



# Eliminating trans fats in Europe

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**Europa**

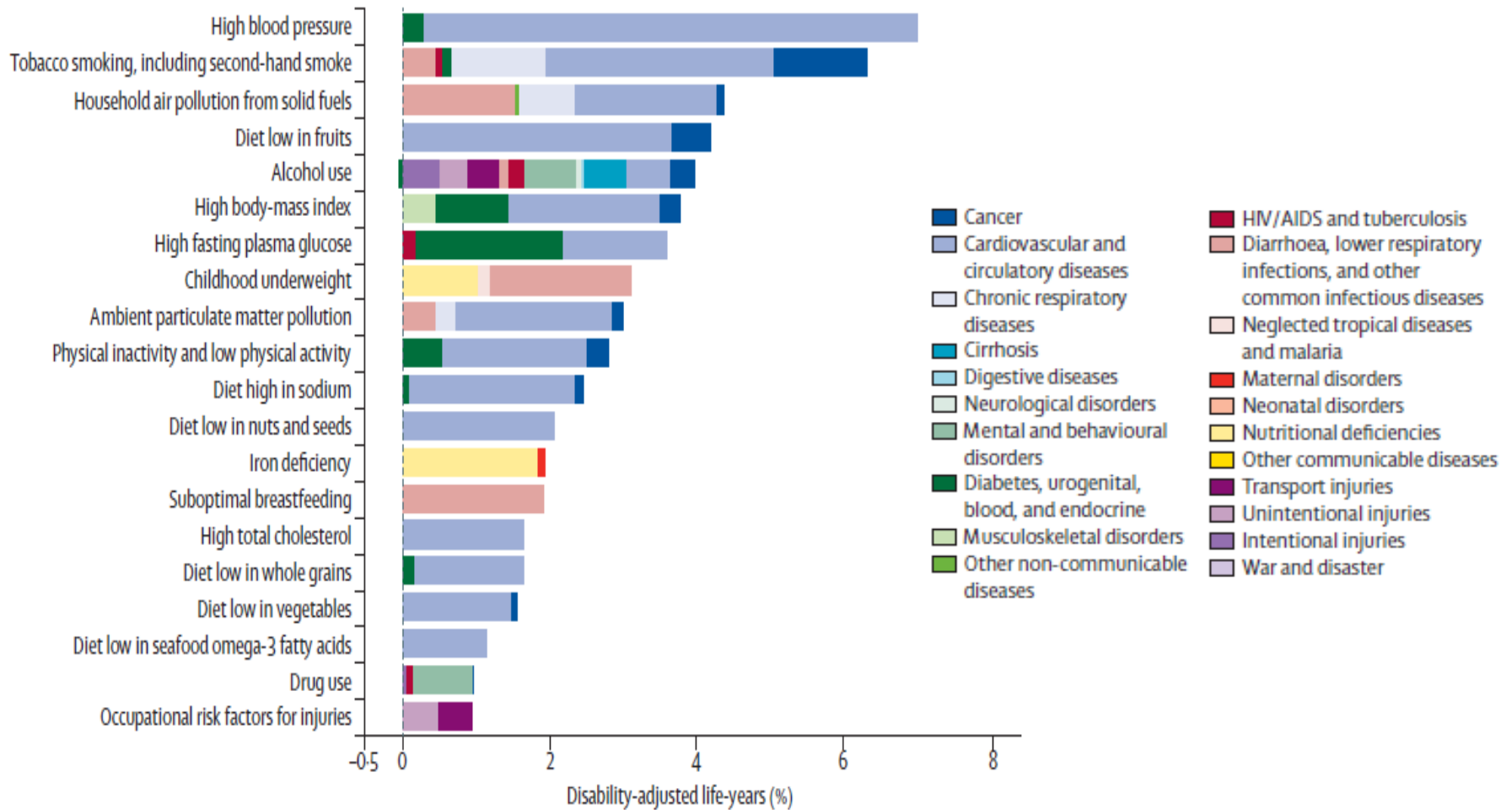


**Всемирная организация  
здравоохранения**

**Европейское** региональное бюро

- **Non-communicable diseases – the leading cause of death and disability in the European region & largely preventable**
- **Body weight, unhealthy diets and physical inactivity fundamentally important risk factors**

# GBD – attributable to 20 risk factors 2010 as % DALY



15 out of 20 RF linked with nutrition and PA

Lim & al. 2012

# Diet as a major risk factor in Europe



## SALT

WHO recommends less than  
5 grams per day

**53 countries exceed this recommendation**

## SATURATED FAT

WHO recommends maximum  
10% of total calories consumed per day

**48 countries exceed this recommendation**



## SUGAR

WHO recommends less than 5% of total  
calories consumed per day

**in 24 countries, 25% of 15 year old boys  
consume sugary drinks on a daily basis**

Eliminate *trans* fats from food  
supply

Strengthen policies for healthy  
school food

# Overwhelming evidence of the adverse effects of consuming *trans* fats

- Evidence on the effects of industrially produced *trans* fats has been increasing over the past three decades.
- The most recent WHO recommendations state that intake of *trans* fats should be as low as possible
- The recommendation to minimize *trans*-fat intake is based predominantly on evidence that *trans*-fat consumption significantly increases the risk of coronary heart disease

# What are *trans* fats?

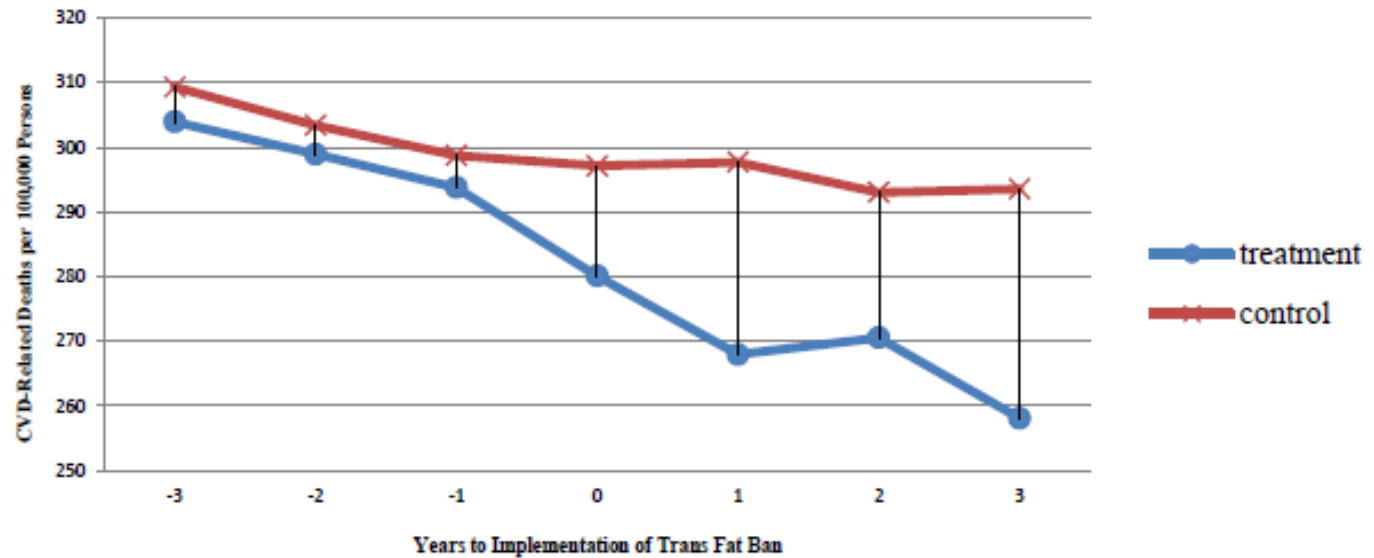
- *Trans* fats are a type of unsaturated fatty acids and can be classified as naturally occurring or industrially produced
- Industrially produced *trans* fats are formed when fats and oils are modified by the use of industrial processing techniques
- The proportions of industrially produced *trans* fats in food are generally much higher than those of naturally occurring *trans* fats and, in most European countries, they are the main dietary source of *trans* fats
- The process of partial hydrogenation is the primary mechanism used in the industrial production of *trans* fats
  - during the process, oil is hardened, which improves its commercial appeal by enhancing its sensory profile and texture and increasing its shelf life and tolerance to repeated heating

# Examples of foods likely to contain variable amounts of trans fat

Trans-fat type	Dietary source
<b>Industrially produced trans fats (can comprise up to 60% of a product's fat content)</b>	<p>Fast food: baked goods (e.g. pies, biscuits, pastries and sweet rolls); biscuits; fried foods (e.g. French fries, hash browns, chicken nuggets, some kebabs)</p> <p>Supermarket products: ready-to-microwave popcorn; some biscuits, wafers and baked goods, including tacos and tortillas; some margarines</p> <p>Fats and oils: shortening; partially hydrogenated oils; some margarines (particularly industrial ones)</p> <p>Bakery products: pies; biscuits; sweet rolls; pastries; buns; cakes</p>
<b>Naturally occurring trans-fatty acids (can comprise up to 6% of a product's fat content)</b>	<p>Ruminant animal products: meat- and milk-based products from, for example, cattle, sheep, goats, buffalo, deer, elk, giraffes and camels</p>



# Trans-fatty acids



**Trans fat ban in NY by county**  
**Source: Restrepo B. & Rieger M. 2014**



# A trans European Union difference in the decline in *trans* fatty acids in popular foods: a market basket investigation

Steen Stender,<sup>1</sup> Arne Astrup,<sup>2</sup> Jørn Dyerberg<sup>1</sup>

**Conclusions:** In 2009 contents of I-TFA in popular foods in Western Europe appear low but, in spite of some reduction, still high in Eastern European EU countries. These findings suggest that millions of people in the EU still consume I-TFA in amounts that substantially increase their risk of coronary heart disease.

# Trans-fatty acids



# Denmark: action on trans fat

## Trans-fat ban

- First country in world to legislate against trans-fat
  - Sets a maximum level of 2 grams of trans fatty acids per 100g of fat/oil
- No strong objection from industry



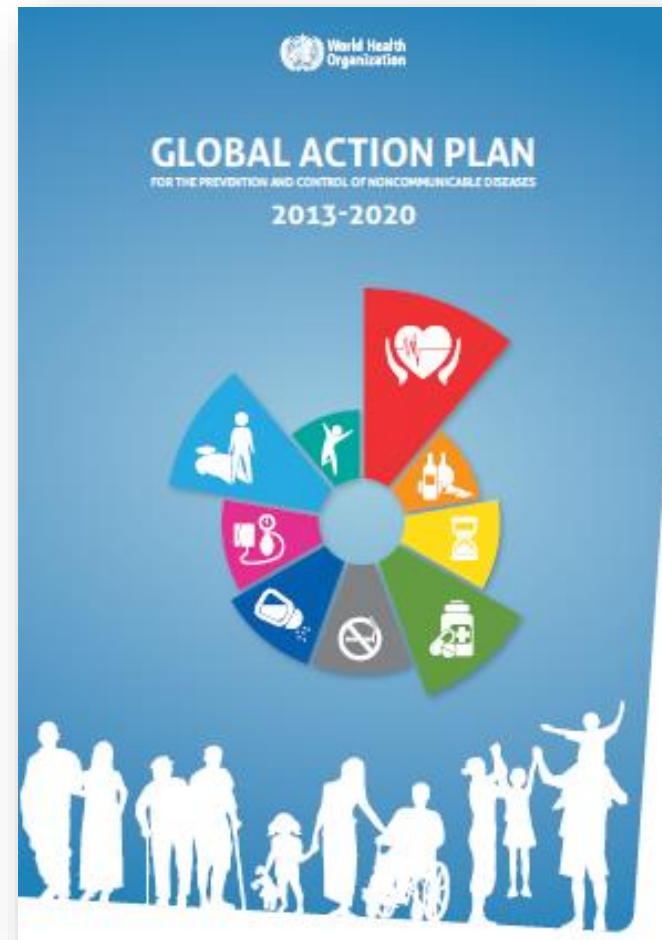
# Policy Actions on trans fats

- Legislative limits on *trans* fat in European countries:
  - Denmark, Hungary, Iceland, Norway, Switzerland, Austria, Sweden (not yet)
- Voluntary policy programmes aimed at decreasing use of *trans* fats:
  - Belgium, Czech Republic, France, Netherlands, Poland, Germany, Netherlands, United Kingdom

# Advantages of policies that set maximum limits for trans fats

- Greater impact on food supply
  - Generates the greatest reduction of TFAs in the food supply
  - Impacts all groups, including groups at high-risk of consuming TFAs (e.g. low-income consumers)
- Low cost of implementation
  - Costs described as miniscule on a national scale
  - Well under most commonly accepted thresholds of cost-effectiveness
  - Costs of monitoring minimized as opposed to other policies (e.g. done at product level, not population intake)
- Few examples of negative reaction
  - Low cost alternatives exist for industry
  - Potential for reformulation continues to increase

# Global & Regional commitments





# European Food and Nutrition Action Plan 2015-2020

*Develop and implement national policies to ban or virtually eliminate trans fats from the food supply, with a view to making the European Region trans fat-free*





# THANK YOU

