



# Institute for Community Health

A collaboration of the Cambridge Health Alliance, Mount Auburn Hospital, and Partners Healthcare

## 2007 AMERICAN PUBLIC HEALTH ASSOCIATION

### **Engaging restaurants in a trans-fat reduction campaign: The Cambridge story.**

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Trans-fat has been shown to be a harmful substance which increases risk for cardiovascular disease. It is contained in many foods prepared and served by restaurants. Following FDA regulations for labeling of trans-fat content, several cities nationwide have explored or implemented bans on restaurant use of trans-fat. The City Council in Cambridge, Massachusetts began a public process to examine the feasibility of such a ban in Cambridge in December of 2006. In response to a city council order, the Cambridge Public Health Department recommended a voluntary effort to eliminate trans-fat in cooperation with restaurants as a first step. In anticipation of hearings in March, 2007, staff has reached out to the city's restaurant associations to assess their interest in a voluntary, cooperative effort towards this end. Initial efforts have proved extremely successful, with many Cambridge restaurant owners already researching or implementing alternatives to trans fat in their kitchens. Most see this as an opportunity to promote their establishments as partners in healthier living, and are eager for education and the opportunity to share best-practices with their colleagues. The proposed session would update APHA participants about the Cambridge trans-fat reduction campaign and offer suggestions about engaging the restaurant community in voluntary activities to reduce the burden of trans fat consumption by the public.