

Surveillance Report on
Trans Fat Regulation and Compliance:
Findings of the Inspectional Services Department (ISD)
July 2009 – June 2011

Division of Epidemiology and Data Services
October 2011



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 3g	
Cholesterol 30mg	10%



CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance

The information presented in this report is based on a collaborative effort between the Cambridge Public Health Department and the Cambridge Inspectional Services Department.

The Surveillance Report of Trans Fat Regulation and Compliance: Findings of the Inspectional Services Department (ISD), July 2009-June 2011 is published by the Division of Epidemiology and Data Services, Cambridge Public Health Department, Cambridge, Massachusetts.



Background

What is Trans Fat?

Most trans fat is artificial, and is created in an industrial process that adds hydrogen to liquid vegetable oils. A small amount of naturally occurring trans fat is found in meats and dairy products. Artificial trans fat increases heart disease risk because it increases “bad” cholesterol and lowers “good” cholesterol.

Artificial trans fat can be found in many products, including oils, shortenings and margarines, bread crumbs and croutons, dressings and sauces, prepared foods (onion rings, meatballs, French fries), baked goods (cakes, pastries, pizza dough), and mixes (muffins, mashed potatoes, hot cocoa).

Trans Fat Regulation

On July 24, 2008, the City of Cambridge promulgated a [regulation](#) to no longer allow the use of ingredients containing artificial trans fats in foods served to customers. The regulation was phased in beginning July 1, 2009, and took full effect on October 1, 2009.

Beginning July 1, 2009: Oils, shortenings, and margarines used for deep-frying, pan-frying, grilling, or as a spread cannot contain partially hydrogenated fat (artificial trans fat), unless the product label or manufacturer information indicates less than 0.5 grams of trans fat per serving. Until October 1, 2009, food service establishments could continue to use products containing artificial trans fat as a recipe ingredient and for deep-frying cake batter and yeast dough.

Beginning October 1, 2009: All foods served or stored were required to contain less than 0.5 grams of artificial trans fat per serving, except foods that are sold in the manufacturer’s original sealed package with a Nutrition Facts label.

The trans fat ban has impacted approximately 700 Cambridge businesses and institutions that serve prepared foods, including restaurants, bakeries, bars, retail stores, daycare centers, food pantries, schools and universities, and work sites with cafeterias. The ban does not apply to items sold or served in the manufacturer's original sealed package bearing the "Nutrition Facts" label, with the exception of foods and beverages served in the city's public and private schools (K-12).

Trans Fat Regulation Enforcement

As part of the regulation, food service establishments have to maintain on-site original labels or other suitable documentation listing the ingredient and nutrient content of all food products they use.

Trans Fat Finding: If nutrition labels indicate the presence of trans fat over allowed levels (0.5 grams or more of artificial trans fat per serving), this is considered a trans fat finding and the product needs to be removed.

No Nutrition Label Finding: If a product does not contain a nutrition label or other documentation to determine whether a product is allowed under the trans fat regulation, this is considered a no nutrition label finding. The owner/proprietor needs to ask their supplier to provide a letter from the manufacturer listing product ingredients. If the ingredient list contains any of the terms “partially hydrogenated,” “shortening,” or “margarine,” the letter must also include information on the amount of trans fat in each serving. The letter should be on the manufacturer’s letterhead, show the manufacturer’s name and address, and be kept at the establishment, available for review by a sanitary inspector from the city’s Inspectional Services Department.

Compliance with the trans fat regulation is monitored by the Cambridge Inspectional Services Department (ISD). As part of their semi-annual inspections in each of the Cambridge food service establishments, ISD checks for the presence of trans fat in products and for products without a nutrition label. ISD collects information on trans fat findings and shares this information with the Cambridge Public Health Department.

When a trans fat or no nutrition label product is found during the inspection of a food service establishment, this is considered a non-critical violation. In response, ISD issues a written warning, works with the establishment to correct the problem, and re-inspects the establishment to ensure compliance is achieved. Unresolved or repeat violations will result in fines.

Summary of Findings

In the first two years following the ban (July 2009 to June 2011), the Cambridge ISD conducted 2,242 inspections. Products that contained trans fat were found during 39 inspections (35 during the first year post-ban and 4 in the second year). Products with no available nutrition label were found during 107 of inspections (103 during the first year post-ban and 4 in the second year). All establishments that had a violation took action to resolve the matter. No fines were issued. The figures and tables in this report detail the findings of these inspections. Data are current as of July 1, 2011 and are subject to change.

Year 1 Post-Ban Findings*	Number of Inspections	Percent of All Inspections
Trans Fat Or No Nutrition Label	124	11.2%
Trans Fat	35	3.2%
No Nutrition Label	103	9.3%
Year 2 Post-Ban Findings*		
Trans Fat Or No Nutrition Label	8	0.7%
Trans Fat	4	0.4%
No Nutrition Label	4	0.4%

* There may be overlap in the trans fat and no nutrition label categories (thus they may not sum to the total). Over the two year period, 14 inspections found both trans fat product(s) and no nutrition label product(s), 25 inspections found product(s) with trans fat, and 93 inspections found product(s) with no nutrition label.

NOTE: Percent of inspections in Year 1 post-ban (July 2009-June 2010) is calculated out of the 1,111 inspections conducted by ISD. Percent of inspections in Year 2 post-ban (July 2010-June 2011) is calculated out of the 1,113 inspections conducted by ISD.

Inspections with Trans Fat Findings by Quarter

Figure 1. Percent of inspections with trans-fat and no nutrition label findings, by quarter*

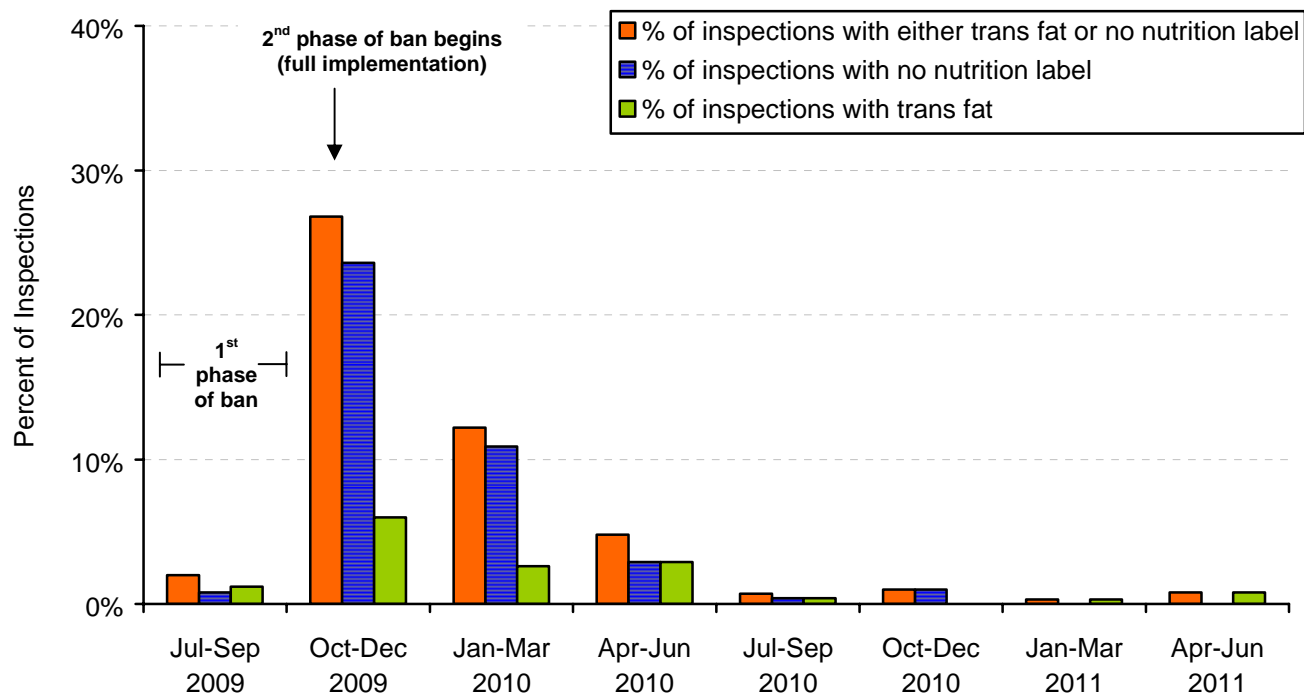


Table 1. Inspections with trans-fat and no nutrition label findings, by quarter*

	Jul - Sep 2009	Oct - Dec 2009	Jan - Mar 2010	Apr - Jun 2010	YEAR 1 Post-Ban	Jul - Sep 2010	Oct - Dec 2010	Jan - Mar 2011	Apr - Jun 2011	YEAR 2 Post-Ban	TOTAL
Total number of inspections	244	250	303	314	1,111	278	289	299	265	1,131	2,242
Trans fat or no nutrition label	5 (2.0%)	67 (26.8%)	37 (12.2%)	15 (4.8%)	124 (11.2%)	2 (0.7%)	3 (1.0%)	1 (0.3%)	2 (0.8%)	8 (0.7%)	132 (5.9%)
Trans Fat	3 (1.2%)	15 (6.0%)	8 (2.6%)	9 (2.9%)	35 (3.2%)	1 (0.4%)	0 (0.0%)	1 (0.3%)	2 (0.8%)	4 (0.4%)	39 (1.7%)
No nutrition label	2 (0.8%)	59 (23.6%)	33 (10.9%)	9 (2.9%)	103 (9.3%)	1 (0.4%)	3 (1.0%)	0 (0.0%)	0 (0.0%)	4 (0.4%)	107 (4.8%)

* There may be overlap in the trans fat and no nutrition label categories (thus they may not sum to the total). Over the two year period, 14 inspections found both trans fat product(s) and no nutrition label product(s), 25 inspections found product(s) with trans fat, and 93 inspections found product(s) with no nutrition label.

NOTE: Systematic collection of surveillance forms was implemented in December 2009. Year 1 Post-Ban is from July 2009 to June 2010. Year 2 Post-Ban is from July 2009 to August 2010.

Inspections with Trans Fat Findings by Product Type

Figure 2. Number of inspections with trans-fat and no nutrition label findings, by product type and year

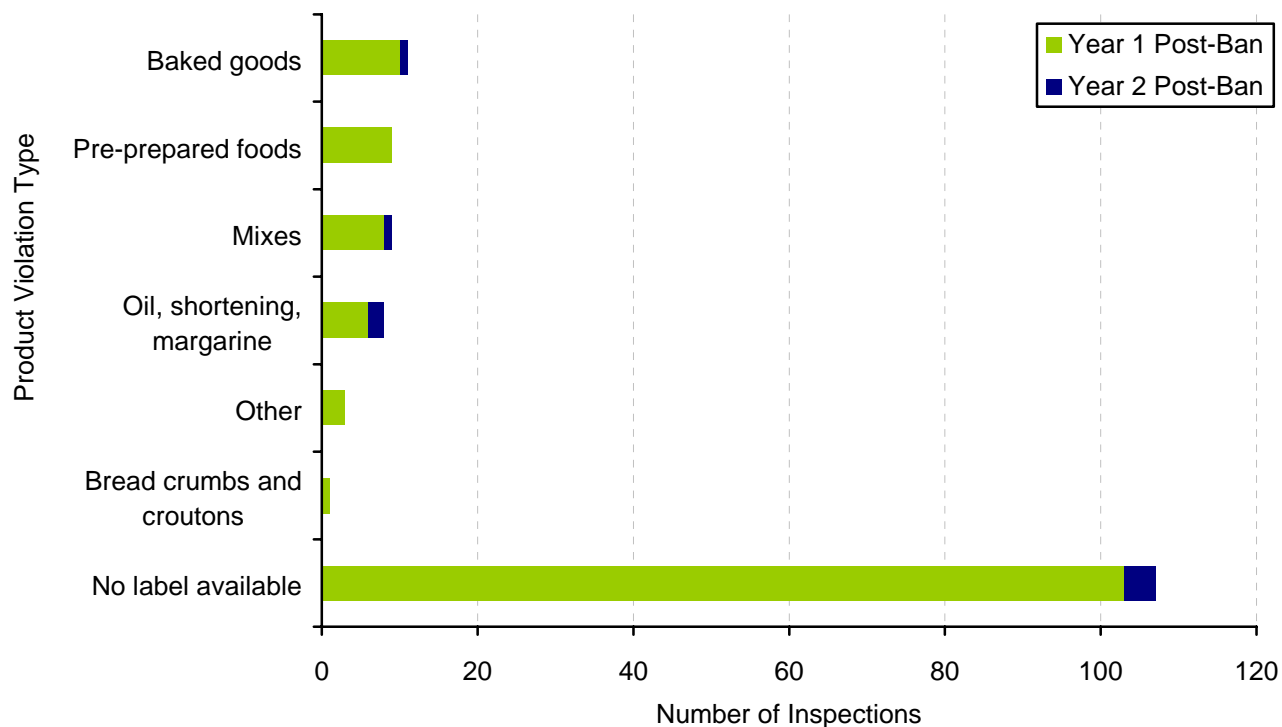


Table 2. Number of inspections with trans fat and no nutrition label findings, by product type and year

Product Type	Year 1 Post-Ban	Year 2 Post-Ban	TOTAL
Trans fat product finding	35	4	39
Baked goods	10	1	11
Pre-prepared foods (breaded chicken, meatballs, onion rings)	9	0	9
Mixes (muffin mix, instant mashed potatoes, hot cocoa mix)	8	1	9
Oil, shortening, margarine	6	2	8
Other	3	0	3
Bread crumbs and croutons	1	0	1
No nutrition label available	103	4	107

NOTE: Because an establishment can have more than one type of violation, the total of these rows may be more than the total number of inspections where a trans fat product was found. Products that were found without a nutrition label include: baked goods (pastries, cakes, pies, cookies, muffins) and breads (rolls, breads), chicken wings, chicken fingers, meatballs, mozzarella sticks, cheese, sprinkles, bulk candy, oils, etc.