

# NATIONAL IODINE DEFICIENCY DISORDER CONTROL PROGRAMME

## INTRODUCTION

National Iodine Deficiency Disorder Control Programme (NIDDCP) was launched during 1988-89 at the Directorate of Health and Family Welfare Services, Karnataka as 100% Centrally Sponsored Scheme with the creation of an IDD Cell. This Programme is implemented in the State in order to prevent Iodine Deficiency Disorders (IDD) like Cretinism, Deaf Mutism, Dumbness, Physical and Mental Retardation, Goiter, etc. Dakshina Kannada, Bellary, Uttara Kannada, Kodagu, Chikamagaluru, Bengaluru(U), Bengaluru(R), Chamarajanagara are known to be endemic districts.

## GOALS/OBJECTIVES:

- 1. Creating awareness and promotion of universal consumption of Iodized Salt in daily diet to prevent Iodine Deficiency Disorders.
- 2. Mapping out IDD prevalent areas in the State.
- 3. Re-survey on IDD in districts.

## IMPORTANCE OF IODINE:

Iodine is a micro nutrient and is a natural element, which is essential to human life. It is an essential component of the thyroid hormone. Iodine is essential for the normal growth, development and functioning of both the brain and the body.

Lack of Iodine can cause Iodine Deficiency Disorders. Iodine is particularly essential during early childhood, puberty, pregnancy and lactation. A pregnant woman who is deficient in Iodine is likely to give birth to a child with impaired mental and physical abilities and might also cause miscarriages. A number of physical and mental disorders may result from Iodine Deficiency. The most visible and easily recognizable sign of Iodine Deficiency is Goiter. (Goiter is an enlarged Thyroid Gland). Iodine deficiency can also lead to Hypothyroidism, Mental retardation, Growth retardation, Cretinism, Low IQ and impaired mental abilities.

## IODIZED SALT:

Iodized Salt is a common salt to which a small quantity of Iodine is added. Iodized Salt looks, tastes and smells exactly like common salt and is to be used in the same way in our diet as common salt.

It can be used for cooking purpose as well as table salt. The use of Iodized salt in the daily diet prevents Iodine Deficiency Disorders. The general public is motivated to use only Iodized salt. The sale of Non-Iodized salt is banned under PFA Act in all the Districts of the State. Several health education programmes are taken up to create awareness regarding the use of only Iodized Salt. Health Assistants in all the 30 Districts of the State are trained regarding the programme.

### **GLOBAL IDD WEEK (OCT 21<sup>st</sup> - 27<sup>th</sup> EVERY YEAR)**

Every year IDD Day and week is globally celebrated from 21<sup>st</sup> to 27<sup>th</sup> of October. At State level, appeals and messages from Chief Minister/Health Minister regarding the importance of Iodized salt and Iodine deficiencies are published in local newspapers, are On this occasion, at District level seminars/workshops, sensitization programme cum awareness meetings, distribution of IEC materials including qualitative Salt Testing Kits (STK) to create awareness about Iodine Deficiency Disorders and importance of consumption of iodated salt is emphasized to community along with the involvement of Departments of Food & Civil Supplies, Education, Women & Child Development, Rural Development & Panchayat Raj, Voluntary Organizations etc., Competitions namely Essay writing, Slogan writing, painting, race, rallies are conducted among school children in creating awareness regarding the usage of Iodized salt in daily diet.

### **IDD MONITORING LABORATORY:**

As per the direction of Government of India, separate IDD monitoring laboratory has been established in the premises of Public Health Institute, Bangalore for regular monitoring of the quality of the Iodized salt and the content of Iodine in Urine samples sent from the Districts.