



**REPLACE TRANS FAT: AN ACTION PACKAGE TO ELIMINATE
INDUSTRIALLY PRODUCED TRANS-FATTY ACIDS**

MODULE 1: REVIEW

**How-to guide for landscape assessment and roadmap
development for elimination of trans fats**



**World Health
Organization**

REPLACE trans fat: an action package to eliminate industrially produced trans-fatty acids. Module 1: Review. How-to guide for landscape assessment and roadmap development for elimination of trans fats

ISBN 978-92-4-001080-2 (electronic version)

ISBN 978-92-4-001081-9 (print version)

This publication was originally published under WHO reference number WHO/NMH/NHD/19.12.

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Suggested citation. REPLACE trans fat: an action package to eliminate industrially produced trans-fatty acids. Module 1: Review. How-to guide for landscape assessment and roadmap development for elimination of trans fats. Geneva: World Health Organization; 2020. Licence: [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/igo).

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WEB RESOURCES

- › REPLACE Roadmap Outline
- › Stakeholder Tracking Tool
- › Policy Tracking Worksheet
- › Oils and Fats Worksheet

ACKNOWLEDGEMENTS

The REPLACE modules benefited from the dedication, support and contributions of a number of experts from the World Health Organization (WHO); Resolve to Save Lives (an initiative of Vital Strategies); Vital Strategies; Global Health Advocacy Incubator (a programme of the Campaign for Tobacco-Free Kids); and the United States Centers for Disease Control and Prevention. WHO thanks the contributing organizations and individuals for their technical inputs to the development of some or all of the modules of the REPLACE action package. WHO also thanks the numerous international experts who contributed their valuable time and vast knowledge to the development of these modules.



REPLACE ACTION PACKAGE

Elimination of industrially produced *trans*-fatty acids (TFA) from the global food supply by 2023 is a priority target of the World Health Organization (WHO). The REPLACE action package provides a strategic approach to eliminating industrially produced TFA from national food supplies, with the goal of global elimination by 2023. The package comprises:

- › an overarching technical document that provides a rationale and framework for this integrated approach to TFA elimination;
- › six modules; and
- › additional web resources to facilitate implementation.

The REPLACE modules provide practical, step-by-step implementation information to support governments to eliminate industrially produced TFA from their national food supplies. To achieve successful elimination, governments should implement best-practice legal measures (outlined in modules 3 and 6). Strategic actions outlined in the other modules are designed to support this goal, but it may not be necessary to implement each module.

The modules will be most useful to national governments, including policy-makers, food control or safety authorities, and subnational government bodies that advocate for, and enforce, policies relating to nutrition or food safety. Other audiences that may find these modules and accompanying web resources useful include civil society organizations, academic and research institutions, nutrition scientists and laboratories, and food industry associations and food companies.

MODULES OF THE REPLACE ACTION PACKAGE

SIX STRATEGIC ACTION AREAS		OBJECTIVE
RE	REVIEW dietary sources of industrially produced TFA and the landscape for required policy change	Introduce the REPLACE action package, and provide guidance on initial scoping activities and drafting of a country roadmap for TFA elimination. Initial scoping activities rely on information that is already known, or can be obtained through desk review or discussions with key stakeholders, with reference to other modules as needed
P	PROMOTE the replacement of industrially produced TFA with healthier oils and fats	Describe oil and fatty acid profiles, and available replacement oils and fats, including feasibility considerations and possible interventions to promote healthier replacements
L	LEGISLATE or enact regulatory actions to eliminate industrially produced TFA	Describe policy options and the current regulatory framework to eliminate industrially produced TFA. Provide guidance on assessment steps to guide policy design, and development of regulations suitable to the country context or updating of the existing legal framework to match the approach recommended by the World Health Organization
A	ASSESS and monitor TFA content in the food supply and changes in TFA consumption in the population	Describe the goals and methods for TFA assessment. Provide guidance on designing and carrying out a study of TFA in food and human samples
C	CREATE awareness of the negative health impact of TFA among policy-makers, producers, suppliers and the public	Describe approaches to advocacy and communications campaigns to support policy action. Provide guidance on key steps to design and implement effective advocacy and communications campaigns, and evaluate progress
E	ENFORCE compliance with policies and regulations	Describe TFA policy enforcement approaches, offences and roles. Provide guidance on mapping existing and creating new enforcement powers and mechanisms, public communications, penalties, funding and timelines

1. BACKGROUND

The REPLACE action package serves as a roadmap for countries to implement actions to reduce and eliminate industrially produced TFA, and outlines six strategic action areas to support the prompt, complete and sustained elimination of industrially produced TFA from the food supply. This module introduces the REPLACE action package and describes how to begin collecting information needed to implement required strategic actions. This process includes reviewing existing country-level information on industrially produced TFA, mapping the stakeholder landscape, understanding the policy environment, and collecting information on replacement oils and fats. The ultimate goal is to pass and enforce best-practice legal measures to eliminate industrially produced TFA from the national food supply.

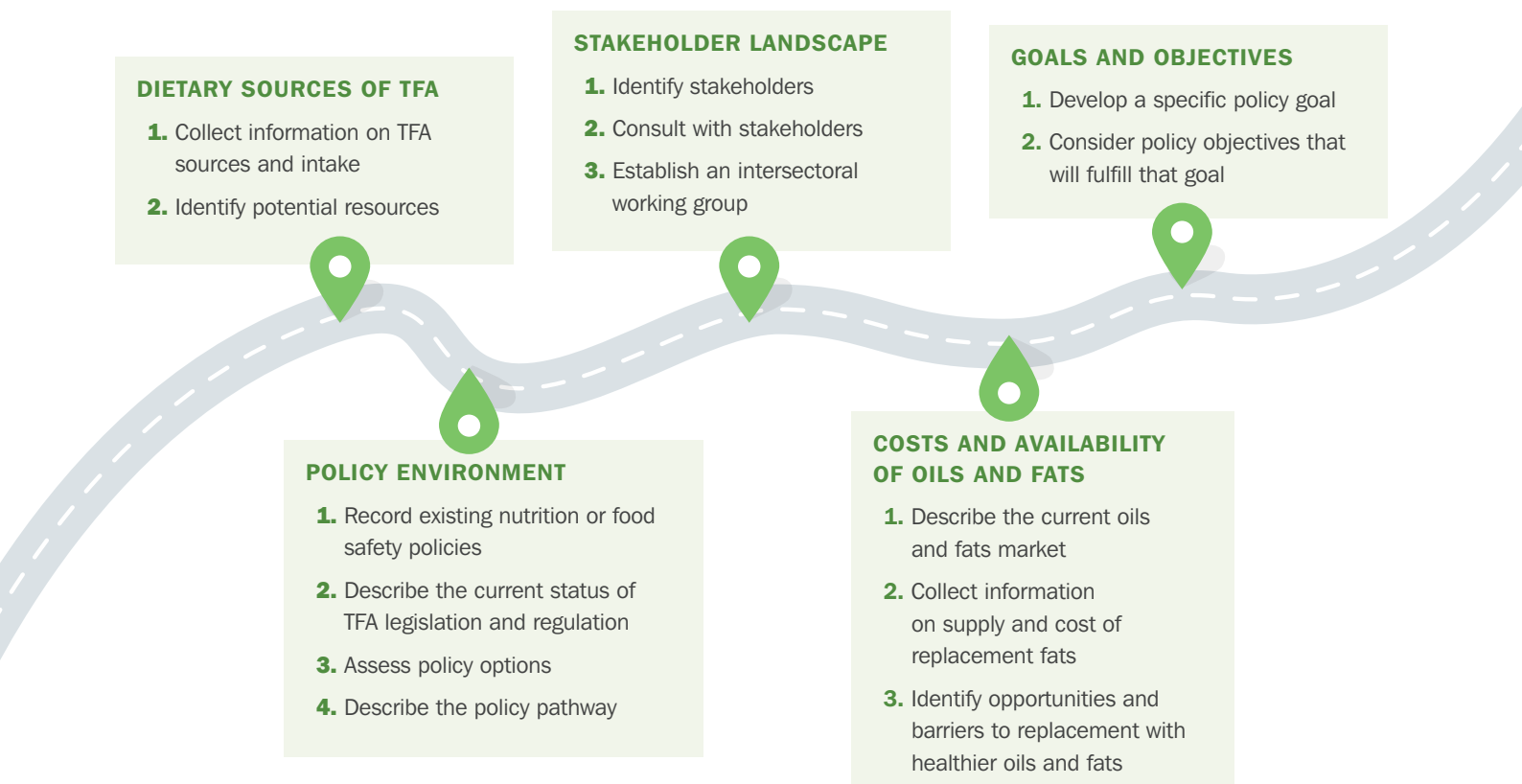
2. REPLACE COUNTRY ROADMAP

The REPLACE action package includes modules for each of the strategic action areas, giving details on how to fill scoping gaps and guide action.

This module guides the lead agency or organization through initial data collection to inform the development of a country-specific roadmap. The resulting roadmap will summarize the current state of knowledge in four areas and identify gaps that need to be addressed.

Each section of this module describes key steps to complete, notes possible data sources and, in some cases, includes tools for collecting information. The final section of the module, “Goals and objectives”, begins the process of identifying an overall strategic goal that is specific, measurable, achievable, relevant and time-bound.

KEY STEPS TO INFORM A COUNTRY-SPECIFIC REPLACE ROADMAP



2.1 LEAD AGENCY

An effective leadership team is crucial for bringing together partners, convening an ongoing dialogue around shared goals, and ensuring that the work continues despite challenges. A ministerial appointee, legislator or other senior official from government may be the most effective person to organize the effort. If a government official is not able to lead the strategy, an officer from a public institution, such as a university or public health institute, may be able to develop the strategy, with support from a government official.

3. DIETARY SOURCES OF TFA

Country-level information about the sources of TFA in the diet and/or population TFA intake will inform the policy approach, the communications strategy and the need for additional assessment of TFA.

 **SEE MODULE 4 FOR MORE DETAILS**

3.1 STEP 1: COLLECT INFORMATION ON TFA SOURCES AND INTAKE

Some countries already have information on sources of TFA in the diet and/or on population TFA intake. In the absence of national data, consider using studies from subnational jurisdictions or neighbouring countries in the region for context.

TFA content of foods

Consider these sources of information on the TFA content of foods in the country:

- › peer-reviewed scientific literature;
- › researchers and academic organizations that have published or supported research on nutritional intake and/or cardiovascular disease;
- › food databases, such as those that collect information on packaged food ingredients or nutrient content;
- › multinational chains (for example, McDonald's, KFC), which may make information on ingredients and nutrient content public or available on request;
- › regional data on the presence of TFA in food, particularly for countries with similar dietary patterns or foods; and
- › data on sales of oils and fats containing TFA.

TFA population intake

To collect information on country-level population TFA intake, consider these sources of information:

- › government-led dietary intake surveys, such as 24-hour dietary recall linked to a nutrition database that includes TFA content of foods;
- › peer-reviewed scientific literature on TFA and saturated fatty acid intake; and
- › researchers and academic organizations that have published or supported research on nutritional intake and/or cardiovascular disease.

Having information on population TFA intake is useful to motivate action, but is not necessary if TFA levels in foods are known.

Priority information to collect

Unless data are already available on the amount of TFA present in food, testing should be the first priority. See the module 4 for a description of the food categories that are likely to contain TFA, such as deep-fried foods and baked goods, and key food sectors that are likely to sell or serve foods high in TFA. Both food and population intake assessment can establish a baseline value, be used to monitor change over time, and raise awareness of the level of TFA in foods and the level of population intake of TFA.

Also consider the most critical information that is needed to advance the policy priority. For example, TFA intake in children may tie in to a larger discussion on childhood health and nutrition, or the TFA content of a popular food may be startlingly high. Discuss what information is most relevant to politicians, lawmakers and other influential figures, and consider how it relates to key messages as they are developed for the communications strategy.

3.2 STEP 2: IDENTIFY POTENTIAL RESOURCES

Once the most important information to collect has been identified, gather information on potential sources of funding for future data collection and identify laboratories that are able to analyse food samples.

Funding

Potential sources of funding for TFA assessment include:

- › government agencies, particularly if there is an existing survey on food composition that could be modified to include TFA content, or an existing survey on population intake that could be modified to include TFA intake;
- › academic organizations, such as research centres that conduct research on nutritional intake and/or cardiovascular health globally or regionally;
- › civil society organizations, as part of their commitment to eliminate intake of TFA; and
- › global public health organizations.

Laboratory capacity

Identify laboratory capacity to analyse TFA in food, and/or analyse blood sera or plasma. Potential sources of information about laboratories include:

- › government agencies that conduct surveillance of the food supply or biological sampling (such as blood or urine collection) – agencies may have their own laboratory or contract out to a vendor;
- › authors of scientific papers on the TFA content of foods in the country; and
- › authors and research organizations that have published scientific research that relies on analysis of the fatty acid composition of foods or the composition of fatty acids in blood samples.

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