

# Pakistan has second highest per capita intake of trans fats



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## Heartfile TFA Report Dissemination Event

July 11, 2019: Heartfile co-hosted a dissemination event with @WHOPakistan & Nutrition wing of MoNHSRC in Islamabad to share our recently completed situational analysis on trans fats in the Pakistan context & discuss how to make Pakistan Trans fat free by 2023. The report can be accessed [here](#).



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## **Dr. Sania Nishtar steps down from executive responsibilities at Heartfile**

May 14, 2019, Following her appointment as Special Assistant to the Prime Minister on Social Protection and Poverty Alleviation with the status of Federal Minister, Dr. Sania has stepped down from all her executive roles in Heartfile. She will continue to be on the board of Heartfile.



**SANIA NISHTAR**  
*Founder and President*  
*Heartfile*