



URBAN PUBLIC HEALTH NETWORK

RÉSEAU CANADIEN POUR LA SANTÉ URBAINE

September 6, 2011

SECRETARIAT:

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The Honorable Leona Aglukkaq
Minister of Health
House of Commons
460 Confederation Building
Ottawa, ON K1A 0A6

RE: Transfat, Sodium and Sugar Consumption in Canada

Dear Minister Aglukkaq:

I am writing in follow-up to Dr. Godefroy's letter of February 28, 2011 outlining progress in transfat reduction in a variety of foods consumed in Canada. We are pleased to see reductions in transfat levels in a number of products including packaged, served in restaurants and in fast food outlets achieved through a voluntary approach. Dr. Godefroy's letter indicates that analysis of the impact of the 2-year voluntary program ending in 2009 is being completed and I am asking if the results of the analysis are available and if there is any plan to introduce a regulatory approach. We would also be interested in data on brands that continue to have high fat content and those exemplary products and brands that have been able to reduce transfat content to meet the guidelines.

At the same time there is concern among public health physicians about the levels of sodium and sugar consumption among Canadians. Again, as with transfats, much of the sugar and sodium consumption is derived from processed foods, for which the nutritional content is regulated by the federal government. We are aware of the goal to reduce the average sodium intake of Canadians to 2300 mg per day. Would it be possible to obtain information on the average intake of transfat, sodium and sugar by province?

I look forward to your response.

On behalf of the Urban Public Health Network (UPHN)

G. Predy, MD, FRCPC
Senior Medical Officer of Health