Impact of Iodine Deficiency Disorders

- The world’s most common cause of preventable brain damage in newborns.
- Severe deficiency can reduce a child’s IQ by 10-15 points. Lower intelligence affects their ability to learn.
- Women are disproportionately affected due to higher requirements during pregnancy and breastfeeding.
- When whole communities are iodine deficient, their productivity is lower and socio-economic prospects are reduced.

For every $1 invested in salt iodization, there is a $30 return in terms of economic benefit

Reduction in number of iodine deficient countries globally

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>1993</td>
<td>113</td>
</tr>
<tr>
<td>2003</td>
<td>54</td>
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<tr>
<td>2007</td>
<td>47</td>
</tr>
<tr>
<td>2011</td>
<td>32</td>
</tr>
<tr>
<td>2014</td>
<td>25</td>
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</tbody>
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Over 750 million cases of goiter prevented in last 20 years

But backsliding began to happen

- Insufficient national coordination or oversight
- Inadequate regulatory monitoring
- Inadequate legislation and unrealistic salt standards
- Not integrated into national fortification and nutrition efforts
- Free/subsidized potassium iodate

Programmes not sustainably implemented

Necessary actions NOW

- Sustain: current levels of adequately iodized salt
- Improve: iodization of inadequately iodized salt
- Expand: iodization of salt not currently iodized

- Re-advocate for political commitment to achieve optimal iodine nutrition.
- Strengthen legislation, improve standards and require use of iodized salt in processed foods.
- Revive or re-establish national multi-sectoral coordination systems and ensure strong oversight and leadership.
- Integrate iodine nutrition programmes into national fortification and nutrition initiatives and salt reduction strategies.
- Develop a revised strategic plan for achieving universal salt iodization focused on ensuring supply of adequately iodized salt.
- Understand the salt industry.
- Provide an enabling environment for salt iodization, through effective regulatory monitoring and enforcement, and support to industry.
- Strengthen monitoring and evaluation systems to assess coverage and impact, identify unreached groups, and provide data for fine-tuning of programmes.

Actions needed now towards achieving the SDGs

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