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Global Trans Fat Elimination Report: WHO

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According to the first annual global progress report on trans fat elimination issued by World Health Organization (WHO), more than 110 countries still have no regulations against trans fat.

- Lack of regulations have left around five billion people at risk of industrially produced trans fat exposure in the foods they eat every day.
- This new report summarizes country actions to ban industrially produced trans fat and makes recommendations for action to achieve the 2023 goal for global elimination. It's recommendations are:
 - Develop and implement mandatory Trans-Fatty Acids (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 diseases.
- Intake of trans-fatty acids (TFA) is associated with increased risk of heart attack and death from heart disease.
 - TFA intake is estimated to be responsible for more than half a million deaths from coronary heart disease each year around the world.
 - Replacing industrially produced TFA with healthier oils and fats is feasible without changing the taste of food or its cost to the consumer.

Background

- 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.

- In 2011, India set a TFA limit of 10% in all oils and fats, which was further reduced to 5% in 2015. In December 2018, the Food Safety and Standards Authority of India proposed reducing this limit further to 2% and eliminating artificial TFA in the food supply by 2022, a year ahead of the global target.