



fighting heart disease
and stroke
european heart network

Seminar at the Permanent Representation of Hungary to the EU

**Trans fatty acid reduction in foodstuffs –
Make it happen in the EU!**

**Why mandatory limits of TFA are important for
citizens in the EU**

**Susanne Løgstrup, Director, European Heart Network
April 4, 2016**



fighting heart disease
and stroke
european heart network

European Heart Network (EHN)

Brussels-based alliance linking 30 national heart foundations and like-minded non-governmental organisations in 25 European countries

The European Heart Network plays a leading role in the prevention and reduction of cardiovascular diseases, in particular heart disease and stroke, through advocacy, networking, capacity-building and patient support, so that they are no longer a major cause of premature death and disability throughout Europe



fighting heart disease
and stroke
european heart network

Cardiovascular diseases (CVD)

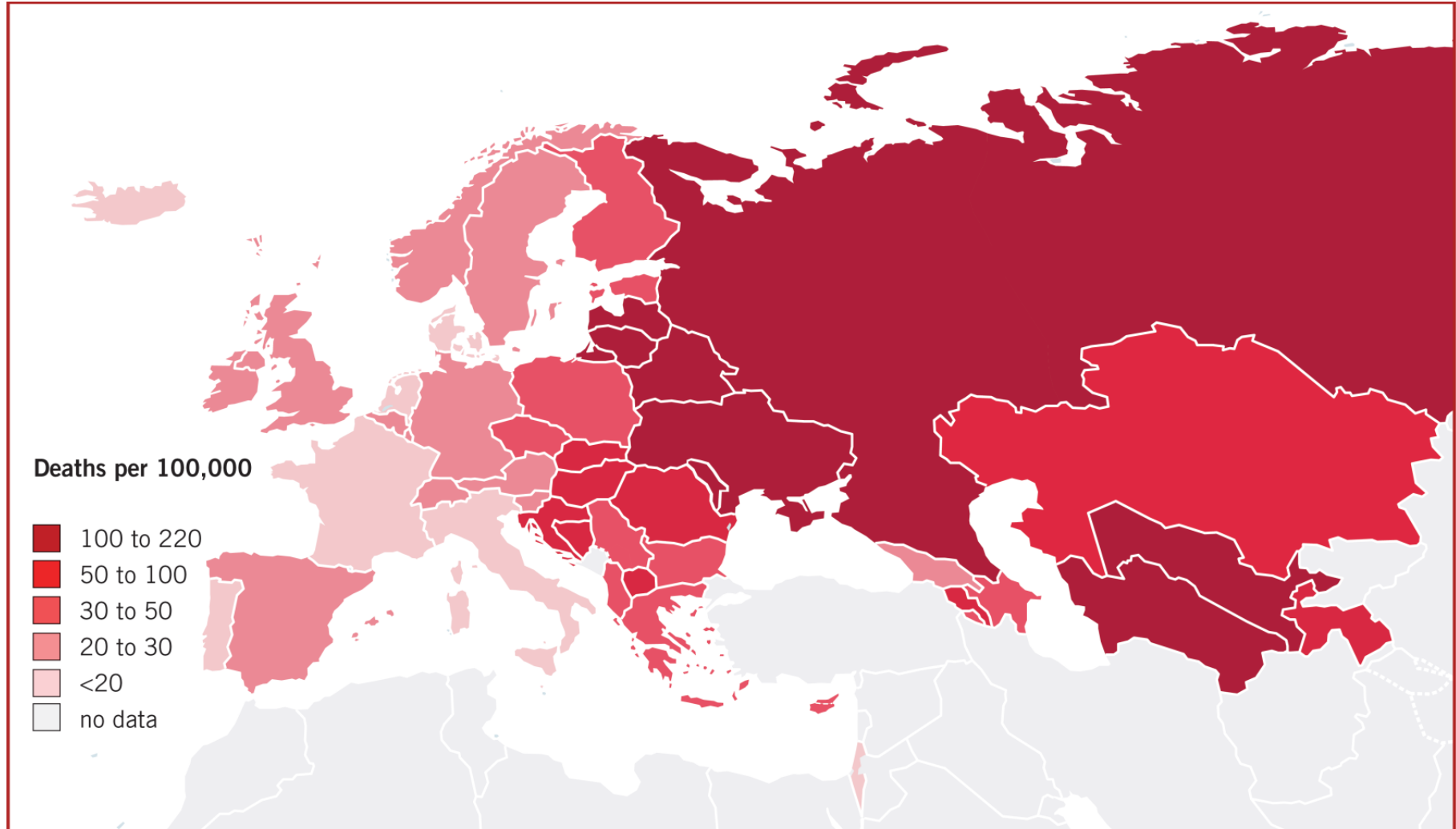
- CVD remain the main cause of death in the EU accounting for over 1.9 million deaths each year – 40% of all deaths
- Coronary Heart Disease is the single most common cause of death in the EU accounting for over 680 000 deaths every year – 14% of all deaths



fighting heart disease
and stroke
european heart network

Premature CHD mortality

Age-standardized death rates from CHD, men aged under 65, latest available year, Europe

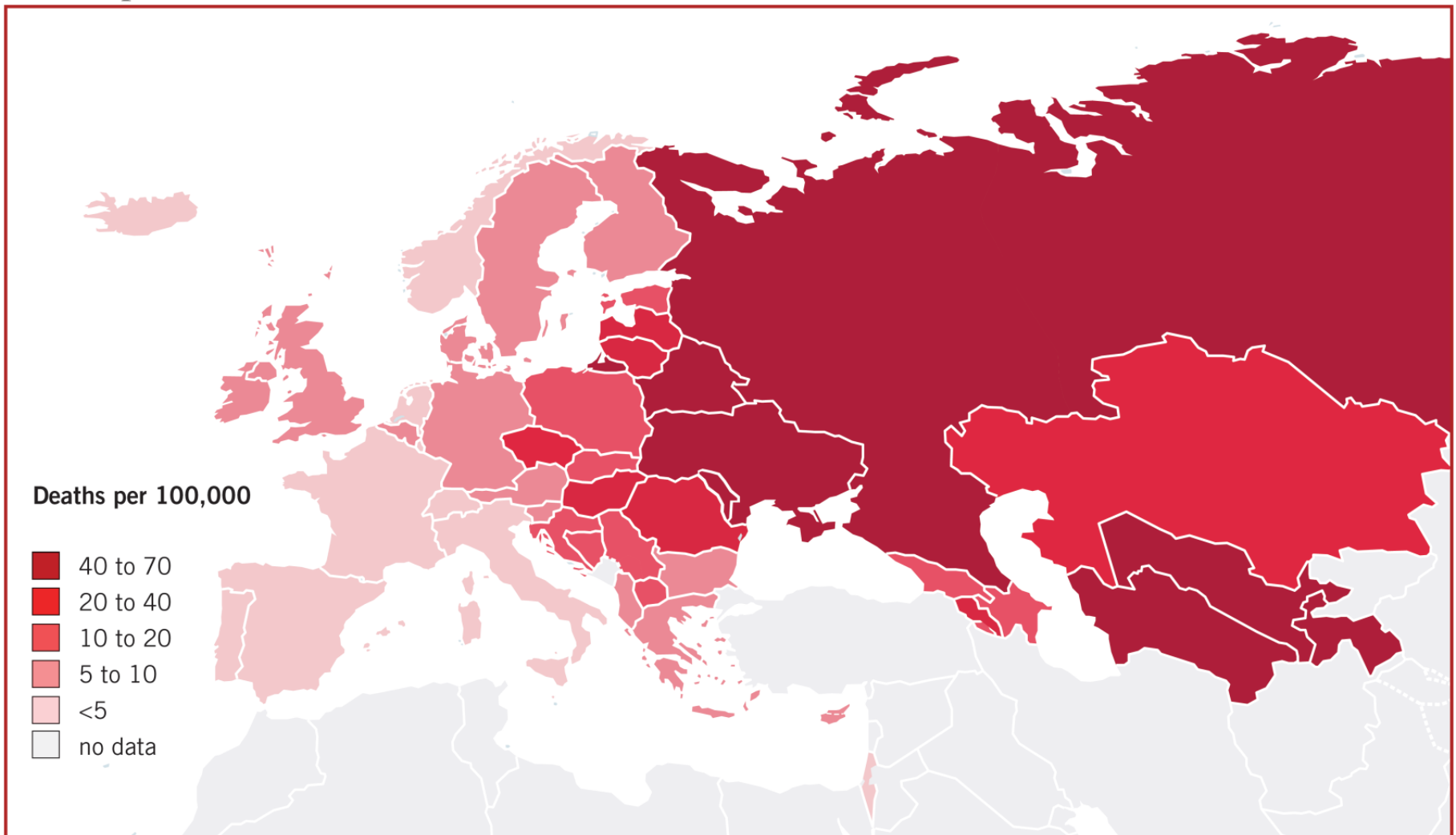




fighting heart disease
and stroke
european heart network

Premature CHD mortality

Age-standardized death rates from CHD, women aged under 65, latest available year, Europe





fighting heart disease
and stroke
european heart network

Age standardised CVD death rate per 100,000 and percentage of deaths from CVD, women, all ages, EU

<i>Country</i>	<i>Year</i>	<i>Death rate</i>	<i>% of deaths</i>	<i>Country</i>	<i>Year</i>	<i>Death rate</i>	<i>% of deaths</i>
Austria	2010	171	48	Latvia	2010	353	58
Belgium	2006	149	36	Lithuania	2010	383	66
Bulgaria	2011	478	72	Luxembourg	2009	144	38
Cyprus	2010	153	40	Malta	2010	167	42
Czech Rep.	2010	282	56	Netherlands	2010	119	30
Denmark	2006	154	31	Poland	2010	260	52
Estonia	2010	311	63	Portugal	2010	153	36
Finland	2010	154	42	Romania	2010	454	68
France	2009	95	29	Slovakia	2010	360	61
Germany	2010	173	45	Slovenia	2010	178	46
Greece	2009	219	49	Spain	2010	110	35
Hungary	2009	331	55	Sweden	2010	145	41
Ireland	2010	142	34	United Kingdom	2010	131	31
Italy	2009	138	42				



fighting heart disease
and stroke
european heart network

Age standardised CVD death rate per 100,000 and percentage of deaths from CVD, men, all ages, EU

<i>Country</i>	<i>Year</i>	<i>Death rate</i>	<i>% of deaths</i>	<i>Country</i>	<i>Year</i>	<i>Death rate</i>	<i>% of deaths</i>
Austria	2010	252	37	Latvia	2010	675	50
Belgium	2006	224	30	Lithuania	2010	667	47
Bulgaria	2011	732	63	Luxembourg	2009	247	35
Cyprus	2010	222	36	Malta	2010	213	34
Czech Rep.	2010	424	45	Netherlands	2010	181	28
Denmark	2006	244	30	Poland	2010	440	41
Estonia	2010	567	48	Portugal	2010	210	27
Finland	2010	288	39	Romania	2010	647	54
France	2009	163	25	Slovakia	2010	552	47
Germany	2010	246	37	Slovenia	2010	269	33
Greece	2009	245	45	Spain	2010	169	27
Hungary	2009	548	45	Sweden	2010	228	39
Ireland	2010	228	34	United Kingdom	2010	210	32
Italy	2009	205	34				



fighting heart disease
and stroke
european heart network

Cardiovascular diseases (CVD)

- WHO estimates that 80% of premature deaths from heart disease and stroke could be avoided by controlling the main risk factors: tobacco, *unhealthy diet* and physical inactivity



fighting heart disease
and stroke
european heart network

Trans fatty acids (TFA)

- For every 2% energy of trans fatty acid consumption, the risk of heart attack or death from heart disease is increased by about 25% – or, in other words, every extra gram of trans fatty acids consumed per day will increase the risk of heart attack or heart disease by about 5%



fighting heart disease
and stroke
european heart network

Why mandatory maximum levels?

- Even if the average population intake of TFA does not exceed 1% of total energy we still *do not know* how many people in the EU – or indeed in the wider Europe – consume levels higher than 1%
- There is a concern that people from socially disadvantaged groups consume products that contain high amounts of TFA. These people will be at much higher risk of CHD



fighting heart disease
and stroke
european heart network

Evidence for effectiveness

- Since Denmark introduced its regulation, it has seen several benefits:
 - intake of TFA has decreased and is now one tenth of the level that it was at the time when the regulation was adopted
 - this drop in TFA consumption partly accounts for the significant decrease in mortality from cardiovascular diseases recently experienced in Denmark



fighting heart disease
and stroke
european heart network

Economic burden

- CVD cost the economies of the EU approx. **€196 billion** in 2009
- Of total cost:
 - €106bn (54%) was spent on healthcare;
 - €44bn (22%) in informal care costs;
 - €27bn (14%) due to early mortality; and
 - €19bn (10%) due to absence from work or early retirement



fighting heart disease
and stroke
european heart network

Reduction of economic burden

- In England alone it is predicted that if consumption of TFA were reduced by 1% of total energy intake, it would prevent 11 000 heart attacks and 7 000 deaths. And it might *save annually some £2 billion in cardiovascular-related healthcare cost* (almost 2.5 billion euros)



fighting heart disease
and stroke
european heart network

Conclusions

The virtual removal of TFAs from the food supply is one of the most straightforward public health interventions,

It:

- saves lives
- reduces inequalities in health
- saves health-care costs



fighting heart disease
and stroke
european heart network

Thank you

EHN paper on TFA available on:

<http://www.ehnheart.org/publications/position-papers/publication/886-trans-fatty-acids-and-heart-disease.html>