Iodine Nutrition situation in Romania

**SUSTAINABLE PREVENTION OF IODINE DEFICIENCY AND ACHIEVEMENT OF OPTIMAL IODINE NUTRITION- ROMANIA**

**NECCESSITY OF THE ACTION PLAN**


2. The iodine laboratory of INSICM are participating successfully in the EU IP program CDC Atlanta.

**National Plans and management structure**


2. 2004 Structure: The National Commission for IDD prevention was established which included stakeholders from governmental and private institutions.


4. Plan: 2006 - A national plan was built with: (i) responsibilities at institutional level shared by -Ministry of Health, Local Health authorities National Institute for Mother and Child Health (INSMC), National Institute for Public Health and Institute of Endocrinology (ii) monitoring time schedule of iodine salt content was established (iii) annual Periodic impact evaluation of iodine status of 6-7 year old children and neonatal TSH

5. Financial support: The financial support for the implementation of the action plan are received from Ministry of Health in the frame of the National Health Programs and UNICEF.

**Demand side:**
Barriere in iodised salt use are linked to following factors:

- Anxiety related to side effects and in special cancer
- Misconception on the negative effect on the taste of foods produced in the food industry
- Pregnant women are reducing frequency their salt intake including iodised salt

**Quality:**
According to the law 565/2002 salt iodisation assure 25 - 40 mg iodine/kg, of salt, respectively 42 - 67,2 mg potassium iodate/kg of salt or 32,5 - 52 mg potassium iodide/kg of salt.

**Research and innovations:**
In the framework of a EU project was built a registry on neonatal screening and its results MEDILOG

**Challenges and opportunities:**

1. Increased intersectoral and institutional collaboration
2. Improvement of monitoring of USI implementation at different level
3. Participation in the EU project

**Partnership and engagement:**
Ministry of Health, National Institute for Mother and Child Health, National Institute for Public Health, National Institute of Endocrinology C.I. Parhon, UNICEF, ROMALIMENTA (the Federation of Food Producers), SALROM

**The way forward include:**

1. Reinforcement of the National action plan for IDD prevention
2. Periodical monitoring and evaluation of USI implementation results
3. Monitoring of program implementation in pregnant women considered as IDD risk group. Monitoring household iodine content periodically Training of health professionals on IDD prevention.
4. Organization of a consent meeting for salt iodine content analysis in the frame of the new results
5. Financial and technical support from government and UNICEF for periodical assessment of program implementation

**Monitoring and accountability:**

1. UI level determination of 6-7 year old children done yearly on a representative sample for Romania starting with 2014 as a pilot project followed in 2015 as a national project.

2. UI level determination among pregnant women (pilot studies).

3. Neonatal dry spot determination on dry spot in the frame of the National screening program.

4. Analysis of iodine content of salt at production and distribution level.

**Impact of IDD Policy 6-7 years old children**

**Pregnancy**

**Year** | **Median iodine (mcg/ml)** | **References**
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**Coverage of salt iodised used in household after the IDD implementation in 2002**

**Year** | **Household use of iodised salt** | **References**
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**Equity in USI in Romania**
Iodized salt is distributed in the whole country and used:

- mandatory on the market for household consumption and in bakeries
- mandatory for pregnant women beside iodide supplements
- optional in the food industry
- optional for animal consumption

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