

# RESOLVE

## TO SAVE LIVES



## Eliminating Trans-fat

**Artificial trans-fat is a toxic chemical that increases the risk of heart attack and death.** Globally, artificial trans-fat intake is estimated to cause 540,000 deaths every year.<sup>1</sup>

**Artificial trans-fat can be eliminated.** Experience from food manufacturers shows artificial trans-fat can be eliminated (it may take 2-3 years for certain foods) and replaced with healthier alternatives without altering taste or increasing cost.<sup>2</sup>

**Elimination of artificial trans-fat has substantial health benefits.** Eliminating the addition of artificial trans-fats to foods in Denmark reduced deaths from cardiovascular disease.<sup>3</sup> In New York State, people living in counties with artificial trans-fat restrictions had a 6.2% greater decrease in hospital admissions for heart attacks and strokes than people in counties without restrictions.<sup>4</sup>

**Resolve to Save Lives** will work with local, national, and global governments to help scale up proven strategies to reduce and eliminate exposure to artificial trans-fats and increase availability of healthier alternatives. This can be done through mandatory labeling, limits, and restrictions. The sources of trans-fat globally are varied and there is currently no systematic effort to measure or eliminate its use. Resolve to Save Lives will support the tracking of artificial trans-fat in the food supply and of people's exposure to the chemical. Resolve to Save Lives' ultimate goal is to completely eliminate the use of artificial trans-fats throughout the world.

**540,000**  
PEOPLE DIE FROM ARTIFICIAL  
TRANS-FAT INTAKE EACH YEAR.

**0** FOODS FOR WHICH  
ARTIFICIAL TRANS-FAT  
IS NECESSARY.

### RESOLVE TO SAVE LIVES

A five-year, \$225 million campaign funded by Bloomberg Philanthropies, the Chan Zuckerberg Initiative, and the Bill & Melinda Gates Foundation. It is led by Dr. Tom Frieden, former director of the US Centers for Disease Control and Prevention, and coordinated by Vital Strategies, which works in 60 countries to address the world's most challenging health issues.

AN INITIATIVE OF



vitalstrategies.org

RESOLVETOSAVELIVES.ORG

<sup>1</sup> Wang Q, Afshin A, Yakoob MY, et al; Global Burden of Diseases Nutrition and Chronic Diseases Expert Group (NutriCoDE). Impact of nonoptimal intakes of saturated, polyunsaturated, and trans fat on global burdens of coronary heart disease. *J Am Heart Assoc.* 2016 Jan 20;5(1).  
<sup>2</sup> Angell SY, Cobb LK, Curtis CJ, Konty KJ, Silver LD. Change in trans fatty acid content of fast-food purchases associated with New York City's restaurant regulation: a pre-post study. *Ann Intern Med.* 2012 Jul 17;157(2):81-86.  
<sup>3</sup> Restrepo EJ, Rieger M. Denmark's policy on artificial trans fat and cardiovascular disease. *Am J Prev Med.* 2016 Jan;50(1):69-76.  
<sup>4</sup> Brandt EJ, Myerson R, Perrailon MC, Polonsky TS. Hospital admissions for myocardial infarction and stroke before and after the trans-fatty acid restrictions in New York. *JAMA Cardiol.* 2017 Jun 12(6):627-634.