



COUNTDOWN TO 2023

WHO REPORT ON GLOBAL TRANS FAT ELIMINATION 2020



**World Health
Organization**



REPLACE
TRANS FAT

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Countdown to 2023: WHO report on global trans-fat elimination 2020

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Special thanks are due to Member States, which are committed and are taking concrete actions to achieve the global target of TFA elimination by 2023.



ACRONYMS

ANVISA	Agência Nacional de Vigilância Sanitária (Brazil's National Agency of Sanitary Surveillance)	IHME	Institute for Health Metrics and Evaluation
CHD	coronary heart disease	NAFDAC	Nigerian National Agency for Food and Drug Administration and Control
EAEU	Eurasian Economic Union	NCD	noncommunicable disease
EEA	European Economic Area	PAHO	Pan-American Health Organization
EU	European Union	PHO	partially hydrogenated oils
GBD	Global Burden of Disease	SFDA	Saudi Arabian Food and Drug Administration
GCC	Gulf Cooperation Council	SFA	saturated fatty acids
GSO	GCC Standardization Organization	TFA	<i>trans</i> -fatty acids
IFBA	International Food and Beverage Alliance	WHO	World Health Organization



FOREWORD

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Noncommunicable diseases (NCDs) – including heart disease, stroke, cancer and diabetes – kill 41 million people worldwide every year. Cardiovascular disease is the main killer, accounting for nearly half of all NCD deaths. Many of these deaths are in people under 70 years of age, and most occur in low- and middle-income countries. The World Health Organization (WHO) is committed to supporting countries to achieve the Sustainable Development Goal objective of reducing premature deaths from NCDs by one third by 2030.

Diet-related risk factors are a major driver of preventable deaths due to cardiovascular disease. Industrially produced *trans*-fatty acids (TFA), which are still used in some countries as an ingredient in fried food, deep-fried food, baked goods and spreads, are linked with heart disease and death. But they can be completely eliminated and replaced with healthier oils and fats without changing the taste or cost of food.

Elimination of industrially produced TFA from food is feasible, cost-effective and life-saving. A number of countries have already taken action to ban industrially produced TFA and protect their citizens. The 12 largest multinational food companies have also committed to eliminate industrially produced TFA from all their products by the year 2023. Yet action has been largely concentrated in wealthier countries, and countries with fewer resources continue to be disproportionately at risk of preventable deaths from TFA. This is unacceptable and unnecessary.

Global elimination of industrially produced TFA is a WHO priority and a target in the 13th General Programme of Work, which guides our work through to 2023. WHO will support Member States to replace these harmful substances with healthier oils and fats. The WHO REPLACE action framework was launched in May 2018 and its accompanying six modules in May 2019 to guide governments to achieve this goal. Since then, Member States have made encouraging progress in eliminating TFA from their food supplies. But most countries remain unprotected from the harms of TFA. There is much more to be done to meet the goal of global elimination of industrially produced TFA from the entire global food supply in the next three years, by 2023.

Dr Tedros Adhanom Ghebreyesus

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