

### Article-Based Observation

Directions: Read the article "[Data back ban of artificial trans fats](#)" and then answer these questions:

1. What is the overall significance of the recent *JAMA Cardiology* report on hospital admission data for counties in New York state that did and did not restrict trans fat use?
2. What has past research found are some health-related effects of consuming foods that contain trans fats, or trans-fatty acids, as mentioned in the article?
3. According to the article, what are typical foods that contain trans-fatty acids, and what is the source of the trans fats in these foods?
4. New York City, followed by a number of New York counties, began restricting artificial trans fats in 2007. Eric Brandt and his colleagues examined changes in cardiovascular health that followed these restrictions. Describe the design of their study and what they found.

5. Cardiologist Dariush Mozaffarian outlines the U.S. Food and Drug Administration’s determination about partially hydrogenated oils and the upcoming actions. What does he say that the FDA ordered, and why is this study important to that future policy?
6. Does Brandt’s study find that the New York trans fats restriction policy *caused* a decrease in cardiovascular events in counties with restrictions? Explain.
7. Pick your favorite social media platform, and design a post to inform others about the study described in the article.
8. Would a ban on trans fats stop particular foods that contain these fats, such as margarine and crackers, from being sold? Why or why not?
9. Would a ban on trans fats succeed in making foods that contain these fats healthier to eat? Why or why not?