



**COUNTDOWN
TO 2023**

**WHO REPORT ON GLOBAL
TRANS FAT ELIMINATION
2022**

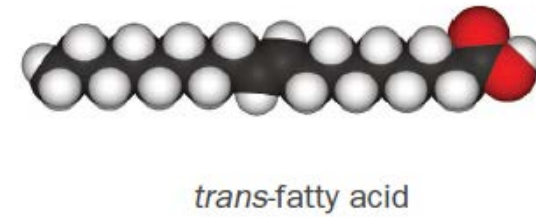


Overview of the WHO initiatives and the global status

Dr Rain Yamamoto,
Scientist, Department of Nutrition and Food Safety
WHO HQ



What is industrially produced trans fat?



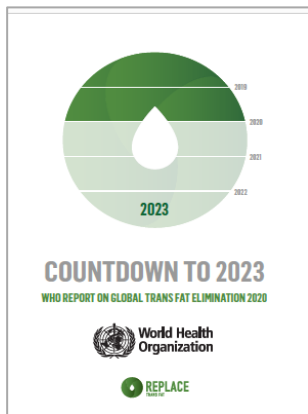
- Artificial compound produced through “partial hydrogenation”
- Became popular around 1950s as a replacement for butter and lard
- Can be contained in:
 - Hardened vegetable fats
 - Baked foods
 - Frying oils and fried foods



- **HOWEVER, trans fat has no known health benefits**
- **Trans fat intake is associated with increased risk of heart attacks and death from heart disease**

A global call to action

- **May 2018.** WHO and RTSL called for the global elimination of industrially produced trans fat by 2023
- **May 2019.** WHO released the **6 REPLACE modules**
- **Since 2019.** WHO issued an annual **progress report**



2019



2020



2021



2022



Best-practice policies recommended by WHO

Mandatory limits of 2%

- ☐ Mandatory national limit of 2 g of industrially produced trans fat per 100 g of total fat **in all foods**

PHO ban

- ☐ Mandatory national ban on the production or use of PHO as an ingredient **in all foods**

❖ PHO = partially hydrogenated oils (a major source of industrially produced trans fat)

2004

2004 Denmark

Number of countries with **best-practice policy** implemented

1



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Organization

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2009

2004 Denmark
2009 Austria

Number of countries with **best-practice policy** implemented

2

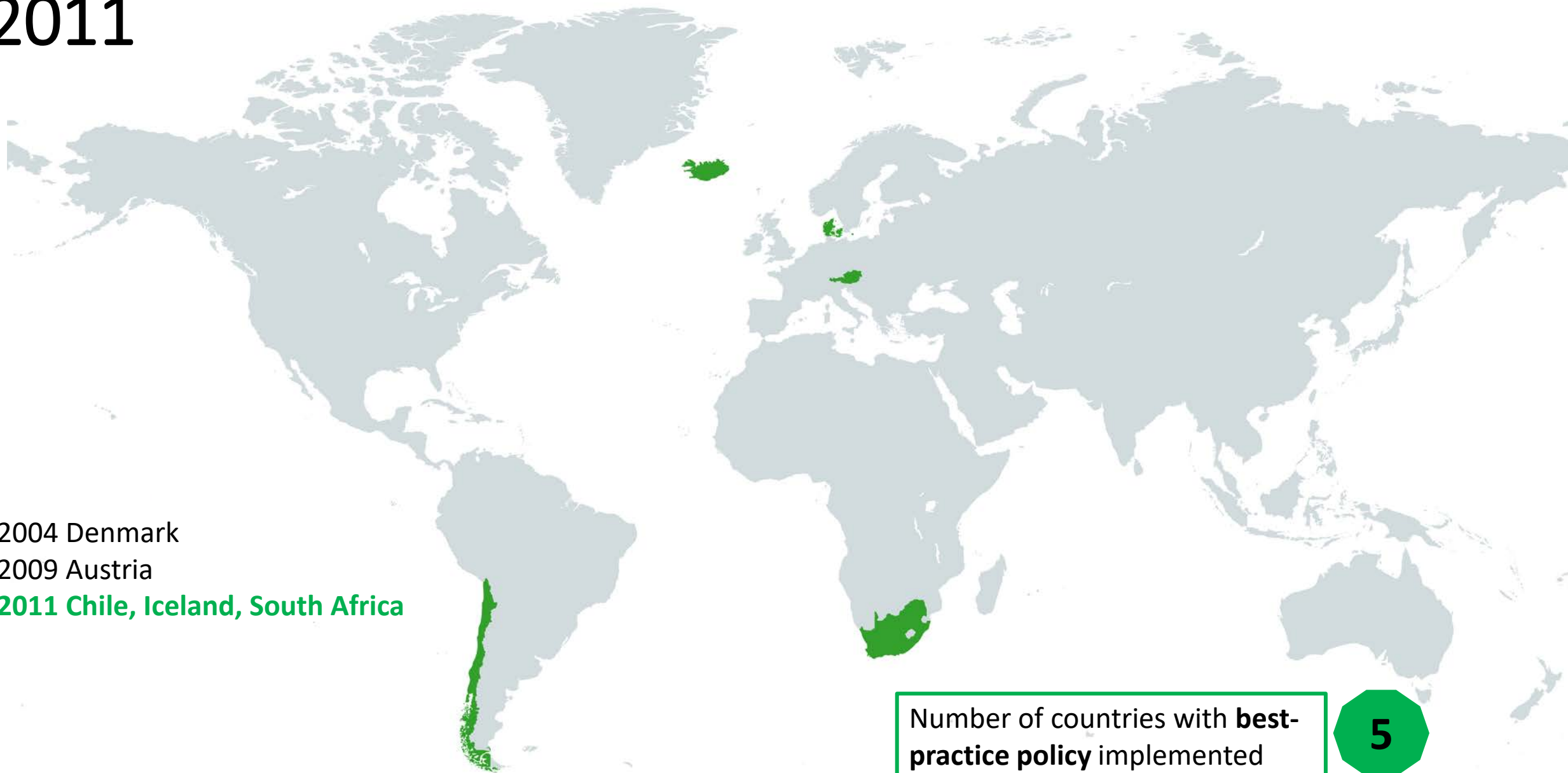


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Organization

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2011

2004 Denmark
2009 Austria
2011 Chile, Iceland, South Africa



Number of countries with **best-practice policy** implemented

5



World Health
Organization

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2014

2004 Denmark
2009 Austria
2011 Chile, Iceland, South Africa
2014 Hungary, Norway



Number of countries with **best-practice policy** implemented

7



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Organization

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2018

2004 Denmark
2009 Austria
2011 Chile, Iceland, South Africa
2014 Hungary, Norway
2018 Canada, Latvia, Slovenia, USA

Number of countries with **best-practice policy** implemented

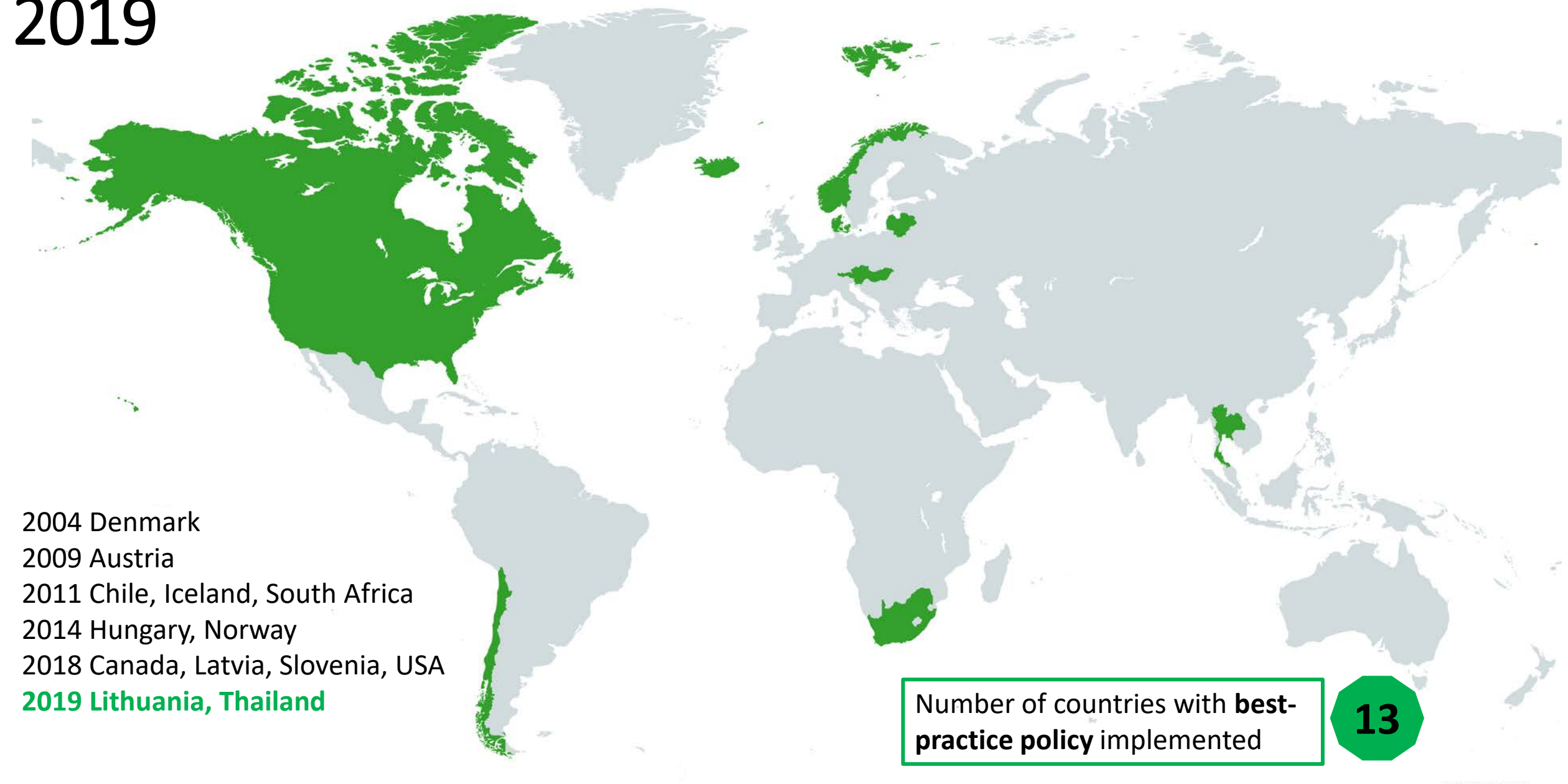
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World Health
Organization

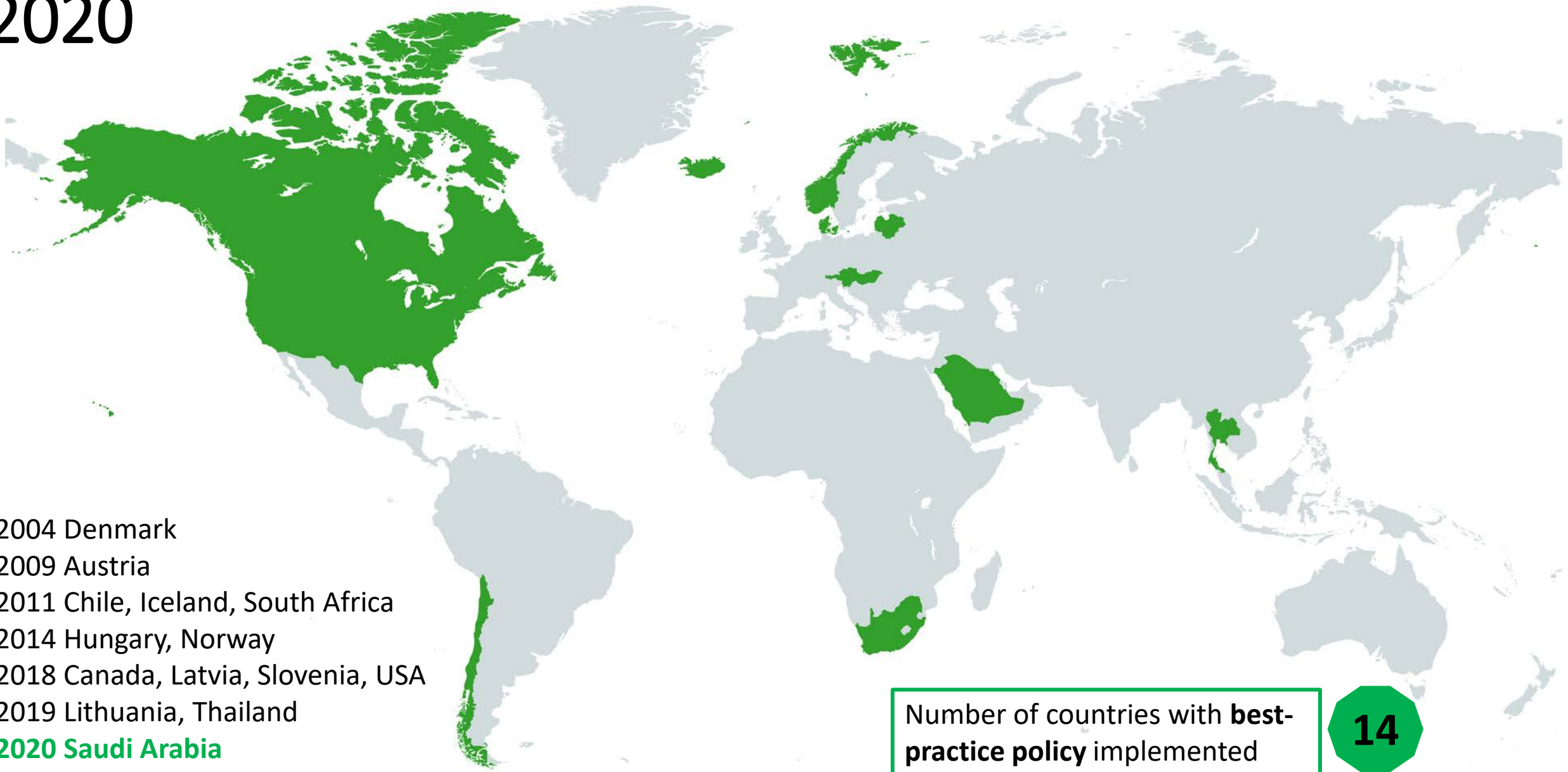
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2019



2020

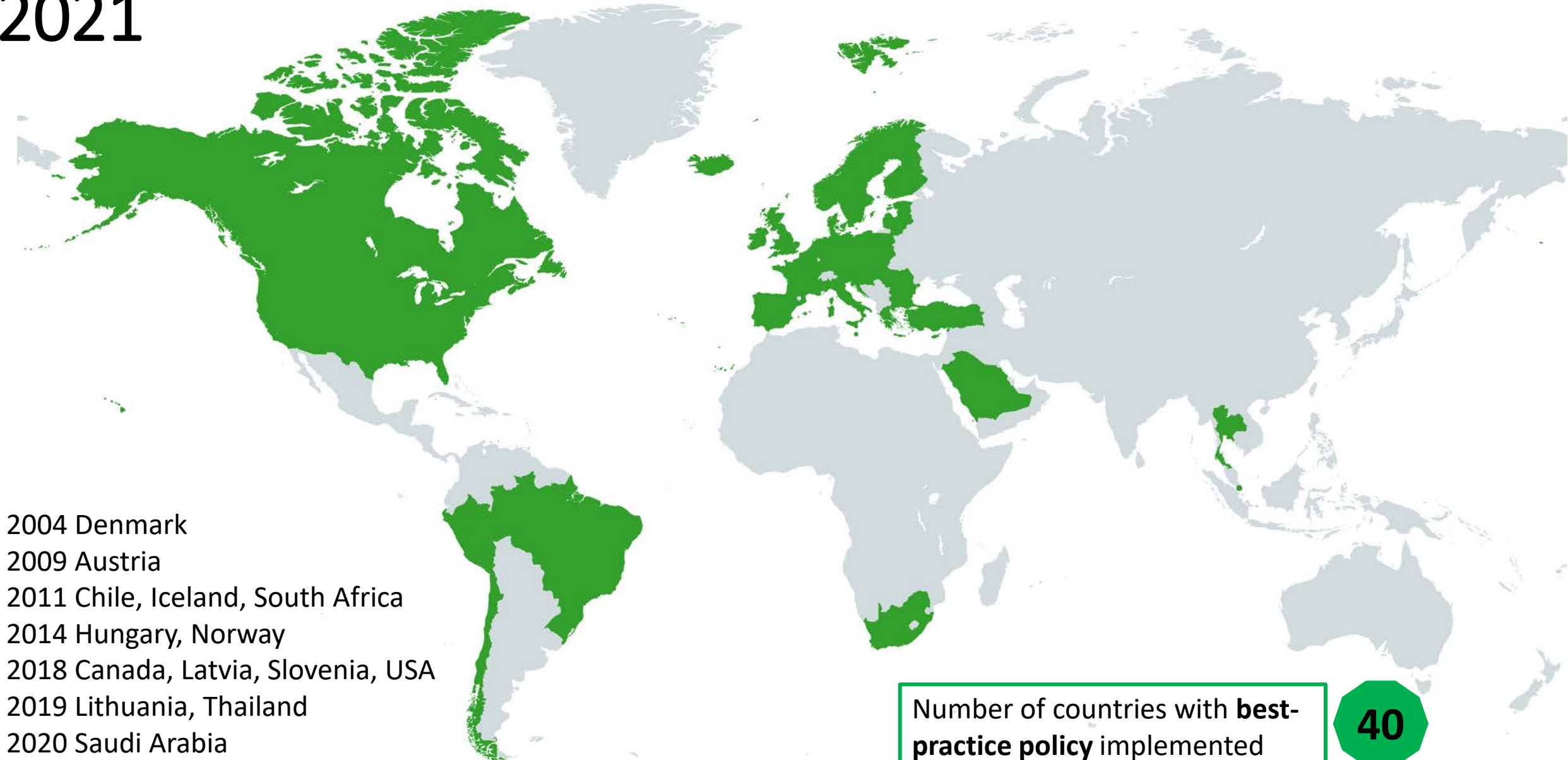
2004 Denmark
2009 Austria
2011 Chile, Iceland, South Africa
2014 Hungary, Norway
2018 Canada, Latvia, Slovenia, USA
2019 Lithuania, Thailand
2020 Saudi Arabia



Number of countries with **best-practice policy** implemented

14

2021

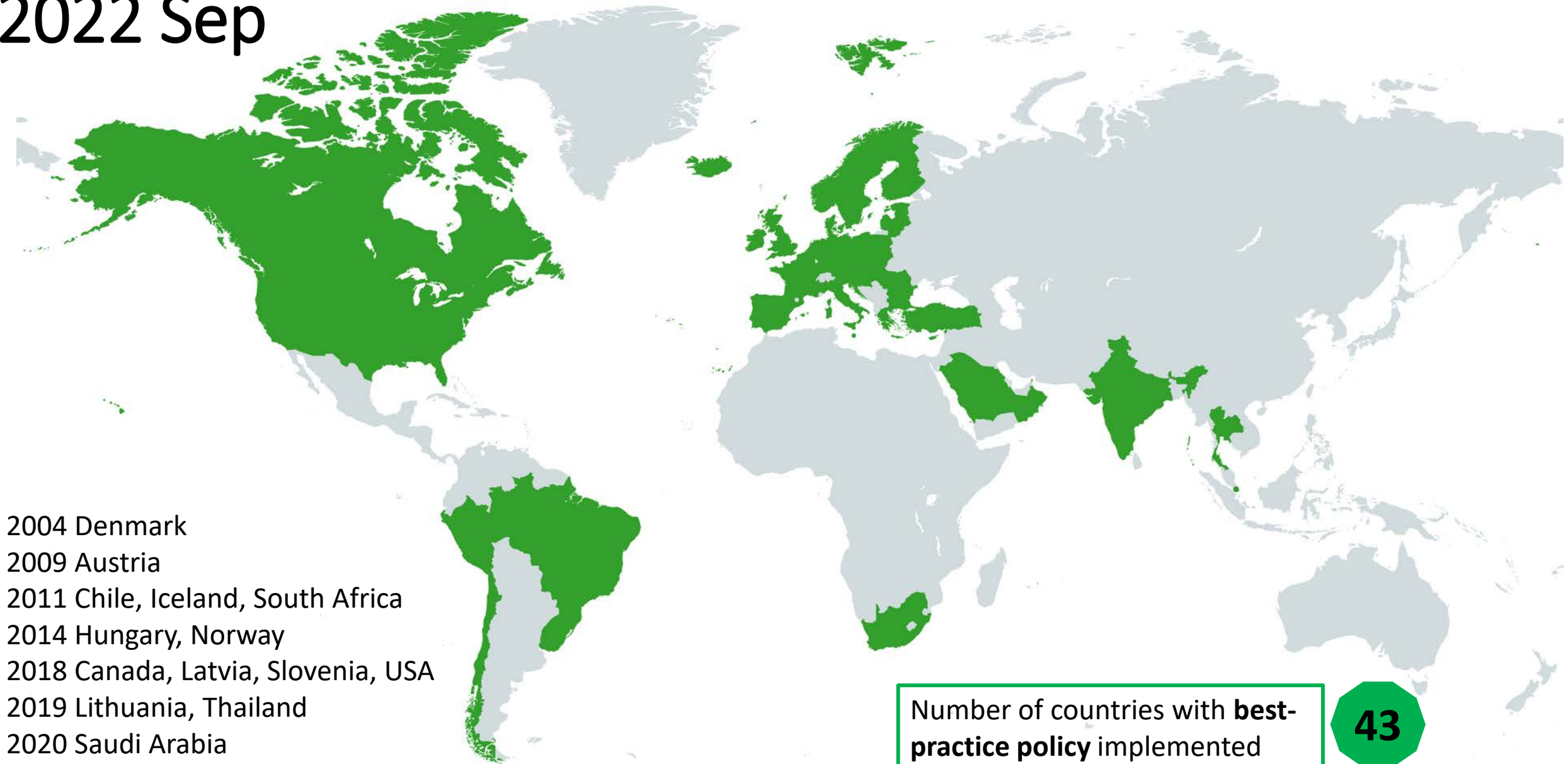


- 2004 Denmark
- 2009 Austria
- 2011 Chile, Iceland, South Africa
- 2014 Hungary, Norway
- 2018 Canada, Latvia, Slovenia, USA
- 2019 Lithuania, Thailand
- 2020 Saudi Arabia
- 2021 Brazil, EU countries, Peru, Singapore, UK**

Number of countries with **best-practice policy** implemented

40

2022 Sep



2004 Denmark
2009 Austria
2011 Chile, Iceland, South Africa
2014 Hungary, Norway
2018 Canada, Latvia, Slovenia, USA
2019 Lithuania, Thailand
2020 Saudi Arabia
2021 Brazil, EU countries, Peru, Singapore, UK
2022 India, Oman, Uruguay

Number of countries with **best-practice policy** implemented

43

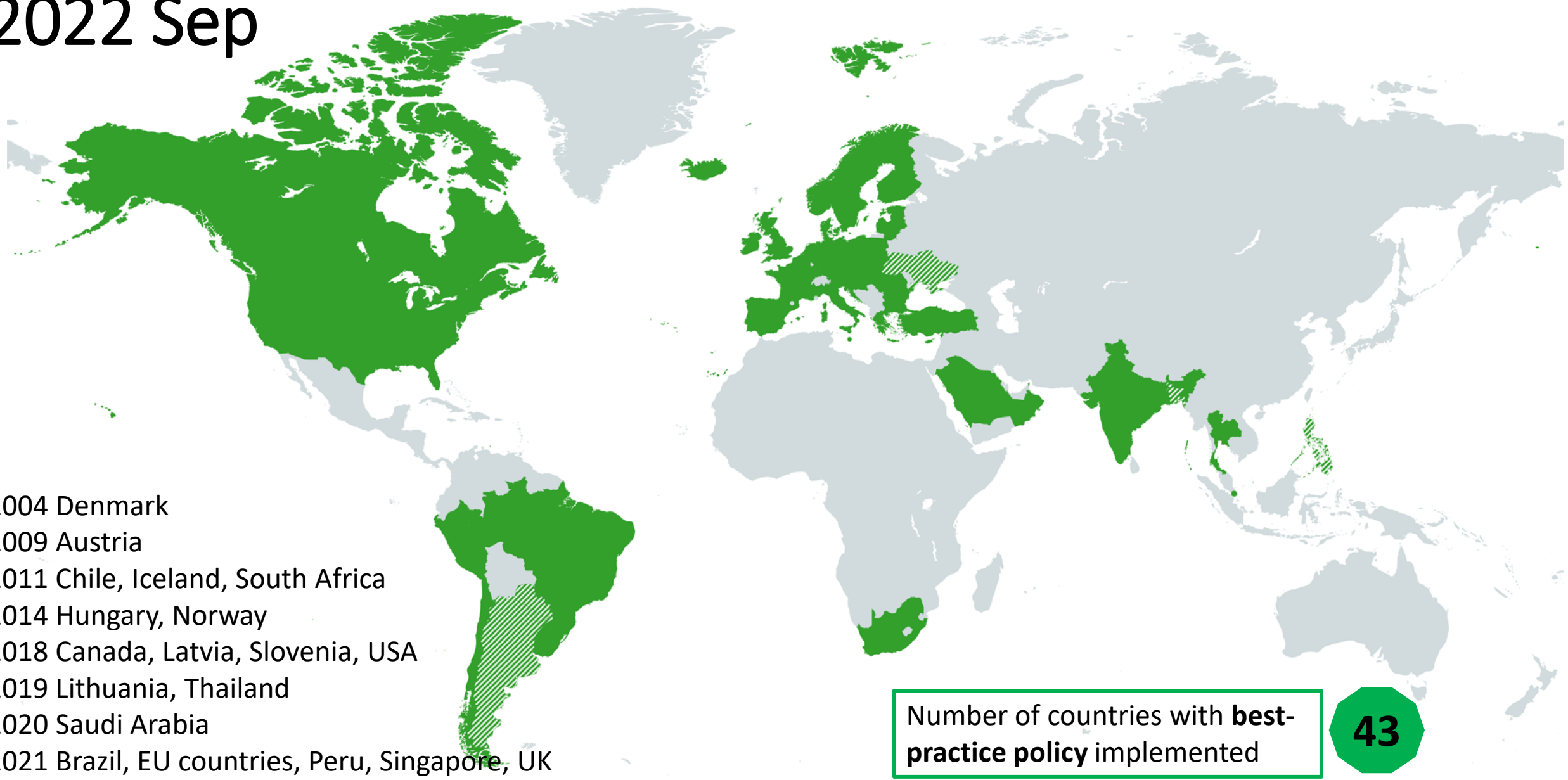


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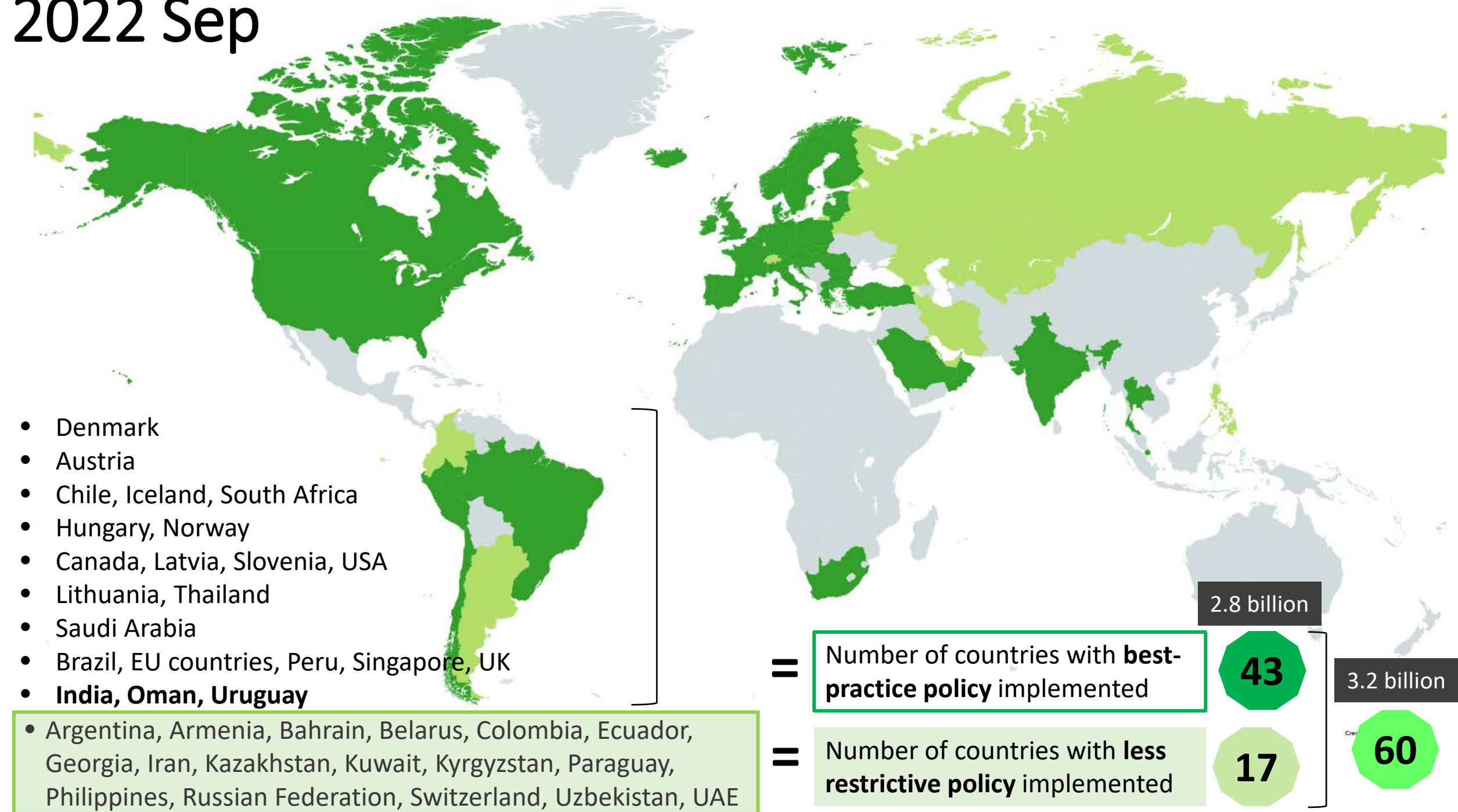
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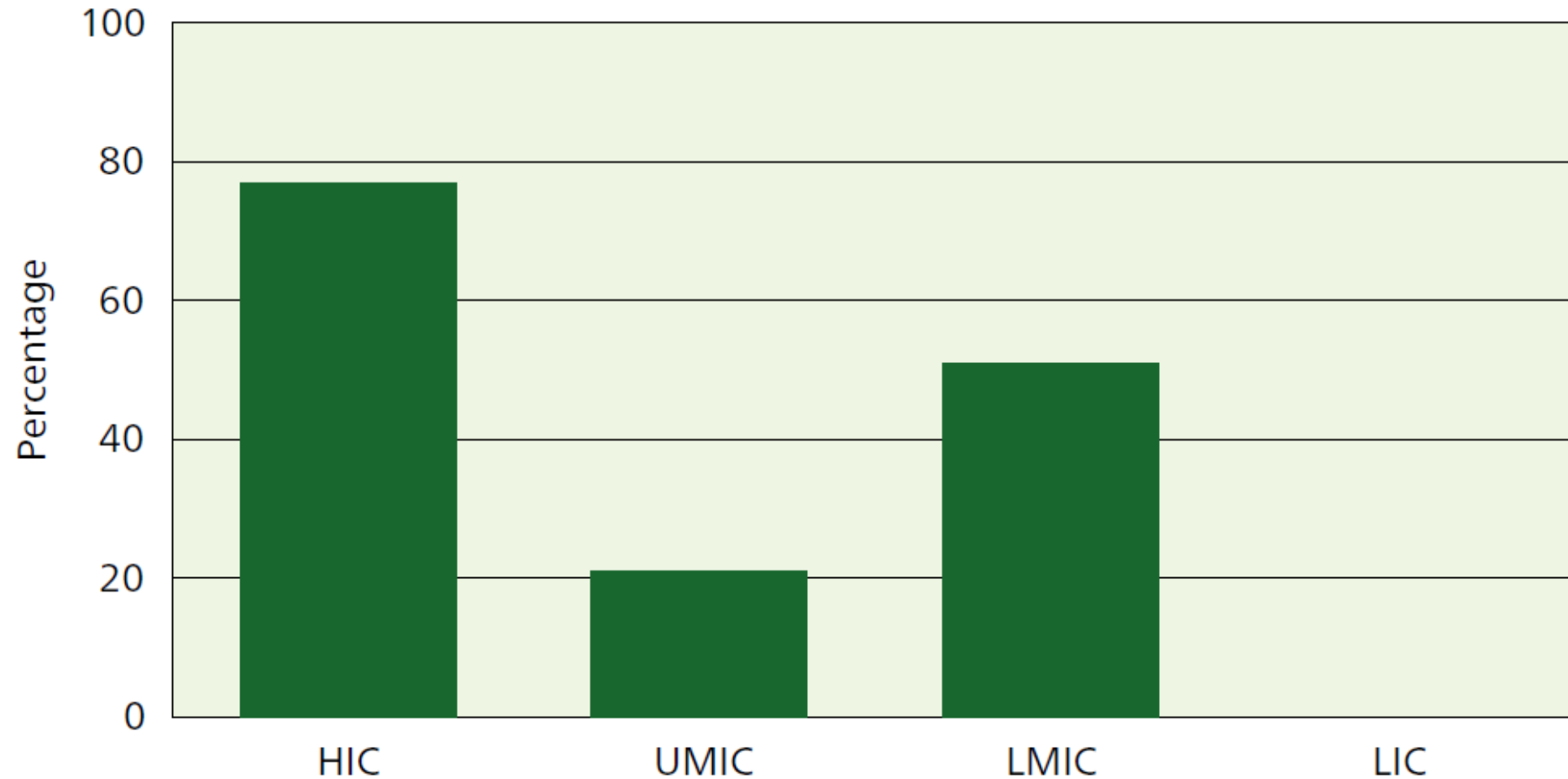
2004 Denmark
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2014 Hungary, Norway
2018 Canada, Latvia, Slovenia, USA
2019 Lithuania, Thailand
2020 Saudi Arabia
2021 Brazil, EU countries, Peru, Singapore, UK
2022 India, Oman, Uruguay
Argentina, Bangladesh, Paraguay, Philippines, Ukraine
(passed but not yet in effect as of Sep 2022)



2022 Sep



Best-practice policies need to be implemented in Lower Income countries



HIC: high-income countries; UMIC: upper- middle-income countries

LMIC: lower-middle-income countries; LIC: low-income countries



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WHO's initiatives to accelerate the achievement of global trans fat elimination

1. Build regulatory and laboratory capacity
2. Support for replacement with healthy oils
3. Disseminate country good practices and recognize country achievements
4. Communication activities and global advocacy
5. Development of guidance
 - Simple laboratory protocol
 - Updated guideline on saturated fat and trans fat
 - Guideline on tropical oils

Thank you!

5 billion more to go!!

TRANS FAT
FREE
BY 2023!

