

WHO REPORT ON GLOBAL TRANS FAT ELIMINATION 2019

COUNTDOWN TO 2023

EXECUTIVE SUMMARY

Intake of *trans*-fatty acids (TFA) is associated with increased risk of heart attack and death from heart disease¹. TFA intake is estimated to be responsible for more than half a million deaths from coronary heart disease each year around the world². Replacing industrially produced TFA with healthier oils and fats is feasible without changing the taste of food or its cost to the consumer.

In May 2018, the World Health Organization (WHO) launched the REPLACE action package to support governments to eliminate industrially produced TFA from the global food supply by 2023. The package calls for replacement of TFA with healthier oils and fats, to be achieved through policy and regulation, while establishing monitoring systems and creating awareness among policy-makers, industry and the public.

Momentum around TFA elimination has been growing as more countries begin to take action by adopting and enforcing policies. Mandatory TFA limits or bans on partially hydrogenated oils are currently in effect for 2.4 billion people in 28 Member States (31% global population coverage). Since the beginning of 2018, mandatory TFA limits have come into effect in six additional countries and have been passed in 24 additional countries. Some multinational companies have committed, and taken steps, to eliminate industrially produced TFA from global product lines.

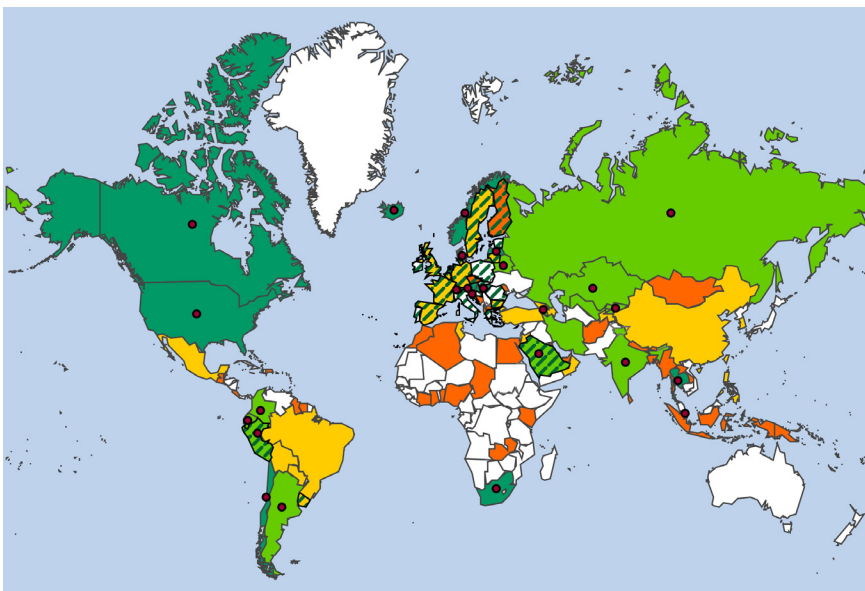
Although this progress is encouraging, the vast majority of countries still do not have policies in place to protect their citizens from the harmful effects of TFA. Therefore, there is still a long way to go to achieve global elimination by 2023. To meet this target, WHO will strengthen its support to countries in eliminating TFA and overcoming any challenges they may be facing, including by developing and providing regulatory capacity-building training.

WHO also recommends that the following actions be taken by countries to create a global movement on TFA elimination.

- Develop and implement mandatory TFA limits.
- Share experiences and best practices in TFA elimination, and consider regional or intercountry networks to enhance actions.
- Renew support and strengthen commitment for eliminating industrially produced TFA by 2023 to achieve the first elimination of a risk factor for noncommunicable disease.

Actions are also required by countries and other concerned stakeholders to ensure that the world is free from industrially produced TFA by 2023. WHO expects the industry groups to implement the firm commitments they have made to eliminate industrially produced TFA from product lines.

TFA POLICY IMPLEMENTATION: MAP OF COUNTRY PERFORMANCE³



- National policies, strategies or action plans expressing a commitment to reduce industrially produced TFA in the food supply
- Legislative or other measures to induce consumers to make healthier choices with regard to industrially produced TFA or mandatory limits on industrially produced TFA in foods in specific settings
- Legislative measures have been adopted to limit iTFAs in foods in all settings but are less restrictive than the recommended approach
- Legislative measures to limit industrially produced TFA in focus in all settings, and these are in line with the recommended approach
- ▨ Best-practice TFA policy passed but not yet in effect
- Monitoring mechanism for mandatory TFA limits

1 WHO (World Health Organization). (2019a). Draft guidelines on saturated fatty acid and trans-fatty acid intake for adults and children. Geneva: WHO. ([https://extranet.who.int/dataform/upload/surveys/666752/files/Draft%20WHO%20SFA-TFA%20guidelines_04052018%20Public%20Consultation\(1\).pdf](https://extranet.who.int/dataform/upload/surveys/666752/files/Draft%20WHO%20SFA-TFA%20guidelines_04052018%20Public%20Consultation(1).pdf)); accessed 9 April 2019).

2 Wang Q, Afshin A, Yakoob MY, Singh GM, Rehm CD, Khatibzadeh S, et al. (2005). Impact of nonoptimal intakes of saturated, polyunsaturated, and trans fat on global burdens of coronary heart disease. *J Am Heart Assoc.* 5(1):e002891.

3 This is based on the data currently available in GINA as of 19 May 2019.