

Cambridge Trans Fat Task Force: Using a Collaborative Approach to Develop a City Wide Ban on Trans Fat



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CAMBRIDGE PUBLIC HEALTH DEPARTMENT

Presenter Disclosures

Josefine Wendel

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

Artificial Trans Fat

What is it and why is it used?

- *Artificial* trans fat is made by adding hydrogen to unsaturated fatty acids
- *Artificial* trans fat extends the shelf life of food products
- Partial hydrogenation makes fats easier to use for baking

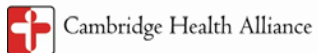
Why is artificial trans fat a public health issue?

- Trans fat increases cardiovascular risk because it raises “bad” cholesterol and lowers “good” cholesterol
- Trans fat is not necessary
 - No nutritional benefit
 - Good alternatives available
- Consumers don’t know the trans fat content of foods prepared away from home

Where is artificial trans fat found?



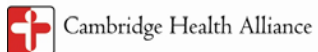
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Trans-fat-free alternatives



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Communities & restaurants going trans-fat-free

- New York City, Philadelphia, Boston, Brookline
- States were considering bans or regulations. California & Puerto Rico banned trans fat. Currently Illinois, Massachusetts, New Jersey, New York are considering.
- Several states were considering bans on foods served in schools
- Wendy's, Dunkin Donuts, Au Bon Pain, Legal Seafood, California Pizza Kitchen, KFC, McDonald's
- Many Cambridge restaurants

1st City Council Order, October 2006

*That the City Manager be and hereby is requested to direct the Public Health Department to investigate a program to **decrease trans fats** in food served in Cambridge restaurants.*

CPHD recommendations in response to City Council order

- Assess current use of trans fat in restaurants
- Educate restaurant owners and staff about health risks posed by trans fat.
- Engage restaurant inspectors and licensing commission staff
- Examine availability and cost of healthier fats and oils
- Develop incentives for restaurants to go “trans-fat-free”
- Evaluate effectiveness of overall effort

2nd City Council Order, May 2007

*That the City Manager be and hereby is requested to appoint a **task force**, including members of the restaurant community, the business community, the Cambridge Public Health Department and Cambridge Health Alliance, the Economic Development Division of the Community Development Department, and other **stakeholders** who should be involved, along with members of the City Council to look **how best to eliminate trans fats from Cambridge restaurants**, including a **timeline**, what **resources** the City can provide to assist small businesses and how best to work with the restaurant community.*

Trans Fat Task Force

- Stakeholders: Restaurants, Business Associations, Economic Development Department, License Commission, Inspectional Services, Residents, Researchers, Public Health
- Provided education about trans fat to restaurant owners at License Commission meeting.
- Surveyed restaurants
- Created recommendations

What had been happening in Cambridge?

- Restaurants took leadership role
- Central Square Business Association
 - Surveyed restaurants
 - Developed brochure
- Many restaurants were already trans-fat-free
- Cambridge Public Schools phasing out trans-fat

Cambridge Food Service Establishment Survey Results

- 47% never used products with trans fat or have eliminated those.
- 74% knew where to purchase trans fat free products.
- 48% of trans-fat free establishments reported that the switch did not increase their cost.
- 88% believed they could transition to trans-fat-free within a year.

n = 165 (2007)

Trans Fat Task Force Recommendations

- Supported a ban with enough lead time and education
- Developed recommendations for implementation

Pre-implementation timetable

- ***Thursday, May 29, 2008*** - Public hearing
- ***Tuesday, June 3, 2008*** - City Council's Health and Environment Committee
- ***July 2008*** - Regulation promulgated
- ***September 2008*** - Information about regulation mailed out to food service establishments inspected by Cambridge Inspectional Services Department
- ***January 1, 2009*** - All foods served at city-sponsored events will be trans-fat-free

Implementation Timetable

- **July 1, 2009** - Phase 1 - Food service establishments discontinue use of oils, shortenings and margarines containing artificial trans fat for frying, pan frying, grilling or in spreads.
 - Until October 1, 2009, you may continue to use oils and shortenings for other uses, including baking and for deep-frying cake batter and yeast dough.
- **October 1, 2009** - Phase 2 - Food service establishments discontinue use of all other foods or ingredients containing artificial trans fat, except foods sold to patrons in the manufacturer's original sealed package.

Types of establishments affected

All food service establishments inspected by Cambridge Inspectional Services, including:

- Restaurants
- Hotels
- Mobile food unit commissaries
- Catering operations
- Retail stores
- Work sites
- Public & private schools (K-12)
- Hospitals

Types of foods & beverages affected

- All foods & beverages prepared on establishment premises
- All foods & beverages prepared off premises, including foods prepared in other municipalities
- All foods & beverages served in public & private schools, including vending machines
- *With the exception of schools, the ban does not apply to foods sold in the manufacturer's original sealed package with a "Nutrition Facts" label.*

Implementation phase

Supporting Food Service Establishments

- Interdisciplinary implementation work group
- Education campaign
 - Letter mailed to all affected establishments
 - License Commission presentations
 - Printed and online information
 - Technical assistance for and between food service establishments
 - Incentives
 - City offers trans-fat-free catering opportunities
 - Publicity for establishments that are trans-fat-free
- Training restaurant inspectors
- Enforcement
- Evaluation



Enforcement

- The regulation is enforced by the Cambridge Public Health Department and the Inspectional Services Department (ISD).
- ISD inspectors provided information on trans fat during the time leading up to the ban.
 - Education materials in English, Spanish, Portuguese, Chinese
 - Answer questions from food service establishments
- As part of routine inspections, ISD inspectors check storage, preparation and service areas for products containing trans fat.

Tracking

MONTHLY ISD TRANS FAT FINDINGS DURING ROUTINE INSPECTIONS

Name: _____ Date: _____
 Report Year: _____ Report Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

SUMMARY TOTALS

Total # of Inspections Conducted: _____ Total # of Positive Finding for Trans Fat: _____

TRANS FAT FINDINGS DURING ROUTINE INSPECTIONS

Trans Fat Finding
 Name of Establishment: _____ Address: _____
 Name of Inspector: _____ Date of Inspection: _____
 Type of violation:
 Oil, shortening, margarine Mixes (muffin mix, instant mashed potatoes, hot cocoa mix)
 Baked goods Pre-prepared foods (breaded chicken, meatballs, onion rings)
 Bread crumbs and croutons Other: _____
 No label available. *Specify product:* _____
 Comments: _____

Trans Fat Finding
 Name of Establishment: _____ Address: _____
 Name of Inspector: _____ Date of Inspection: _____
 Type of violation:
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 Bread crumbs and croutons Other: _____
 No label available. *Specify product:* _____
 Comments: _____

NOTES

MONTHLY ISD TRANS FAT FINDINGS DURING RE-INSPECTIONS

Name: _____ Date: _____
 Report Year: _____ Report Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

SUMMARY TOTAL

Total # Re-Inspections Conducted

RESOLVED RE-INSPECTIONS

Count	Name of Establishment	Date of Re-Inspection
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Total # Re-Inspections Resolved

NOT RESOLVED RE-INSPECTIONS

Count	Name of Establishment	Date of Re-Inspection	Address	Reason Not Resolved
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Total # Re-Inspections Not Resolved

NOTES

Other Nutrition Policy Efforts

- **Supported State Menu Labeling Regulation**
- **City Council established a preference for Massachusetts Agricultural products.**
- **Food Policy Task Force**

Thank You

- **Trans Fat Task Force Members**
- **Inspectional Services Department**
- **Cambridge Public Health Department:
Dawn Olcott, Stacey King, Marsha Lazar, Suzy Feinberg, Claude-Alix Jacob**