

Global Scorecard of Iodine Nutrition in 2017 in the general population and in pregnant women (PW)

*non WHO member states

Country or territory	Total population (2015)
Afghanistan	32'526'562
Albania	2'896'679
Algeria	39'666'519
Andorra	70'473
Angola	25'021'974
Antigua and Barbuda	91'818
Argentina	43'416'755
Armenia	3'017'712
Australia	23'968'973
Austria	8'544'586
Azerbaijan	9'753'968
Bahamas	388'019
Bahrain	1'377'237
Bangladesh	160'995'642
Barbados	284'215
Belarus	9'495'826
Belgium	11'299'192
Belize	359'287
Benin	10'879'829
Bhutan	774'830
Bolivia	10'724'705
Bosnia and Herzegovina	3'810'416
Botswana	2'262'485
Brazil	207'847'528
Brunei Darussalam	423'188
Bulgaria	7'149'787
Burkina Faso	18'105'570

General population^{1,2}

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
171	2013	N	SAC (7-12)	Adequate
100	2012	N	SAC (6-13)	Adequate
29	2006	S	SAC (8-10)	Insufficient
123	2002-12	S	SAC (5-14)	Adequate
313	2005	N	SAC (8-10)	Excessive
177	2011-12	N	SAC (5-11)	Adequate
111	2012	N	SAC (7-14)	Adequate
204	2007	N	SAC (8-10)	Adequate
247	2012-13	N	SAC (6-12)	Adequate
146	2011-12	N	SAC (6-12)	Adequate
169	2006	N	SAC (10-14)	Adequate
113	2010-11	N	SAC (6-12)	Adequate
318	2011	N	SAC (6-12)	Excessive
183	2010	N	SAC (6-11)	Adequate
191	2005	N	SAC	Adequate
157	2005	N	SAC (8-10)	Adequate
276	2016	N	SAC	Adequate
182	2008	N	SAC (7-11)	Adequate
84	2014	N	SAC	Insufficient

Pregnant women (PW)

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
85	2006	N	Insufficient
151	2004-13	S	Adequate
116	2011-12	N	Insufficient
87	2009-11	S	Insufficient
196	2007	N	Adequate
133	2004-05	N	Insufficient
224	2010	S	Adequate
124	2010-11	N	Insufficient
261	N/A	S	More than adequate
157	2008	N	Adequate
175	2008-09	S	Adequate
165	2003	N	Adequate
74	2014	N	Insufficient

Country or territory	Total population (2015)
Burundi	11'178'921
Cabo Verde	520'502
Cambodia	15'577'899
Cameroon	23'344'179
Canada	35'939'927
Central African Republic	4'900'274
Chad	14'037'472
Chile	17'948'141
China	1'376'048'943
Colombia	48'228'704
Comoros	788'474
Congo	4'620'330
Congo, The Democratic Republic of the	77'266'814
Cook Islands	20'833
Costa Rica	4'807'850
Cote d'Ivoire	22'701'556
Croatia	4'240'317
Cuba	11'389'562
Cyprus	1'165'300
Czech Republic	10'543'186
Denmark	5'669'081
Djibouti	887'861
Dominica	72'680
Dominican Republic	10'528'391
Ecuador	16'144'363
Egypt	91'508'084
El Salvador	6'126'583
Equatorial Guinea	845'060
Eritrea	5'227'791
Estonia	1'312'558
Ethiopia	99'390'750
Fiji	892'145

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
70	2005	N	SAC (7-12)	Insufficient
115	2010	N	SAC (6-12)	Adequate
236	2011	N	SAC (8-10)	Adequate
190	2002	N	SAC (6-12)	Adequate
174	2007-09	N	SAC (9-13)	Adequate
213	2003	N	SAC (6-12)	Adequate
252	2006	N	SAC	Adequate
198	2014	N	SAC (8-10)	Adequate
415	2002	N	SAC	Excessive
249	2007	N	SAC (6-12)	Adequate
314	2008-09	N	SAC	Excessive
203	2004	N	SAC (6-12)	Adequate
248	2009	N	SAC (7-11)	Adequate
176	2011-12	N	SAC (6-11)	Adequate
163	2010	N	SAC	Adequate
145	2015	S	SAC	Adequate
335	2015	N	SAC	Excessive
223	2012	N	SAC	Adequate
162	2014	N	SAC	Adequate
170	2014-15	N	SAC	Adequate
206	2012	N	SAC	Adequate
104	2015	N	SAC	Adequate
237	2009	S	SAC (8-12)	Adequate

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
221	2009-11	S	Adequate
155	2014	N	Adequate
354	2013-14	S	More than adequate
140	2009, 2015	S	Insufficient
101	2012	S	Insufficient
265	2015	N	More than adequate
135	2015	N	Insufficient

Country or territory	Total population (2015)
Finland	5'503'457
France	64'395'345
Gabon	1'725'292
Gambia	1'990'924
Georgia	3'999'812
Germany	80'688'545
Ghana	27'409'893
Greece	10'954'617
Grenada	106'825
Guatemala	16'342'897
Guinea	12'608'590
Guinea-Bissau	1'844'325
Guyana	767'085
Haiti	10'711'067
Honduras	8'075'060
Hong Kong (China)*	7'287'983
Hungary	9'855'023
Iceland	329'425
India	1'311'050'527
Indonesia	257'563'815
Iran, Islamic Republic of	79'109'272
Iraq	36'423'395
Ireland	4'688'465
Israel	8'064'036
Italy	59'797'685
Jamaica	2'793'335
Japan	126'573'481
Jordan	7'594'547
Kazakhstan	17'625'226
Kenya	46'050'302
Kiribati	112'423

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
83	2013	N	Adults (25-64)	Insufficient
136	2006-07	N	Adults (18-74)	Adequate
321	2005	N	SAC (6-12)	Excessive
122	2003-06	N	SAC (6-12)	Adequate
130	2011	N	SAC (6-12)	Adequate
144	2005	N	SAC	Adequate
139	2003	N	SAC, Adolescents (6-16)	Adequate
84	2004-05	N	SAC	Insufficient
356	2005	S	SAC	Excessive
228	2005	S	SAC (10-14)	Adequate
200	2007-08	S	Adolescent girls (16-20)	Adequate
158	2014-15	N	WRA	Adequate
223	2013	N	SAC (6-12)	Adequate
141	2007-08	N	SAC (8-10)	Adequate
101	2008-10	N	WRA (18-55)	Adequate
83	2016	N	SAC	Insufficient
83	2002-15	S	SAC	Insufficient
265	2013-17	N	SAC (6-12)	Adequate
203	2010	N	SAC (8-10)	Adequate
250	2006	N	WRA (15-49)	Adequate
118	2003-04	N	SAC (9-13)	Adequate

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
65	2006-09	S	Insufficient
184	2015	N	Adequate
129	2008-15 (P)	S	Insufficient
180	2007-09	S	Adequate
124	2014-15	N	Insufficient
172	2013	N	Adequate
147	2004-11	S	Insufficient
61	2016	N	Insufficient
72	2002-13	S	Insufficient
254	2002-04	S	More than adequate

Country or territory	Total population (2015)
Myanmar	53'897'154
Namibia	2'458'830
Nauru	10'222
Nepal	28'513'700
Netherlands	16'924'929
New Zealand	4'528'526
Nicaragua	6'082'032
Niger	19'899'120
Nigeria	182'201'962
Niue	1'610
Norway	5'210'967
Oman	4'490'541
Pakistan	188'924'874
Palau	21'291
Palestine, State of*	4'668'466
Panama	3'929'141
Papua New Guinea	7'619'321
Paraguay	6'639'123
Peru	31'376'670
Philippines	100'699'395
Poland	38'611'794
Portugal	10'349'803
Qatar	2'235'355
Romania	19'511'324
Russian Federation	143'456'918
Rwanda	11'609'666
Saint Kitts and Nevis	55'572
Saint Lucia	184'999
Saint Vincent and the Grenadines	109'462
Samoa	193'228
San Marino	31'781
Sao Tome and Principe	190'344

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
124	2006	N	SAC (6–11)	Adequate
142	2015	N	SAC	Adequate
203	2007	N	SAC	Adequate
115	2011, 2015	S	SAC (8-10)	Adequate
196	2007	N	SAC	Adequate
101	2015	S	SAC	Adequate
130	2004-05	N	SAC (9–12)	Adequate
191	2014	N	SAC (6-12)	Adequate
124	2011	N	SAC (6-12)	Adequate
193	2013	N	SAC (7-12)	Adequate
291	2015 (P)	N	SAC	Adequate
170	2005	N	WRA (15-49)	Adequate
296	2015	N	SAC	Adequate
262	2009	N	SAC	Adequate
168	2013	N	SAC (6–12)	Adequate
112	2009-11	S	SAC (6–12)	Adequate
106	2010	N	SAC	Adequate
341	2014	N	SAC (6-12)	Excessive
102	2004-05	N	SAC (6–7)	Adequate
78	2002-04	S	SAC	Insufficient
88	2013	N	WRA	Insufficient

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
290	2015	S	More than adequate
223	2002-06	S	Adequate
38	2005	N	Insufficient
82	2015	S	Insufficient
69	2003-04	S	Insufficient
67	2002-05	S	Insufficient
180	2006 (P)	S	Adequate
229	N/A	S	Adequate
275	2012-13	N	More than adequate
105	2013	N	Insufficient
113	2007-08	S	Insufficient
85	2005-07	N	Insufficient
68	2004	N	Insufficient
98	2012	S	Insufficient

Country or territory	Total population (2015)
Saudi Arabia	31'540'372
Senegal	15'129'273
Serbia	8'850'975
Seychelles	96'471
Sierra Leone	6'453'184
Singapore	5'603'740
Slovakia	5'426'258
Slovenia	2'067'526
Solomon Islands	583'591
Somalia	10'787'104
South Africa	54'490'406
South Sudan	12'339'812
Spain	46'121'699
Sri Lanka	20'715'010
Sudan	40'234'882
Suriname	542'975
Swaziland	1'286'970
Sweden	9'779'426
Switzerland	8'298'663
Syrian Arab Republic	18'502'413
Taiwan (China)*	
Tajikistan	8'481'855
Tanzania, United Republic of	53'470'420
TFYR Macedonia	2'078'453
Thailand	67'959'359
Timor-Leste	1'184'765
Togo	7'304'578
Tonga	106'170
Trinidad and Tobago	1'360'088
Tunisia	11'253'554
Turkey	78'665'830

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
133	2012	N	SAC (8-10)	Adequate
104	2010	N	SAC (6-12)	Adequate
195	2007	N	SAC (6-14)	Adequate
158	2003	N	SAC (8-14)	Adequate
183	2002	N	SAC (6-12)	Adequate
148	2002-03	N	SAC	Adequate
328	2007	S	SAC (6-12)	Excessive
417	2009	N	SAC	Excessive
215	2005	N	SAC (6-10)	Adequate
94	2006	S	SAC (6-12)	Insufficient
173	2011-12	N	SAC	Adequate
164	2010	N	SAC	Adequate
66	2006	S	SAC (6-12)	Insufficient
125	2006-07	N	SAC (6-12)	Adequate
137	2015	N	SAC (6-12)	Adequate
123	2012	N	SAC (6-12)	Adequate
108	2009	N	WRA (15-49)	Adequate
204	2004	N	SAC, Adolescents (6-18)	Adequate
241	2007	N	SAC	Adequate
262	2012	N	SAC	Adequate
171	2005	N	SAC (6-12)	Adequate
220	2013	N	SAC (6-12)	Adequate
107	2007	N	SAC (6-14)	Adequate

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
80	2010	N	Insufficient
158	2007	N	Adequate
176	2013	N	Adequate
163	2012	S	Adequate
120	2002-11	S	Insufficient
113	2010	N	Insufficient
98	2006-07; 2010-12	S	Insufficient
136	2015	N	Insufficient
171	2015-16	N	Adequate
156	2014	N	Adequate
93	2006-12	S	Insufficient

Country or territory	Total population (2015)
Turkmenistan	5'373'502
Tuvalu	9'916
Uganda	39'032'383
Ukraine	44'823'765
United Arab Emirates	9'156'963
United Kingdom	64'715'810
United States of America	321'773'631
Uruguay	3'431'555
Uzbekistan	29'893'488
Vanuatu	264'652
Venezuela	31'108'083
Viet Nam	93'447'601
Yemen	26'832'215
Zambia	16'211'767
Zimbabwe	15'602'751

ALL: Median UIC (µg/L)	Date of survey	Admin	Population	Population iodine intake ³
170	2004	N	SAC (8–10)	Adequate
464	2005	N	SAC (6–12)	Excessive
90	2002	N	WRA (15-49)	Insufficient
162	2008-09	N	SAC (6–12)	Adequate
138	2013-14	N	SAC, Adolescents (4-18)	Adequate
213	2009-10	N	SAC (6-11)	Adequate
248	2015	N	SAC	Adequate
141	2005	N	SAC (6–12)	Adequate
77	2007	N	WRA	Insufficient
180	2011	N	SAC	Adequate
84	2013-14	N	SAC (8–10)	Insufficient
122	2015	N	SAC (6–12)	Adequate
245	2011	N	SAC (7-12)	Adequate
220	2005	S	SAC	Adequate

PW: Median UIC (µg/L)	Date of survey	Admin	Population iodine intake ⁴
13	2013 (P)	S	Insufficient
147	2012	N	Insufficient
99	2002-11	S	Insufficient
129	2005-10	N	Insufficient
174	2008	S	Adequate
67	2009-10, 2014	S	Insufficient

Abbreviations

SAC, School-age children (typically 6-12 years old); WRA, Women of reproductive age (typically 15-49 years old); PW, Pregnant women; P, Date published; N, Nationally-representative data; S, Sub-national data only.

Notes

¹In population monitoring of iodine status using urinary iodine concentration (UIC), school-age children (SAC) serve as a proxy for the general population [1], therefore preference has been given to studies carried out in SAC. The UIC data have been selected for each country in the following order of priority: data from the most recent nationally representative survey carried out between 2002 and 2017 in (i) SAC, (ii) SAC and adolescents, (iii) adolescents, (iv) women of reproductive age, (v) other adults (excluding pregnant or lactating women), and (vi) other eligible populations. In the absence of recent national surveys, subnational data were used in the same order of priority. Sub-national UIC surveys are commonly carried out to provide a rapid assessment of population iodine status, but due to a lack of sampling rigor, they may over- or underestimate the iodine status at the national level and should be interpreted with caution [1,2]. Similar inclusion criteria have been described previously [2,3].

²Many countries monitor iodine status in both school-age children (SAC) and in women of reproductive age (WRA) or adults. WHO defines adequate iodine intake in adults as a median UIC value ≥ 100 $\mu\text{g/L}$ [1]. However, the scientific basis for this threshold is weak, and estimates based on populations other than SAC should be interpreted with caution [4].

³Adequate iodine intake in school-age children corresponds to median UIC values in the range 100-299 $\mu\text{g/L}$, and includes categories previously referred to as "Adequate" (100-199 $\mu\text{g/L}$) and "More than adequate" (200-299 $\mu\text{g/L}$) [1].

⁴Adequate iodine intake in pregnant women corresponds to median UIC values in the range 150-249 $\mu\text{g/L}$ [1]. Because of altered physiology during pregnancy, iodine intake in this population group should not be used as a proxy for the general population.

References

1. World Health Organization, United Nations Children's Fund, International Council for Control of Iodine Deficiency Disorders. Assessment of iodine deficiency disorders and monitoring their elimination. A guide for programme managers. Geneva: WHO; 2007.
2. Andersson M, Karumbunathan V, Zimmermann MB. Global iodine status in 2011 and trends over the past decade. J Nutr. 2012;142(4):744-50
3. Pearce EN, Andersson M, Zimmermann M. Global Iodine Nutrition - Where do we stand in 2013? Thyroid. 2013;23(5):523-8
4. Zimmermann MB, Andersson M. Assessment of iodine nutrition in populations: past, present, and future. Nutr Rev. 2012;70(10):553–70.


Data sources

The references of the original data sources for all country data will soon be available on the IGN website: <http://www.ign.org/scorecard.htm>

To share UIC surveys eligible for inclusion in the Scorecard, please email gosia.gizak@hest.ethz.ch or upload them here: [Google Drive](#)

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 The Iodine Global Network, 2017

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