



## Press Release

For Immediate Release

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### ARTIFICIAL TRANS FAT

The Niagara County Department of Health has initiated mailings to all of permitted restaurants and bakeries in the County concerning the Niagara County Board of Health's artificial trans fat program. A copy of this mailing is attached. All restaurants that have addressed the issue of trans fat at their facility, in whole or in part, will be asked to certify this fact to the Department in writing. In return the Niagara County Department of Health/Niagara County Board of Health will issue a certificate to the restaurant, post this information on the County website, provide this information in written format to anyone requesting same and provide to facility with a decal for their door or window indicating program participation. A copy of this decal is also attached. Trans fat verification inspections will be incorporated into our normal food service inspection program.

The Niagara County Board of Health notes that the way the Health Department protects and promotes the health of our citizens is by assuring the safety of food served in restaurants through permitting and inspection. Trans fat in food is dangerous to health and unnecessary. The Health Department is committed to protecting Niagara County residents and visitors from avoidable health hazards. Eliminating trans fat and replacing it with healthy alternatives will reduce coronary heart disease events. While many nutrition issues affect health, the Board of Health is taking this action as this significant threat to heart health can be eliminated through simple measures. In Niagara County the rate of heart disease is one of the highest in New York State.

Trans fat information will also be posted on the County's website for anyone wishing to explore this issue further. The Niagara County Board of Health/Niagara County Department of Health encourages everyone to become informed and join us in reducing the rate of heart disease in Niagara County by physical activity, a healthy diet and consulting your health care provider.

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