



SEGUNDO EJERCICIO DEL PROCESO SELECTIVO PARA INGRESO, POR EL SISTEMA GENERAL DE ACCESO LIBRE, EN EL CUERPO DE MÉDICOS TITULARES. RESOLUCIÓN DE 4 DE DICIEMBRE DE 2025, DE LA SUBSECRETARÍA DE SANIDAD.

WHO recognizes four countries with life-saving trans fat elimination policies.

The WHO has recognized four countries—Austria, Norway, Oman and Singapore—for their exemplary efforts in eliminating industrially produced trans fats from their food supplies.

The WHO validation certificates were officially presented by WHO Director-General Dr Tedros Adhanom Ghebreyesus, who said “eliminating industrially produced trans fats is one of the most cost-effective strategies to reduce the global burden of cardiovascular diseases. Trans fats are a major contributor to preventable deaths each year, particularly due to their impact on heart health.”

“Recognizing the incredible harm caused by industrially produced trans fats, we became the second country to introduce measures to eliminate them. An EU-wide regulation is now in place, and Austria acknowledges its pioneering role in this important development. Bold, evidence-based policies can deliver real public health impact, and we are proud to be among the countries leading this global effort,” said Austrian minister Korinna Schumann.

“Eliminating industrially produced trans fats marks a significant milestone in our commitment to protecting our population’s health. We are proud to be among the 60 countries implementing this lifesaving policy, and especially honored to be recognized as one of the nine countries leading the way in eliminating this harmful ingredient,” said Oman’s Minister of Health.

WHO recommends that governments implement best-practice trans fat elimination policies either by setting a mandatory limit of 2 grams of trans fat per 100 grams of total fat in all foods and/or by banning the production and use of partially hydrogenated oils. The WHO validation programme for trans fat elimination recognizes countries that have gone beyond introducing best practice policies by ensuring that rigorous monitoring and enforcement systems are in place, which is critical to maximizing and sustaining health benefits.

“Our journey towards eliminating industrially produced trans fats began over a decade ago. Today, we have made significant progress. This is a powerful testament to what can be achieved through applying a consistent public health policy and working collaboratively with the industries. We are proud to stand alongside other countries in building a healthier and safer food environment for all,” said Singapore’s Minister for Health.

WHO remains committed to supporting countries in their efforts and to recognizing their achievements. By working with national nutrition and food safety authorities, WHO can better support governments not only in developing and adopting trans fat elimination policies, but also in monitoring and enforcing them to ensure lasting impact.