

## King County Restaurant Nutrition Labeling & Transfat Regulations

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*Abstract:* In 2007 and 2008, the King County Board of Health adopted innovative nutrition policies requiring all restaurants to eliminate artificial trans fat and chain restaurants to post nutrition labeling. The Board adopted these policies in response to the obesity epidemic, rising rates of chronic disease, and the inequities in these health conditions. Through these policies, the Board's intent is to change the environment in which people make every day decisions that have long-term impacts on their health. The regulations are now being implemented and evaluated in King County and their adoption and implementation helped to spawn passage of similar regulations in other jurisdictions around the country.

This panel is comprised of four staff who were instrumental in the development, adoption, and implementation of these policies: the Board's lead policy staff, the nutritionist who led analysis of the health and nutrition components of the regulations, the regional health officer who worked with stakeholders both supportive and in opposition to the regulations, and the environmental health food protection manager whose team is responsible for enforcing the regulations and assisting industry in implementation and compliance. The panel will use the passage of King County's nutrition labeling and transfat regulations as a case study to identify important elements or conditions needed for successful development and adoption of innovative regulations, with each panelist bringing a unique and important perspective to that discussion. The panel will conclude with group discussion aimed at identifying where there may be other opportunities to develop innovative public health policies and regulations to decrease rates of chronic disease and promote health equity.