

National Iodine Deficiency Disorders Control Programme

Introduction

Iodine is essential micronutrient with an average daily requirement of 100-150 micrograms for normal human growth and development. There is an increasing evidence of distribution of environmental Iodine deficiency in various parts of the country. On the basis of surveys conducted by the Directorate General of Health Services, Indian Council of Medical Research Health Institutions and the State Health Directorates, it has been found that out of **321 districts surveyed** in all the 28 States and 7 Uts, **260 districts are endemic** ie where the prevalence of Iodine Deficiency Disorders (IDDs) is more than 10%. (Annexure-I) It is also estimated that more than 71 million persons are suffering from Iodine Deficiency Disorders. These disorders include abortions, stillbirth, mental retardation, dwarfism, deaf mutism, squint, goitre and neuromotor defects

MAGNITUDE OF THE PROBLEM :

As per information available more than 1.5 billion population of the World are at the risk from Iodine Deficiency Disorders (IDD) out of which, it is estimated about 200 Million people are in the country. The surveys conducted by the Central and State Health Directorates, ICMR and Medical Institutes have clearly demonstrated that not even a single State/UT is free from the problem of Iodine Deficiency Disorders.

1. Surveys to assess the magnitude of the Iodine Deficiency Disorders.
2. Supply of iodated salt in place of common salt.
3. Resurveys to assess iodine deficiency disorders and the impact of iodated salt after every 5 years.

CONTROL PROGRAMME :

4. Laboratory monitoring of iodated salt and urinary iodine excretion.
 5. Health Education and Publicity.
- Realizing the magnitude of the problem the Government of India launched a 100 per cent centrally assisted National Goitre Control Programme (NGCP) in 1962 . The important objectives of the programme are as follows. In August, 1992 the National Goitre Control Programme (NGCP) was renamed as National Iodine Deficiency Disorders Control Programme (NIDDCP) with a view of wide spectrum of Iodine Deficiency Disorders.

POLICY

On the recommendations of Central Council of Health in 1984, the Government took a policy decision to Iodate the entire edible salt in the country by 1992. The programme

The important activities being undertaken by the IDD Cell of Directorate General of Health Services are:-

- .Technical guidance to the States\UTs.
 - Inter-sectoral co-ordination at Central level and maintenance of close liaison with the Ministry of Industry/Information and Broadcasting /Transport etc.
 - Coordination of the various facets of National Iodine Deficiency Disorders Control Programme in States/UTs.
 - Undertaking independent sample surveys in various States/UTs.
 - Imparting training to the State Health personnel involved in National Iodine Deficiency Disorders Control Programme
 - Collection, compilation and analysis of relevant data from States /UTs with a view to render more effective and meaningful advice.
 - Monitoring of the quality control of iodated salt at production level through salt Commissioner and at the distribution and consumer level through the State Health Directorates
- Functions of Salt Commissioner**
- The Salt Commissioner's Office under the Ministry of Industry is responsible for licensing, production and distribution and monitoring the quality of Iodated salt at production level supplied to States\UTs
- (i) The Salt Commissioner's Office is also responsible to assist the small-scale manufacturers in gaining access to the Iodisation process for the iodated salt produced by them.
 - (ii) The Salt Commissioner in consultation with Ministry of Railways arranges for the movement of iodated salt from the production center to the States\UTs.
 - (iii) To assist the Small Scale Iodated Salt Manufacturers as a result of Compulsory Iodisation of Salt is that they are not in a position to install the iodization plant because of high cost involved. According to the Salt Commissioner 40 Iodisation plants have also been donated to 40 Small Scale

- i) (d) Promotion of co-operative Societies in the Salt Industry and promotion of labour welfare activities of the salt works.

ACHIEVEMENTS

The achievements made under the major components of the existing programme from its inception to date are as under:-

- (i) The policy of iodated salt production has been liberalized to the private sectors. Salt Commissioner has so far licensed 930 private manufacturers out of which 552 units have commenced production. They have annual production capacity of more than 130 lakh metric tonnes of iodated salt.
- (ii) The annual production of iodated salt has been raised from 5 lakh metric tonnes 1985-86 to 46 lakh metric tonnes in 2004-05
- (iii) The Salt Commissioner in consultation with the Ministry of Railways arranges for the transportation of iodated salt from the production centers to the consuming States under priority category `B` a priority second to that for defense. Funds are provided for Salt from medical and Office for maintaining the quality control of iodated salt at the production level.
- (iv) For effective monitoring and control in States/Uts has been NIDDC Health for States and Uts have been advised to establish IDD Control Cell in the State Health Directorate and Central Government IDD Divisional Programs for this purpose. Presently 30 States and Uts have been provided for the established such the States/Uts
- (vii) Ministry of Health is providing 100% financial assistance to all States/Uts for the establishment of an
- (v) A National Reference Laboratory, monitoring of IDD, has been set up at the Bio-chemistry division of National Institute of Communicable Diseases, Delhi
- (viii) Standards of Iodated salt have been laid down under the Prevention of Food Adulteration Act. The Standards stipulate that the Iodine content of Iodated salt shall not be less than 30 PPM at the manufacturing level and not less than 15 PPM at the consumption

Programme through the regional Kendra of Doordarshan in regional languages.

Publicity through the Song & Drama Division

The Song and Drama division has also been associated with the IEC activities under NIDDCP. These activities will be carried out in the form of folk media through street plays, Dance, Drama. Local troupes at the village level. They will, perform activities in all the districts especially in the remote and backward regions in local languages.

The emphasis of such activities will be more in the States of Bihar, Jharkhand, Uttar Pradesh, Uttranchal, Madhya Pradesh, Chhatisgarh, Rajasthan, Orissa, .

Directorate of Field Publicity

The Directorate of Field Publicity have been conducting IEC activities through screening of films on IDD, group discussions, Seminars and other special programmes. They will conduct field publicity in the remote areas through their network of 268 Field Publicity Units in 22 regions covering the entire districts

All India Radio

The 30 seconds Radio spots on IDD have already been developed in 12 regional languages. It is proposed to broadcast these spots through the various primary channels including the local radio stations for wider publicity through the categories of Film Music and just before the Regional News from the Local Akashwani Kendras

In addition to conducting IEC activities as mentioned above at the Apex level, the State Govts are also provided financial assistance to conduct IEC activities at the District level according to local needs.

The Directorate of Advertisement & Field Publicity

These activities include special programmes on Global IDD Day, advertisement in newspapers, organization of rallies by school children through Radio, the goal apparatus to the press, information of the program.

on the occasion of Global IDD Day

Bar on Sale of Non-Iodated salt
The Ministry of Health & FW have imposed restrictions on the sale of non Iodated salt for direct human consumption in the entire country

Budget 2005-06

A budget provision of Rs 12.00 crores has been made under the National IDD Control Programme, out of

Annexure-I

| State/UT | Total. Districts | Distts.surveyed | Endemic |
|-------------------|------------------|-----------------|---------|
| Andhra Pradesh | 23 | 12 | 11 |
| Arunachal Pradesh | 11 | 11 | 11 |
| Assam | 23 | 18 | 14 |
| Bihar | 37 | 14 | 14 |
| Chhatisgarh | 16 | 2 | 2 |
| Goa | 2 | 2 | 2 |
| Gujarat | 25 | 16 | 8 |
| Haryana | 19 | 11 | 9 |
| Himachal Pradesh | 12 | 10 | 10 |
| Jammu & Kashmir | 15 | 14 | 14 |
| Jharkhand | 18 | 9 | 8 |
| Karnataka | 27 | 20 | 6 |
| Kerala | 14 | 14 | 12 |
| Madhya Pradesh | 45 | 14 | 14 |
| Maharashtra | 35 | 29 | 21 |
| Manipur | 9 | 8 | 8 |
| Meghalaya | 7 | 4 | 4 |
| Mizoram | 8 | 3 | 3 |
| Nagaland | 8 | 7 | 7 |
| Orissa | 30 | 8 | 7 |
| Punjab | 17 | 3 | 3 |
| Rajasthan | 31 | 3 | 3 |
| Sikkim | 4 | 4 | 4 |
| Tripura | 4 | 3 | 3 |
| Tamil Nadu | 30 | 29 | 18 |
| Uttar Pradesh | 71 | 28 | 22 |
| Uttranchal | 13 | 9 | 9 |
| West Bengal | 18 | 5 | 5 |
| A&N Islands | 2 | 2 | 2 |
| Chandigarh | 1 | 1 | 1 |
| Daman & Diu | 1 | 1 | 1 |
| D&N Haveili | 1 | 1 | 1 |
| NCT Delhi | 1 | 1 | 1 |
| Lakshdweep | 1 | 1 | 1 |
| Pondicherry | 4 | 4 | 2 |
| Total | 582 | 321 | 261 |

Endemic District- Prevalence of IDD more than 10%