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December
2017

Budapest

SUSTAINABLE FOOD SYSTEMS FOR HEALTHY DIETS IN EUROPE AND CENTRAL ASIA

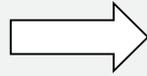
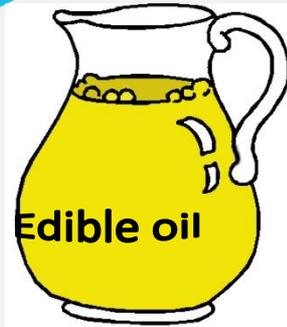
Industrially produced *trans* fat in popular foods: a market basket investigation in 2015-2016 in 15 countries of the former Soviet Union including the 5 republics in Central Asia.

Steen Stender, Professor, MD, DMSci
Department of Nutrition and Exercise,
University of Copenhagen, Denmark

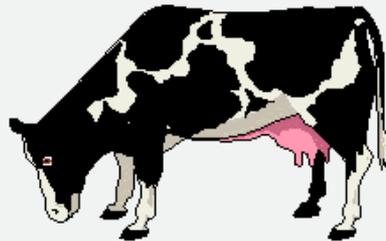
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Max. 50 % trans fat



Max. 5% trans fat



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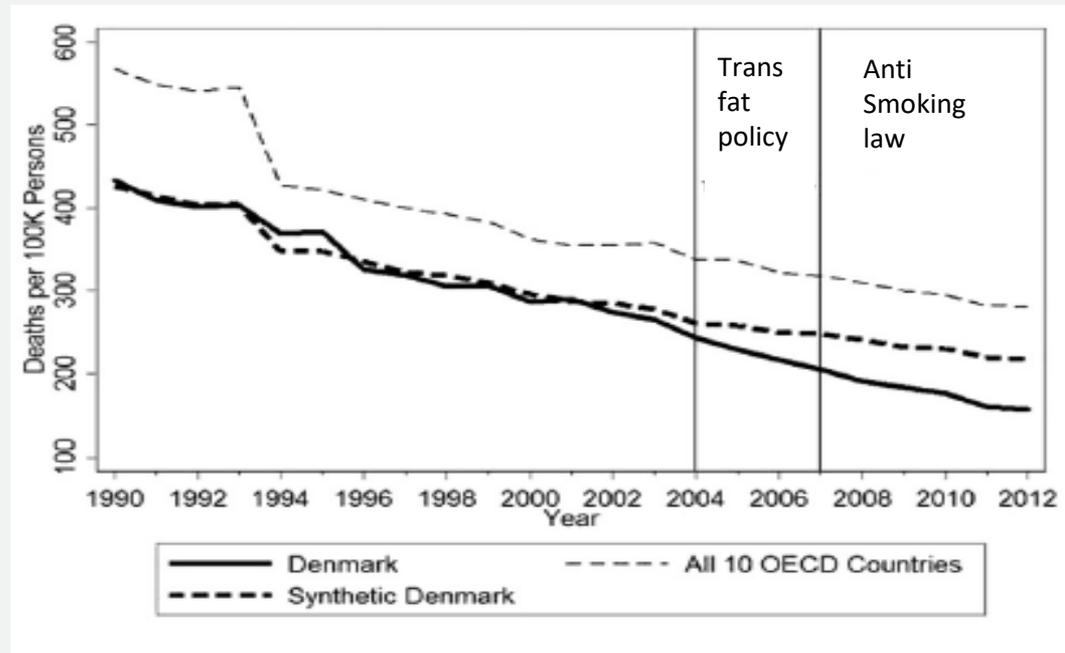
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Regulation in various countries concerning industrial trans fatty acids (TFA) in food

	<u>Legislative limits for TFA</u>				<u>No limits for TFA</u>		
	No labelling				Labelling by naming TFA	Labelling of amounts of TFA	
Countries	Denmark,  2004	Switzerland,  2008	Austria,  2009	Iceland  2011	EU  1992	US  2006, 2005	Canada  2006, 2005
Latest legislation	Hungary,  2014	Norway,  2014	Latvia,  2016	NY-City, California  2007, 2011			
Future legislation	Georgia  2017	Lithuania  2018	US  Partial hydrogenation of fat illegal from 18 th of June 2018	Canada 	?		
Example	No need for information				Partially hydrogenated fat	"Trans 3 grams per serving"	

Denmark's Policy on Artificial Trans Fat and Cardiovascular Disease

Mortality of coronary artery disease

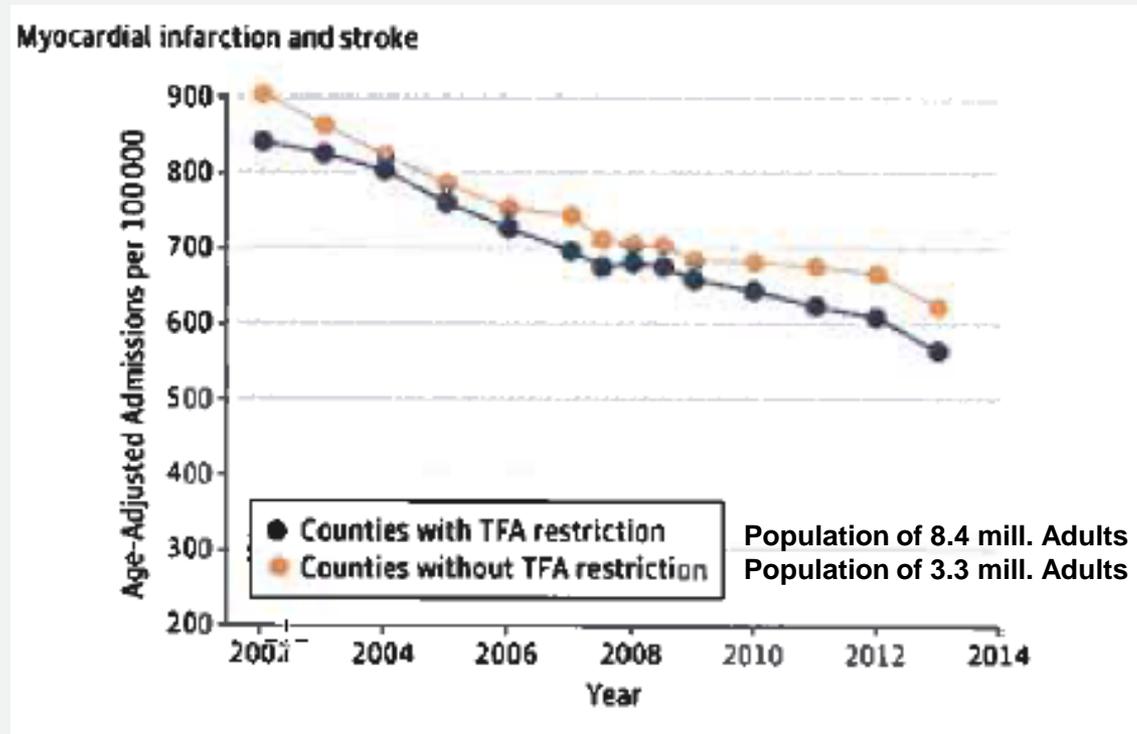


Coronary mortality decreased with 4.3% beyond temporal change corresponding to about 800 fewer deaths per year among the 5 million Danes

Am J Prev Med 2016; 50(1): 69-76

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Hospital Admissions for Myocardial Infarction and Stroke Before and After the Trans-Fatty acid Restrictions in New York



The New York State population with trans fatty acid restriction had a 6.2% additional decline in hospital admissions of myocardial infarction and stroke after 3 years compared with those without restrictions

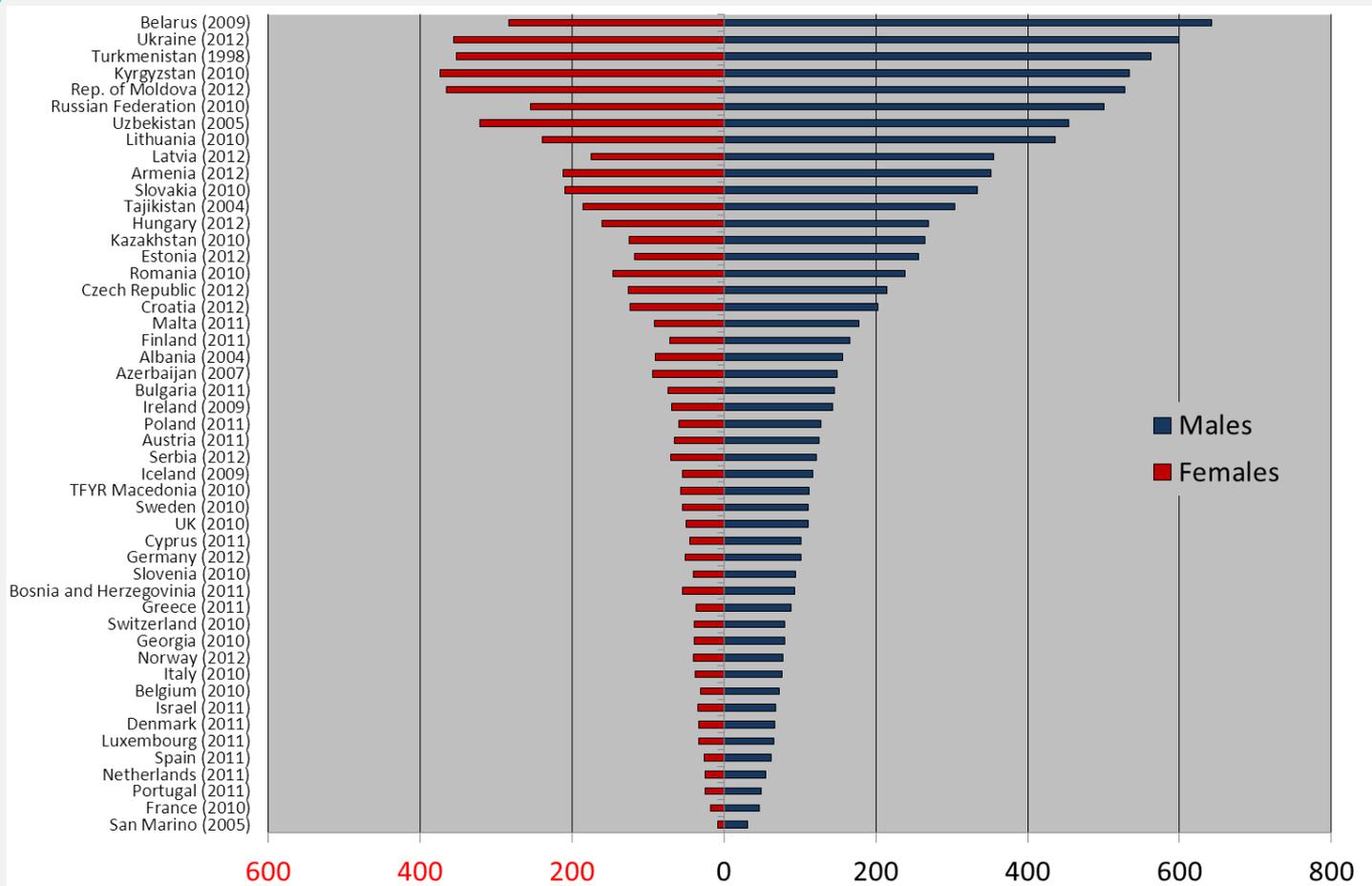
Brandt EJ et al. JAMA Cardiol 2017;2(6):627-634

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Aged-standardized death rates from coronary heart disease in (WHO)-Europe



Number of deaths per 100.000

M Nichols et al. Eur Heart J 2014; 35, 2950-9

Experimental procedures

Three large and different supermarkets in each capital, were visited. Pre-packaged biscuits/cakes/wafers were purchased if they met the following criteria on the list of ingredients:

- Total fat content was equal to or exceeded 15 g per 100 g of product.
- One or more of the following words were mentioned: partially hydrogenated fat, hydrogenated fat, hardened fat, refined fat, confectionary fat, deoderized fat, all purpose fat or margarine.

Samples of the different packages were analysed for trans fat.

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KEY MESSAGES AND POLICY RECOMMENDATIONS

Industrial trans fat is a metabolic poison that is present in popular foods in large amounts in many of the republics of the former Soviet Union; countries with an extraordinary high rate of coronary mortality

A legislative limit restricts intake of industrial trans fat in all subgroups of the population and has so far been introduced in 10 different European countries

In Denmark and in counties of New York State legislative restrictions of trans fat in foods were followed by a significant decline in coronary mortality

Efficient restriction in intake of industrial trans fat is a low hanging fruit to pick in the prevention of heart disease