

Correction of iodine deficiency in populations: strategies for control and the changing epidemiology of thyroid disorders with changes in iodine intake

Session Description

Iodine deficiency remains the commonest global cause of mental retardation. Restoration of optimal iodine nutrition in a population can prevent brain damage and the development of iodine deficiency disorders (IDD). This is best achieved through universal salt iodisation (USI), but in many countries where USI cannot be achieved iodine supplementation may be required for children and women of childbearing age. Like iodine deficiency, excessive iodine intake may cause thyroid and other disorders. We will put particular emphasis on the current situation and achievements in addressing IDD in Africa, Europe, Southeast Asia and the Pacific region and identify what needs to be done to reach those populations where IDD remains endemic.

Purpose

The objectives of the session will be to educate and inform participants about the epidemiology and pathogenesis of (IDD) and what we need to do to eradicate IDD from our world. Also, there will be a discussion of the changing epidemiology of thyroid disorders with changes in iodine intake.

Outcomes

Participants should leave the session well informed on these specific aspects of IDD epidemiology and sustainable methods of eradication

Session co-chairs/moderators:

Dr Chandrakant Pandav, Delhi, India

Dr Sangsom Sinawat, Department of Nutrition Ministry of Public Health Bangkok Thailand

Session Topics and Speakers:

Topic 1: *Actions required to accelerate progress and sustain efforts towards the global eradication of IDD*

Speaker: Professor Pieter Jooste, Director Nutritional Intervention Research Unit Medical Research Council and Secretary of ICCIDD Cape Town South Africa

Topic 2: *Complementary strategies to Universal Salt Iodisation in achieving optimal iodine nutrition in iodine deficient populations*

Speaker: Professor CJ Eastman, Vice Chairman ICCIDD and Regional Coordinator Asia Pacific Region, University of Sydney Sydney Australia

Topic 3: *Iodine Deficiency in the Western Pacific Region: recognition and strategies for control in Pacific Island nations.*

Speaker: Dr Mu Li, School of Public Health, University of Sydney, Sydney Australia.

Topic 4: *Risks and benefits of correcting IDD: effects on the epidemiology of thyroid diseases in populations*

Speaker: Professor Michael Zimmermann, Laboratory for Human Nutrition Swiss Federal Institute of Technology (ETH), Zurich Switzerland