

RESOLUTION NO. 237

REQUESTING THE ALBANY COUNTY BOARD OF HEALTH AND THE HEALTH COMMISSIONER TO AMEND THE SANITARY CODE REQUIRING RESTAURANTS AND FOOD SERVICE ESTABLISHMENTS TO PHASE OUT ARTIFICIAL TRANS FAT

Introduced: 5/14/07

By Messrs. Commisso, Aidala, Aylward, Beston, Burke, Clay, Collins, Ms. Connolly, Messrs. Cotrofeld, Dawson, Domalewicz, Ethier, Feeney, Gordon, Horstmyer, Houghtaling, Infante, Joyce, Ms. Maffia-Tobler, Messrs. Mayo, McCoy, Ms. McKnight, Messrs. Monjeau, Morse, Nichols, Reilly, Riddick, Shafer, Steck, Ward, Mss. Wiley and Willingham:

WHEREAS, While the public is protected from environmental hazards such as lead paint and asbestos, artificial trans fat remains an unnecessary and dangerous ingredient in food, increasing the risk of heart disease and strokes, and

WHEREAS, It is estimated that Americans on average consume almost 6 grams of trans fat each day, and more if they eat a single fast food meal which can contain 10 grams or more of trans fat, and

WHEREAS, Artificial trans fat, dangerous to health because it elevates LDL “bad” cholesterol and lowers HDL “good” cholesterol at the same time, can be replaced with readily available heart-healthy oils such as corn, canola and soy, without changing the taste of foods, and

WHEREAS, Restaurants and other food service establishments such as caterers and mobile food vendors are a major source of artificial trans fat, and customers have no practical way of knowing whether or not the food they order is cooked in artificial trans fat, and

WHEREAS, The New York City Board of Health last December approved regulations restricting artificial trans fat in food served by restaurants and food service establishments, and other municipalities around the country are considering similar action to assure safe and healthy dining options, and

WHEREAS, The Albany County Legislature believes it is in the best interest of Albany County citizens to reduce their exposure to an avoidable risk to their health and well-being by reducing the artificial trans fat contained in the foods they eat in restaurants, now, therefore be it

RESOLVED, That this Honorable Body requests that the Albany County Board of Health and the Health Commissioner develop a practicable plan to amend the Albany County Sanitary Code phasing out artificial trans fat at all Albany County restaurants and food service establishments, and, be it further

RESOLVED, That the Clerk of the County Legislature is directed to forward certified copies of this resolution to the appropriate County Officials.

Adopted by voice vote. 5/14/07