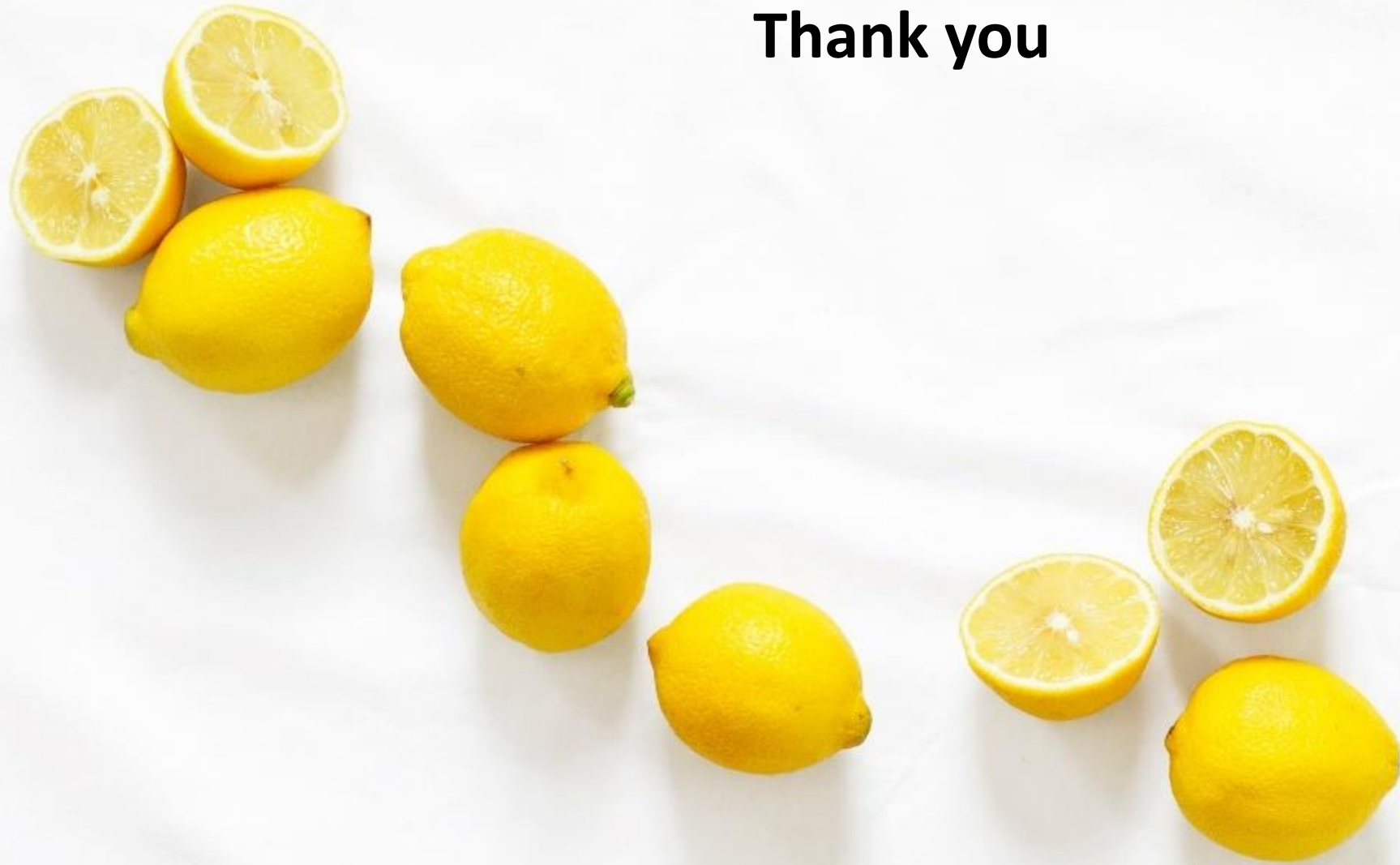




Remaining gaps, learnings from the project

- Strategies focused on fats and oils suppliers.
- Consider comprehensive approach on fat content whenever possible (trans fat and saturated fat).
- Have pre-recorded virtual trainings accessible at any time by SMEs and create opportunities for follow-up.
- Solutions for iTFA elimination need to take into consideration the constraints SMEs face in accessing markets, accessing finance, and human capital.

Thank you





Regional view: European Union

Dr Sabine Jülicher

Director for Food and Feed Safety, Innovation

Directorate-General for Health and Food Safety (DG SANTE)

Dismantling remaining barriers to be trans fat free by 2023

NCD Alliance, 17 November 2020 Virtual event

Overview of the EU's iTFA limit

- Commission Regulation (EU) 2019/649 of 24 April 2019 amending Annex III to Regulation (EC) No 1925/2006 as regards trans fat, other than trans fat naturally occurring in fat of animal origin
- Maximum limit of **iTFA of 2 g per 100 g of fat** in food which is intended for
 - the **final consumer**
 - supply to **retail**
- Obligation for business to business (other than retail) of **transmission of information** on the **amount of iTFA** in foods **when it exceeds the limit**
- Definitions of fat, trans fat and retail in line with Regulations (EU) No 1169/2011 and (EC) No 178/2002
- Food which does not comply may continue to be placed on the market until **1 April 2021**

Adoption & planning for implementation: successes

- **Successes:**

- Clear evidence from risk assessors (EFSA, WHO) on link with health
- Long experience with similar legal measures and voluntary initiatives in Member States
- Stakeholder support: major industry associations, health NGOs, consumer organization
- Clear social and economical advantages shown in comprehensive impact assessment
- Strong support for harmonized EU solution to protect functioning of the internal market
- Global move away from iTFA
- Media and advocacy pressure

Adoption & planning for implementation: challenges

- **Challenges:**

- SME industry, retail (small businesses) with differing interests as compared to larger manufacturers in business-to-business sector
- Reformulation costs and lack of technical expertise especially for SMEs
- Development of harmonized analytical methodology for enforcement (differentiate between iTFA and nTFA)

Voluntary vs mandatory approach: impact assessment options

- **Option 1 – limit for iTFA content in foods**
 - 1a: Voluntary agreement with industry on limit for iTFA content
 - 1b: Legally-binding limit for iTFA content
- **Option 2 – Obligation to indicate TFA content of foods in nutrition declaration**
- **Option 3 – Prohibition of use of partly hydrogenated oils**
 - Option 3a – Voluntary measure to eliminate the use of partly hydrogenated oils (PHO)
 - Option 3b – Legal measure to prohibit the use of partly hydrogenated oils
- Combining mandatory labelling with legislation (2 + 1b or 2 + 3b)
- Combining mandatory labelling with voluntary agreements (2 + 1a or 2 + 3a)



European
Commission

Mandatory options 1b legal limit and 3b PHO prohibition perform best:

- Health benefits
- Reductions in health inequalities
- Functioning of Internal Market
- Efficiency
- Consistency
- Proportionality

1b legal limit performs marginally better than 3b in terms of integration of the EU market in terms of efficiency and coherence

Options	1a	1b	2	3a	3b
DALYs saved M	0.7	6	1	0.7	6
Health inequalities reduction	(+)	++	(+)	(+)	++
Internal market	(+)/(-)	++	0	(+)/(-)	+(+)

Options	1a	1b	2	3a	3b
Administrative and compliance costs (NPV, M EUR)	50	297	9826	59	346
Health-related savings (NPV, MEUR)	11,078	94,008	15,353	11,078	94,008
Ratio of monetised benefits to costs	222	317	1.6	189	272



European
Commission

THANK YOU !



  @SaludCriticaMX

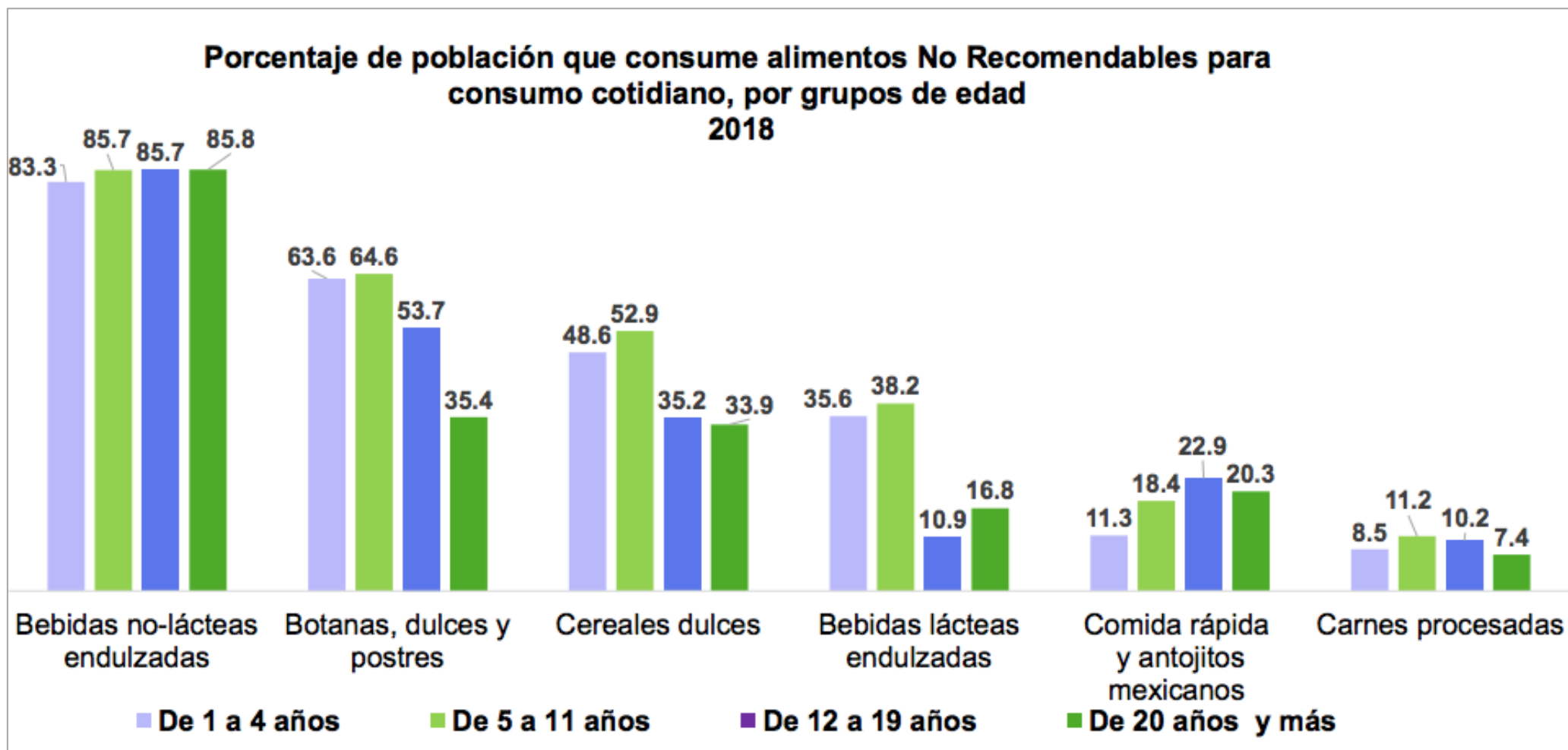
Dismantling remaining barriers to be trans fat free by 2023: The case of Mexico

17 November 2020





iTFA situation in Mexico

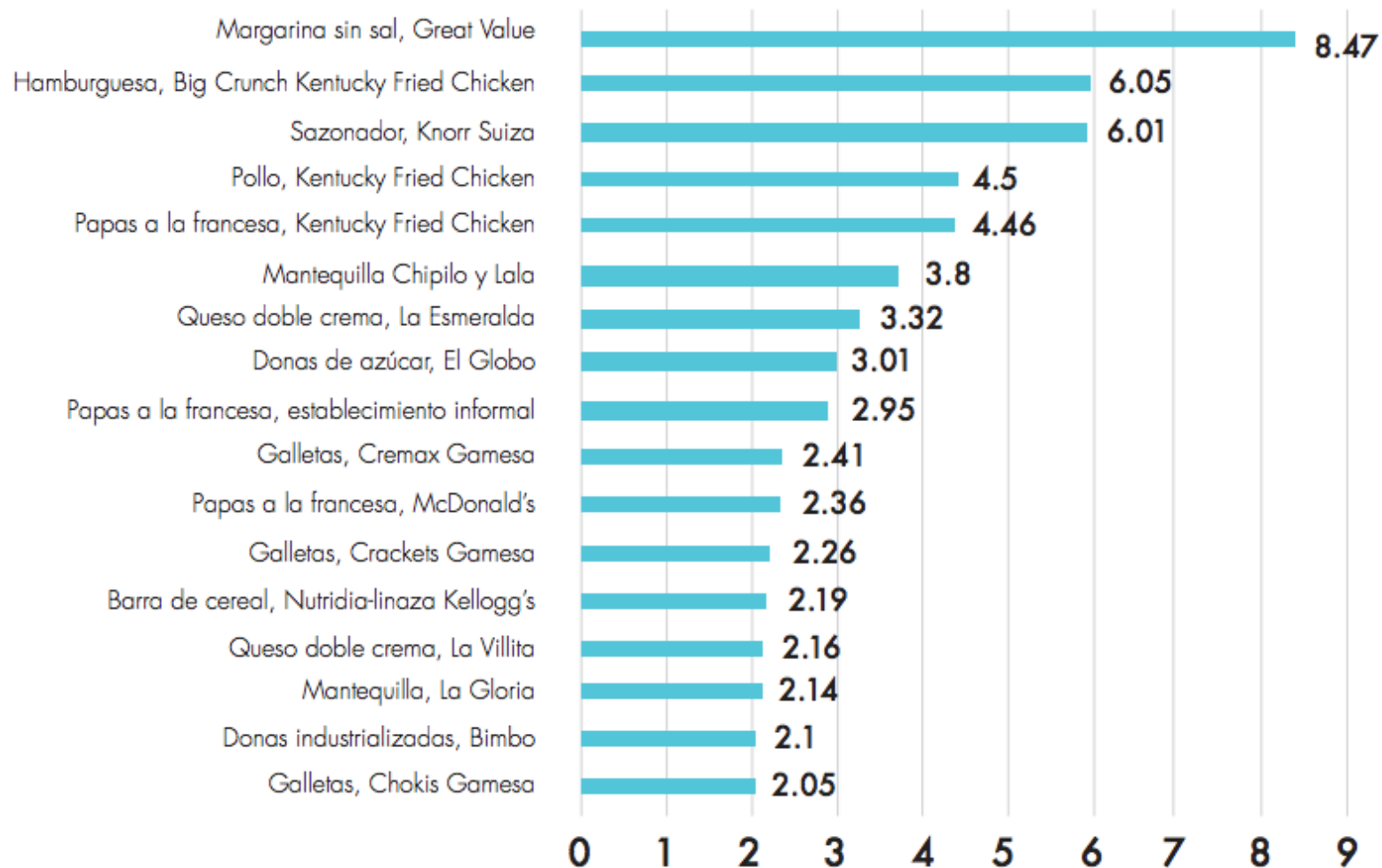




Situational análisis developed by NGOs

- The consumption of trans fatty acids for both adolescents 12 to 19 years and adults 20 to 60 years, was 0.5 grams per day on average.
- Due to the lack of updated data, we consider that there is a significant underestimation in these results.
- Mexico is in the top 10 countries for mortality related to iTFA and has a high consumption of ultra-processed products
- The existing routes to address iTFAs in the Mexican regulatory framework were also analyzed.





Fuente: Villalpando et al. (2007).

Foods high in trans fatty acids. Mexico 2006 (grams per 100 grams of product)



SALUD ~ CRÍTICA

- National meeting on Public Policies towards the Elimination of Trans Fats (July, 2019)
- Workshop on Regulatory Mechanisms to Eliminate Industrially Produced Trans Fatty Acids from the Food Supply in the Region of the Americas (July 2019)
- Policy brief release and digital platform on trans fats elimination (<http://mexicosaludhable.org/replace/>)

México rumbo a la eliminación de las grasas trans industrializadas

Policy Brief





New warning labelling law and NOM-051

- Mandatory declaration of trans fats in the nutrition facts panel.
- Warning label on products with trans fats, using the PAHO Nutrient Profile Model.
- Strong opposition from the food and beverage industries during the discussion of NOM 051.
- Misleading advertising and legal threats against the Ministry of Health in Mexico.
- Inconsistency with health protection commitments made by food industries.





SALUD ~ CRÍTICA

Campaign disseminated by the Ministry of Health & COFEPRIS, 2020

“Trans fats do not provide any benefit, on the contrary, they increase the risk of heart disease.

These are the most harmful fats for health, and we don't need to consume them in any quantity.”



Las **grasas trans** no aportan ningún beneficio, al contrario, aumentan el riesgo de enfermedades del corazón.

Son las grasas más dañinas para la salud; no se necesita consumirlas en ninguna cantidad.

#EtiquetadoParaLaSalud

Fuente: <https://medlineplus.gov/spanish/ency/patientinstructions/000786.htm>



GOBIERNO DE
MÉXICO



GISAMAC
GRUPO INTERSECTORIAL DE SALUD, ALIMENTACIÓN,
MEDIO AMBIENTE Y COMUNITARIEDAD

SALUD
SECRETARÍA DE SALUD



Instituto Nacional
de Salud Pública

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SALUD ~ CRÍTICA

Advocacy tools to adopt measures for the elimination of industrially produced trans fats



Organización
Panamericana
de la Salud



Organización
Mundial de la Salud
OFICINA REGIONAL PARA LAS Américas

164.^a SESIÓN DEL COMITÉ EJECUTIVO

Washington, D.C., EUA, del 24 al 28 de junio del 2019

Punto 4.6 del orden del día provisional

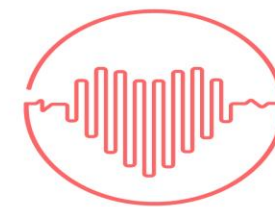
CE164/17
2 de mayo del 2019
Original: inglés

**PLAN DE ACCIÓN PARA ELIMINAR LOS ÁCIDOS GRASOS TRANS DE
PRODUCCIÓN INDUSTRIAL 2020-2025**

  @SaludCriticaMX

Thank you

direccion@saludcritica.org



SALUD ~ CRÍTICA

Singapore Trans Fat Policy

Tackling trans fat in the food supply over 2 phases

Dr Eunice Pang
Singapore Health Promotion Board

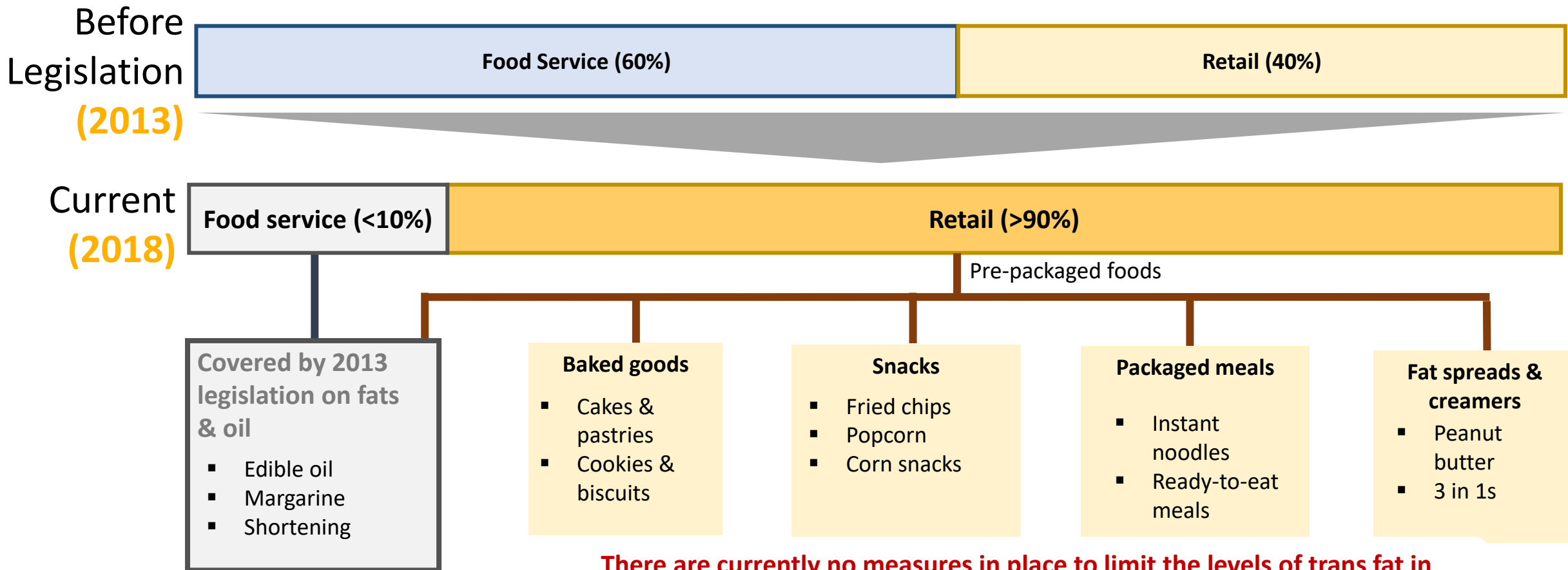
RESOLVE Webinar
17 November 2020

Trans fat policy in Singapore in 2013

- Current trans fat policy came into effect in 2013 under the Sale of Food Act
 - Trans fat limit of no more than 2g per 100g of product for fats and oils sold in the retail setting, and supplied to local food manufacturers & F&B retailers
 - Mandatory labelling of trans fat levels on packaging for all fats and oils
 - Voluntary 'Trans Fat Free' claim for fats and oil products containing less than 0.5% trans fat of total product limited to stipulated categories under HPB's Healthier Choice Symbol programme

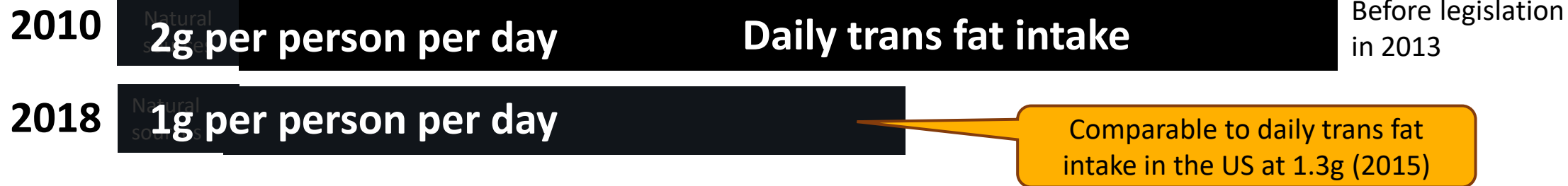
While the 2013 policy has reduced the level of trans fat from the food service sector, there remains significant sources of trans fat in pre-packaged foods.

Sources of trans fat in the diet



There are currently no measures in place to limit the levels of trans fat in imported pre-packaged foods sold in retail stores

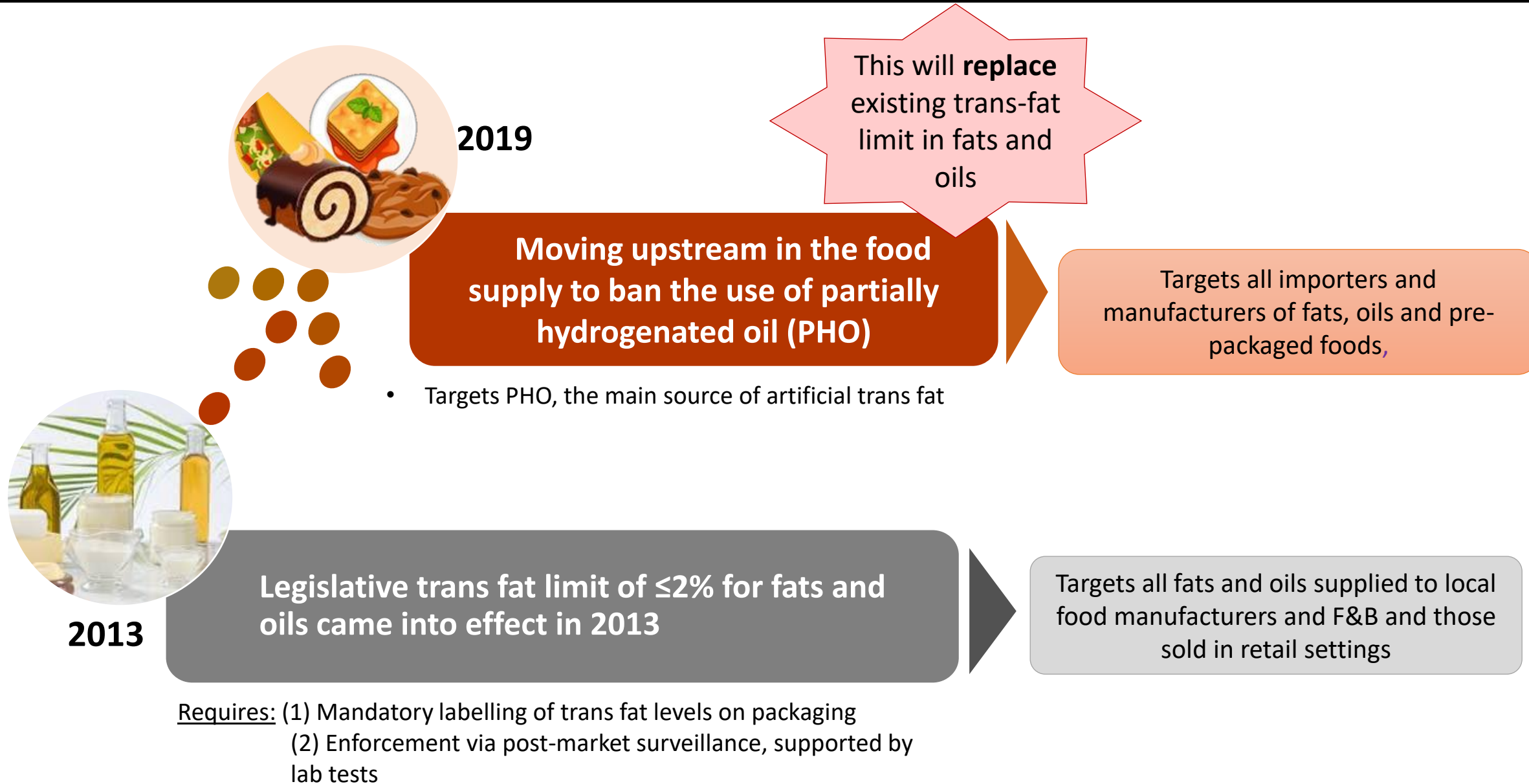
While national average daily trans fat intake has halved, intake among young adults and ethnic minorities is higher than the national average



The average daily intake among young adults and ethnic minorities is higher than the national average, mainly due to their higher consumption of trans fat containing pre-packaged foods



The PHO ban will remove the ingredient responsible for artificial trans fat across our entire food supply.



The ban will cover all fats, oils and pre-packaged foods. Industry will have a two year runway to comply with the measure

Ban applies to all fats, oils and pre-packaged food

Announcement of PHO ban

June
2019

PHO ban to come into effect

June
2021

Industry will have 2 years to reformulate
their products or source for alternative
PHO-free products to retail



Industry Pledge [June 2019 to June 2020]:

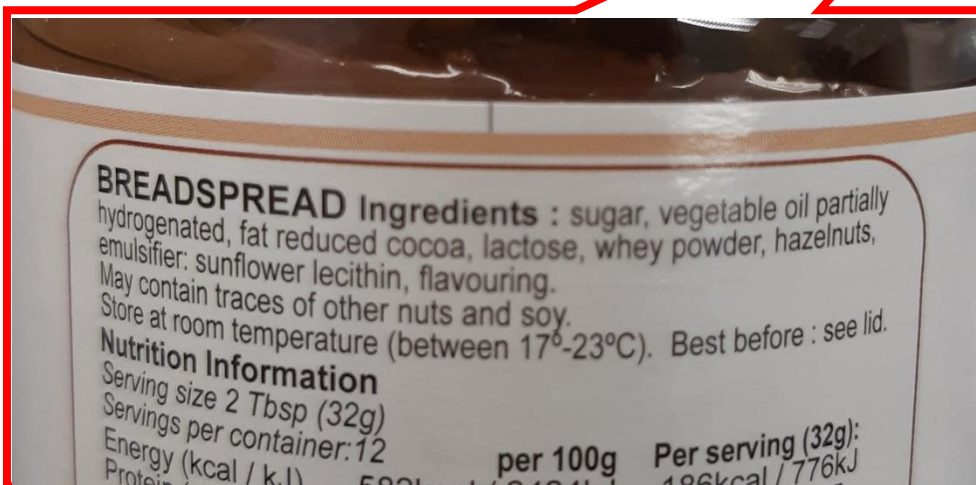
- Major industry players, including local manufacturers and major supermarket chains, have agreed to make their products PHO-free 1 year ahead
- Pledge demonstrates industry's co-operation, and can spur positive competition for other companies to speed up their reformulation efforts

An example of a reformulated product in the market

Chocolate & Hazelnut Breadsread



Previous formulation



Current PHO-free reformulation end-2019

Hazelnut spread

Ingredients: sugar, vegetable oil (rapeseed, palm), lactose (milk), fat reduced cocoa, whey powder (milk), hazelnuts 2%, emulsifier (sunflower lecithin), flavouring. Contains milk and nuts. May contain traces of soy, peanuts and other nuts. Store at room temperature between 17°C – 23°C. BEST BEFORE : see lid.

As part of healthy living HPB focuses on creating healthier options, leveraging on industry partnerships, and generating consumer demand

Growing supply

Diversification of healthier choices across product spectrum with pervasive go-to-market schemes

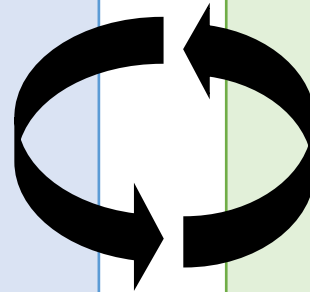
Healthier Choice Symbol Program



Healthier Dining Program



Healthier Ingredient Development Scheme



Increasing demand

Eat, Drink, Shop Healthy Campaign



Leveraging institutional powers to make healthier options (e.g. wholegrains, lower sugar beverages) the default:

- Pre-schools and Schools (Healthy Meals at Pre-school & Schools Programme)
- All government premises and events
- (WOG Healthier Catering & Drinks Policy)



Regulatory measures to spur both supply and demand, creating an environment conducive for healthier diets

Measures to reduce trans fat intake

Ban on Partially Hydrogenated Oils in the food supply (to be effected June 2021)

Measures to reduce sugar intake from pre-packaged beverages

- Mandatory 'Nutri-Grade' label for less healthy beverages
- Advertising prohibition for the least healthy beverages

Will be extended to freshly prepared beverages as well



Thank you!