The Iodine Global Network is a non-profit, non-governmental organization for the elimination of iodine deficiency worldwide. Lack of iodine reduces the brain development of children. It affects rich and poor in all geographic regions of the world and up to two billion people worldwide are vulnerable.¹

The most effective and sustainable solution is to ensure all food grade salt is iodized.

Our vision is a world where all people have optimal iodine nutrition and children can reach their full potential in life. We support and catalyze programs to eliminate iodine deficiency at country and at global level working with national governments, private sector, scientists and civil society.
What are Iodine Deficiency Disorders?

Iodine deficiency has multiple adverse effects on growth and development in animals and humans. These are collectively termed the Iodine Deficiency Disorders (IDD), and are one of the most important and common human diseases. They result from inadequate thyroid hormone production due to lack of sufficient iodine.

Everyone is vulnerable to the effects of IDD, and in particular, pregnant women and children. Thyroid hormones are essential for normal development of the brain. If a fetus, infant or child is iodine deficient, they may have permanent mental impairment. Iodine deficiency reduces birth weight, decreases child survival and reduces school performance.

- 150 countries have mandatory or voluntary fortification of salt with iodine.²
- 88% of households around the world are using iodized salt.³
- In 1993, 113 countries were iodine deficient. In 2020, the number was 23.⁴
- Iodine deficiency can reduce a child's IQ by 10-15 points.⁵

What are we doing to change this?

We work to improve and sustain adequate iodine intake, primarily through iodization of food grade salt for home use and for use in processed foods.

According to the World Bank, and the Copenhagen Consensus, salt iodization is one of the best nutritional investments around: there’s probably no other technology that offers as large an opportunity to improve lives at such low cost and in such a short time.

For every dollar spent, we get $30 in return productivity.⁶

For every $100 invested, we can protect 10,000 people against iodine deficiency via salt iodization programs for 1 year.⁷

Sources

1 World Health Organization
2 Global Fortification Data Exchange May 11, 2020
3 UNICEF, 2019
4 IGN Global Scorecard, 2020
5 Copenhagen Consensus, 2015
6 Copenhagen Consensus, 2012
7 The Life You Can Save, 2020