

Ministry of Health
Republic of Latvia

Legislation on trans fatty acids in Latvia

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18.09.2017



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Policy planning in Latvia



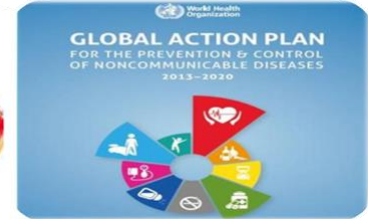
*EU White Paper on A
Strategy on Nutrition,
Overweight and
Obesity related health
issues*



Health 2020



*Report regarding trans
fats in foods and in the
overall diet of the
Union population*



*WHO Global Action Plan for
the Prevention and Control
of NCDs 2013-2020*

The Public Health Strategy for 2014-2020

The aim of Public Health Strategy 2014-2020:

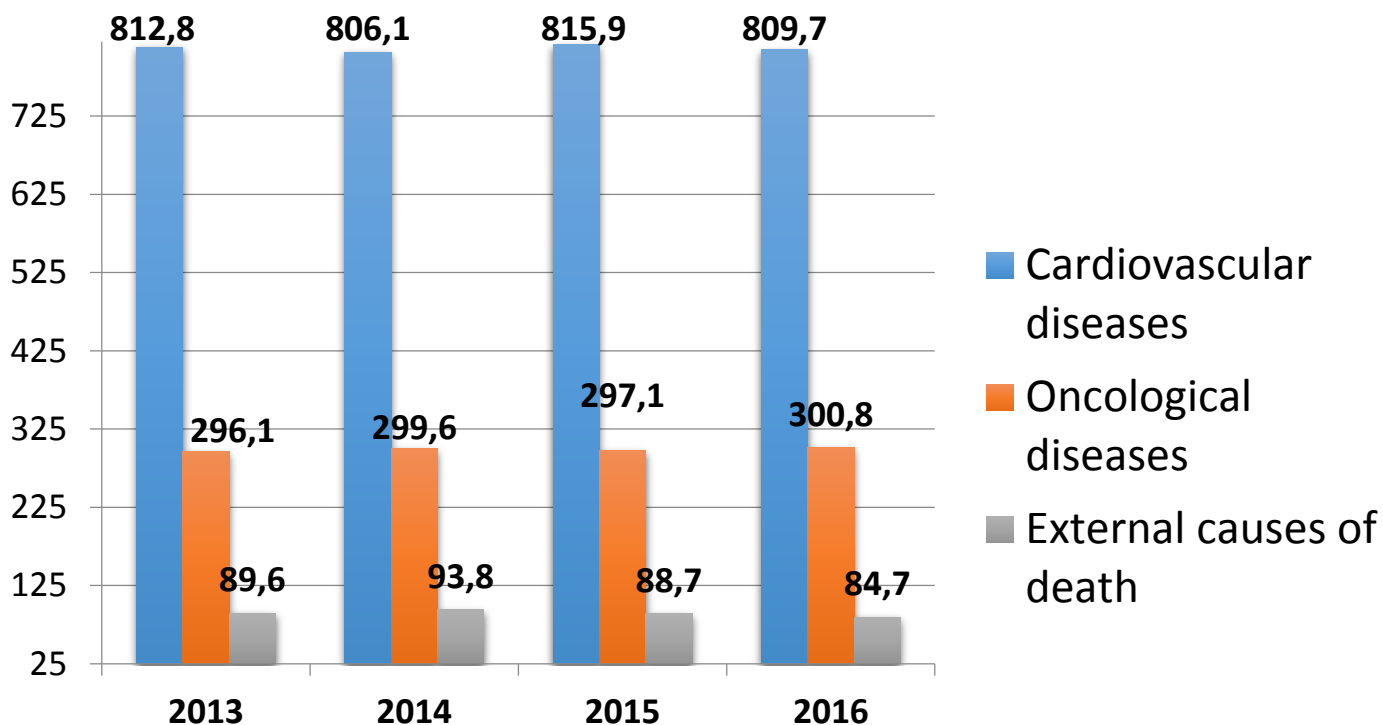
To increase the number of healthy life years of inhabitants of Latvia and to prevent premature death, while preserving, improving and restoring health.

One of the main **points of progress** for reaching the aim – **“Reduction of the spread of non-communicable disease risk factors”** (including unhealthy diet, sedentary life style etc.).



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The main causes of death in Latvia (per 100 000 inhabitants)



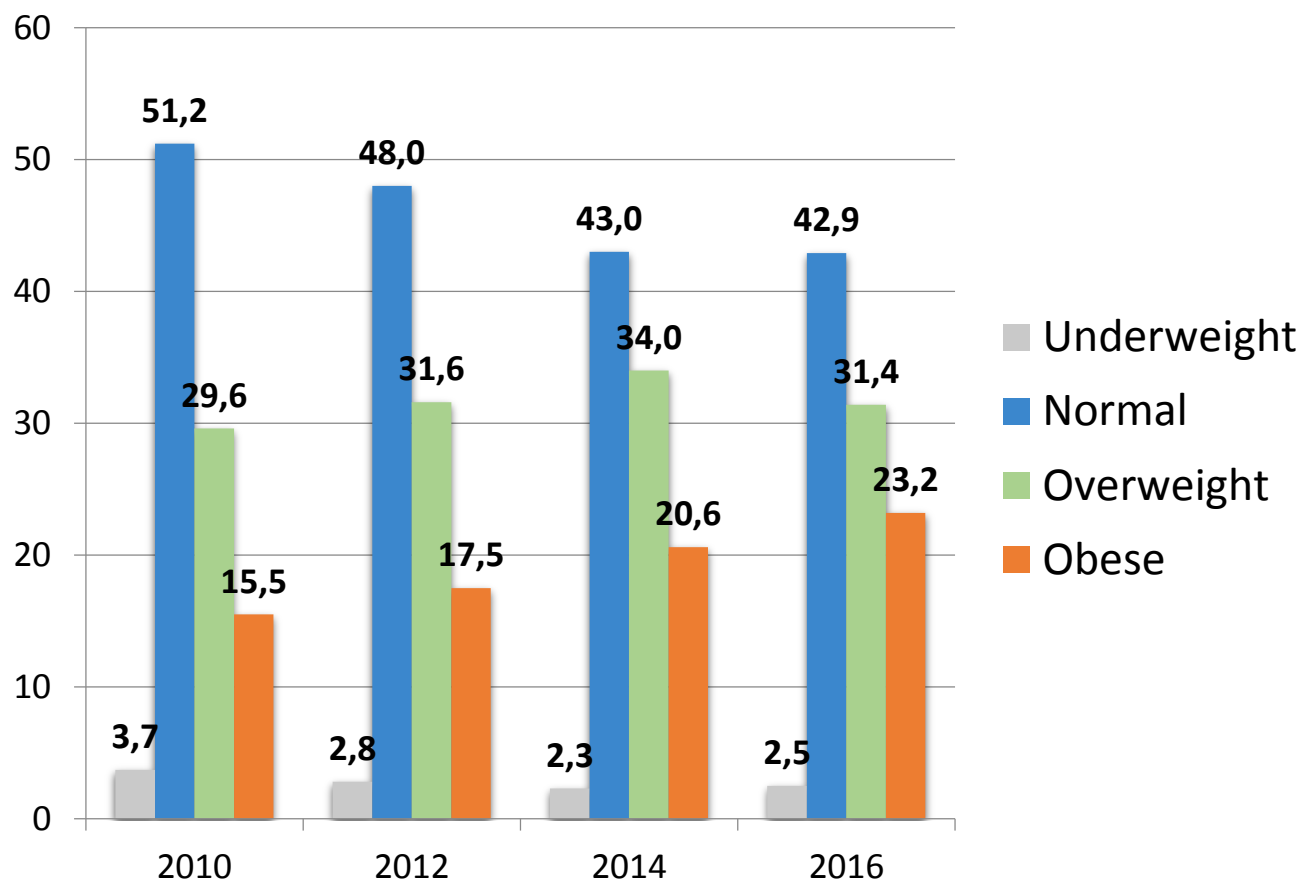
Data source: the Centre for Disease prevention and Prevention, 2017

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BMI groups (%) in 2010-2016 (15-64 years old inhabitants)

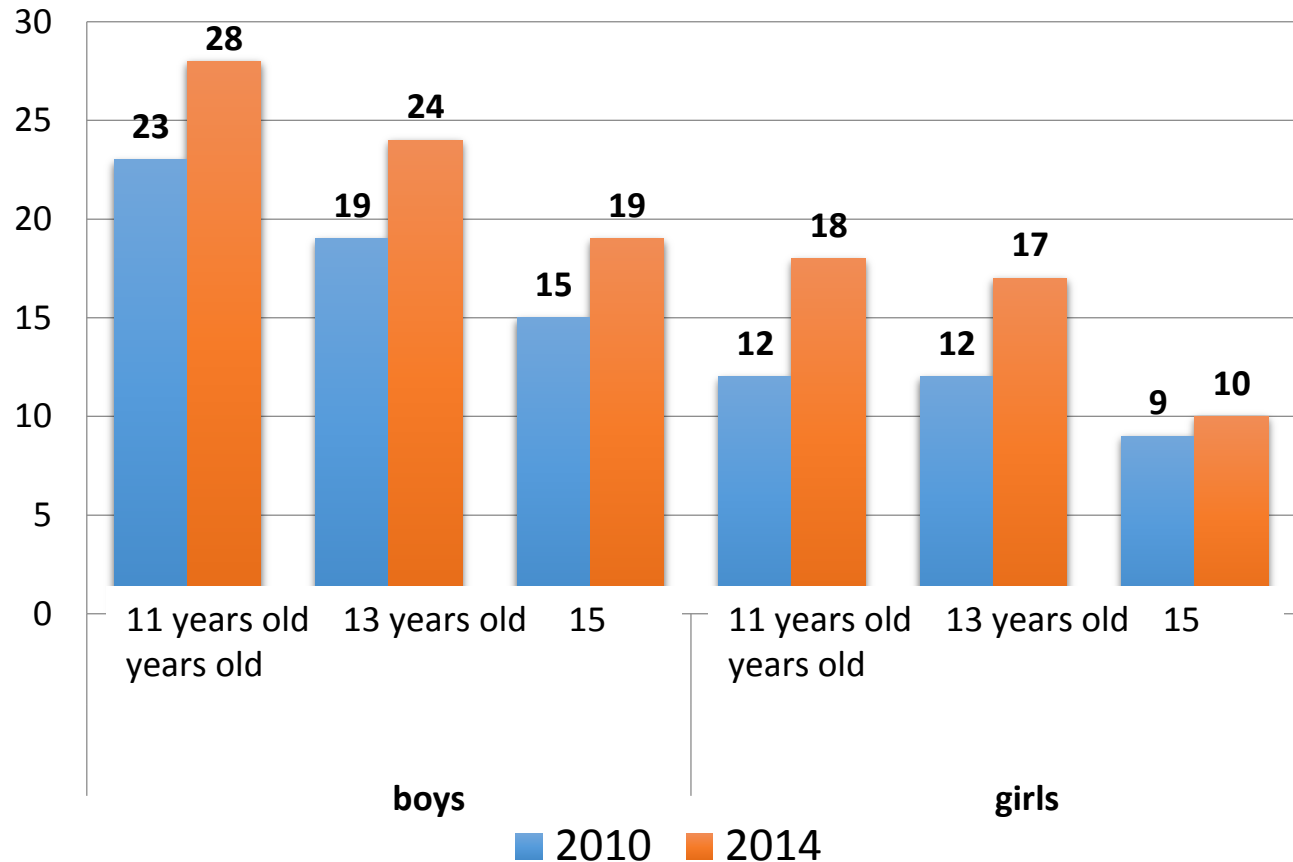


Data source: Health Behaviour Among Latvian Adult Population Study
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Overweight and obesity among children in 2010 and 2014 by age (%)



Data source: Health Behaviour in School-Aged Children (HBSC) Study



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Limiting of trans fatty acids in daily nutrition

The risk of dying from **HEART DISEASE** is between **20 to 32%** higher when 2% of the daily eaten energy is consumed as trans fats as compared to different other fats or carbohydrates.

The World Health Organization recommends consuming no more than **1%** of the daily energy intake as trans fats. For an adult consuming 2 000 kcal per day, this would mean **2.2 grams per day**.

- The **European Food Safety Authority** concluded that trans fatty acids (hereinafter – TFA) intakes should be as low as is possible within the context of a nutritionally adequate diet.
- The **World Health Organization** recommends consuming less than 1% of daily energy intake as TFA.
 - ✓ The consumption of TFA **increases the risk of heart disease more than any other macronutrient** compared on a per-calorie basis.
 - ✓ The risk of **dying from heart disease is higher when 2% of the daily energy intake is consumed as TFA** instead of an exchange of carbohydrates, saturated fatty acids, cis monounsaturated or polyunsaturated or other types of fatty acids (evidence available quantifies the increase in risk between 20-32%).
- Scientific evidence has been shown that trans fatty acids have detrimental effects on health and **may cause cardiovascular diseases, cancer, diabetes and obesity and may have harmful effects on pregnancy and foetal development.**

1. EFSA Journal. 2010;8(3):1461

2. Mouratidou et al. Trans Fatty acids in Europe: where do we stand? JRC Science and Policy Reports 2014 doi:10.2788/1070

3. Mozaffarian D et al. Eur J Clin Nutr, 2009;63(S2):S5-S21



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Limiting of TFA content of foodstuffs in other European countries

- There are several EU Member States which have set maximum permissible levels of trans fatty acids in foodstuffs:



- Trans fatty acid limits are also set in Switzerland (2009), Iceland (2011) and Norway (2014).
- All the above mentioned European countries have similar requirements for limiting trans fatty acids in foodstuffs - 2% (2g per 100g of the total fat content).





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Regulation on limiting of TFA in foodstuffs in Latvia(I)

- Regulation No.301 *on the maximum permissible content of trans fatty acids in foodstuffs* (hereinafter – Regulation) has been approved by the Cabinet of Ministers on 17 May, 2016. The **purpose of the Regulation is to improve the dietary habits of the population and to reduce diet related noncommunicable diseases prevalence** in Latvia.
- The regulation lays down the maximum permissible content of trans fatty acids **in foodstuffs which are produced** in Latvia, including those in **public catering** establishments, **imported from other** EU Member States, EEA countries and third countries, and **intended to be placed** on the Latvian market.

Foods High in Trans Fats



French fries



Cheeseburger



Pies



Chicken nuggets



Sauces



Donuts

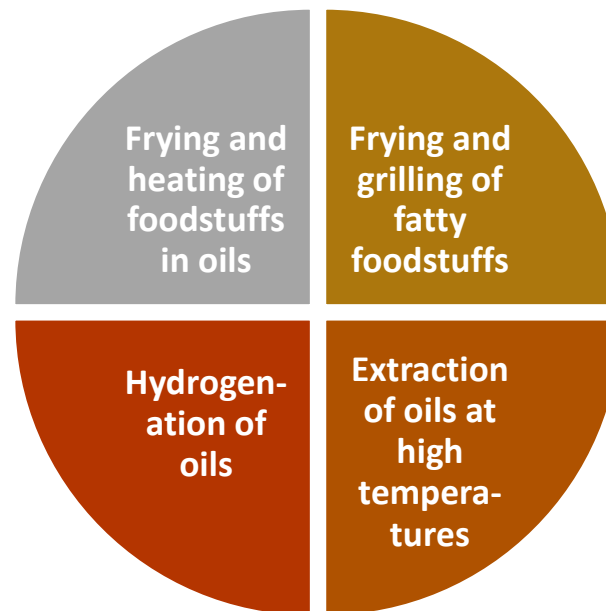
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Regulation on limiting of TFA in foodstuffs in Latvia (II)

- The requirements of the Regulation shall apply to foodstuffs containing trans fatty acids **created as a result of the following food manufacturing processes:**



- The requirements laid down by the Regulation **will not apply to fats of animal origin and foodstuffs** where trans fatty acids are found naturally and **have not been added during manufacturing processes.**



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Regulation on limiting of TFA in foodstuffs in Latvia (III)

- The maximum permissible content of trans fatty acids for foodstuffs **may not exceed 2 g per 100 g of the total fat content**;
- The maximum permissible content of trans fatty acids for foodstuffs with **less total fat content**:

⑩ TFA may not exceed 10 g per 100 g of the total fat content

Total fat content less than 3 %

⑩ TFA may not exceed 4 g per 100 g of the total fat content

Total fat content between 3 % and 20 %

- Foodstuffs with trans fatty acids exceeding the maximum permissible limits **may be placed on the Latvian market until 1 July 2018.**



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Latvian Regulation on limiting of TFA in foodstuffs (III)

- The **Food and Veterinary Service** of Latvia will monitor the Regulation implementation as well as make food checks and laboratory tests every year.
- In 2018, 100 samples will be taken during 1000 yearly inspections and laboratory testing of samples.





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Limiting the TFA in education and treatment institutions, social care and rehabilitation institutions

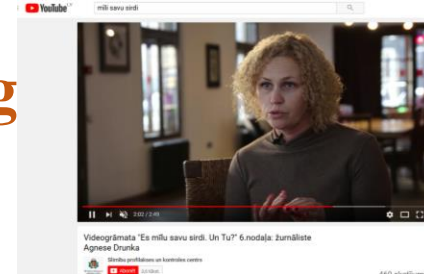
- Regulation No 172 on *dietary standards* stipulating that in the meals of pupils, customers of social care and rehabilitation establishments, and patients of health care establishment **may not be included:**
 - ✓ sugar confectionery and flour confectionery **containing partially hydrogenated fats;**
 - ✓ **margarine** containing partially hydrogenated vegetable fats, **repeatedly heated** and **overheated fats**, products made of milk and where a **milk ingredient has been substituted** with another ingredient, broth and soup concentrates.





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Public awareness regarding the healthy nutrition



- The Ministry of Health (hereinafter – MoH) and the Centre for Disease Prevention and Control of **Latvia continuously make public campaigns and activities to promote a healthy and physically active lifestyle** within the general adult population, as well for children and youth, for example:

- In 2013 a **public awareness campaign on cardiovascular diseases risk factors "Love Your Heart" was launched and continued in 2014/2015.** This campaign included distribution of recipes for heart-friendly meals and a video book, creation of infographics and other informative materials on healthy and heart-friendly eating (posters, stickers) etc.

- Furthermore, in line with the Public Health Strategy for 2014-2020 MoH during coming years plans to **implement extensive health promotion and disease prevention activities** including the healthy diet and adequate physical promotion.

- Currently MoH **revising the Nutrition recommendations for different population groups** (children, elderly etc.) according with the Nordic Nutrition Recommendations (2012) and latest scientific evidence.



- In 2017 the recommendations for procurement organization on food service and food supply for educational institutions, medical treatment institutions, social care and social rehabilitation institutions have been revised.**



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Thank You!

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