

TABLE 1 Global scorecard of iodine nutrition in 2019

Based on the most recent available median urinary iodine concentration (UIC) data from 194 WHO Member States plus Liechtenstein and Palestine. Countries in which the most recent available survey is older than 15 years (i.e., conducted prior to 2004), are marked with an asterisk (*).

SAC, School-age children; WRA, Women of reproductive age; P, Year published; N, Nationally-representative survey; S, Sub-national survey (any administrative level); SP, Sub-national surveys, pooled median UIC. For this analysis, the acceptable range of median UICs in school-age children (100–299 µg/L) (3) has been presented as a single category to indicate that, from a population health perspective, any risks associated with above-adequate iodine intakes are outweighed by the benefits gained if the population iodine intakes are in this range.

| Country or territory | Total population (2018) | Median UIC (µg/L) | Date of survey | Data type | Population surveyed | Iodine intake (3) |
|---------------------------------------|-------------------------|----------------------------|---------------------------|-----------|---------------------|-------------------|
| Afghanistan | 36373176 | 171 | 2013 | N | SAC (7-12) | Adequate |
| Albania | 2934363 | 100 | 2012 | N | SAC (6-13) | Adequate |
| Algeria | 42008054 | 241 | 2006-09, 2017 | SP | WRA | Adequate |
| Andorra | 76953 | - | - | - | - | - |
| Angola | 30774205 | 29 | 2006 | S | SAC (8-10) | Insufficient |
| Antigua and Barbuda | 103050 | 174 | 2018 | N | SAC | Adequate |
| Argentina | 44688864 | 125 | 2004, 2005, 2007, 2009-12 | SP | SAC (5-14) | Adequate |
| Armenia | 2934152 | 242 | 2017 | N | SAC (10-12) | Adequate |
| Australia | 24772247 | 177 | 2011-12 | N | SAC (5-11) | Adequate |
| Austria | 8751820 | 111 | 2012 | N | SAC (7-14) | Adequate |
| Azerbaijan | 9923914 | 204 | 2007 | N | SAC (8-10) | Adequate |
| Bahamas | 399285 | - | - | - | - | - |
| Bahrain | 1566993 | 247 | 2012-13 | N | SAC (6-12) | Adequate |
| Bangladesh | 166368149 | 146 | 2011-12 | N | SAC (6-12) | Adequate |
| Barbados | 286388 | 207 | 2018 | N | SAC | Adequate |
| Belarus | 9452113 | 191 | 2018 | N | SAC (9-13) | Adequate |
| Belgium | 11498519 | 113 | 2010-11 | N | SAC (6-12) | Adequate |
| Belize | 382444 | 293 | 2018 | N | SAC | Adequate |
| Benin | 11485674 | 318 | 2011 | N | SAC (6-12) | Excessive |
| Bhutan | 817054 | 183 | 2010 | N | SAC (6-11) | Adequate |
| Bolivia | 11215674 | 191 | 2005 | N | SAC | Adequate |
| Bosnia and Herzegovina | 3503554 | 157 | 2005 | N | SAC (8-10) | Adequate |
| Botswana* | 2333201 | 287 | 1994 | N | SAC | Adequate |
| Brazil | 210867954 | 276 | 2016 | N | SAC | Adequate |
| Brunei Darussalam | 434076 | - | - | - | - | - |
| Bulgaria | 7036848 | 182 | 2008 | N | SAC (7-11) | Adequate |
| Burkina Faso | 19751651 | 99 | 2014 | N | SAC | Insufficient |
| Burundi | 11216450 | 70 | 2005 | N | SAC (7-12) | Insufficient |
| Cabo Verde | 553335 | 115 | 2010 | N | SAC (6-12) | Adequate |
| Cambodia | 16245729 | 236 | 2011 | N | SAC (8-10) | Adequate |
| Cameroon | 24678234 | >300 (sample size unknown) | 2014, 2017, 2018 | SP | SAC | Excessive |
| Canada | 36953765 | 174 | 2007-09 | N | SAC (9-13) | Adequate |
| Central African Republic* | 4737423 | 21 | 1993 | S | All | Insufficient |
| Chad* | 15353184 | 213 | 2003 | N | SAC (6-12) | Adequate |
| Chile | 18197209 | 252 | 2006 | N | SAC | Adequate |
| China | 1415045928 | 198 | 2014 | N | SAC (8-10) | Adequate |
| Colombia | 49464683 | 565 | 2009-10 | S | Adults (>35) | Excessive |
| Comoros | 832347 | - | - | - | - | - |
| Congo | 5399895 | - | - | - | - | - |
| Congo, The Democratic Republic of the | 84004989 | 249 | 2007 | N | SAC (6-12) | Adequate |
| Cook Islands | 17411 | - | - | - | - | - |
| Costa Rica | 4953199 | 314 | 2008-09 | N | SAC | Excessive |
| Cote d'Ivoire | 24905843 | 203 | 2004 | N | SAC (6-12) | Adequate |
| Croatia | 4164783 | 248 | 2009 | N | SAC (7-11) | Adequate |
| Cuba | 11489082 | 176 | 2011-12 | N | SAC (6-11) | Adequate |

| Country or territory | Total population (2018) | Median UIC (µg/L) | Date of survey | Data type | Population surveyed | Iodine intake (3) |
|---------------------------|-------------------------|-------------------|------------------------------------|-----------|-------------------------------|-------------------|
| Cyprus* | 1189085 | 120 | 2000 (P) | S | SAC (6-10) | Adequate |
| Czechia | 10625250 | 163 | 2010 | N | SAC | Adequate |
| Denmark | 5754356 | 145 | 2015 | S | SAC | Adequate |
| Djibouti | 971408 | 335 | 2015 | N | SAC | Excessive |
| Dominica | 74308 | 203 | 2018 | N | SAC | Adequate |
| Dominican Republic | 10882996 | 223 | 2012 | N | SAC | Adequate |
| Ecuador | 16863425 | 162 | 2014 | N | SAC | Adequate |
| Egypt | 99375741 | 170 | 2014-15 | N | SAC | Adequate |
| El Salvador | 6411558 | 206 | 2012 | N | SAC | Adequate |
| Equatorial Guinea | 1313894 | 564 | 2007 | S | SAC | Excessive |
| Eritrea* | 5187948 | 175 | 1998 | N | SAC (6-12) | Adequate |
| Estonia* | 1306788 | 65 | 1995 | N | SAC (8-10) | Insufficient |
| Ethiopia | 107534882 | 104 | 2015 | N | SAC | Adequate |
| Fiji | 912241 | 237 | 2009 (P) | S | SAC (8-12) | Adequate |
| Finland | 5542517 | 83 | 2013 | N | Adults (25-64) | Insufficient |
| France | 65233271 | 136 | 2006-07 | N | Adults (18-74) | Adequate |
| Gabon | 2067561 | 196 | 2007 | S | SAC | Adequate |
| Gambia | 2163765 | 143 | 2018 | N | WRA (15-49) | Adequate |
| Georgia | 3907131 | 298 | 2017 | N | SAC (8-10) | Adequate |
| Germany | 82293457 | 122 | 2003-06 | N | SAC (6-12) | Adequate |
| Ghana | 29463643 | 130 | 2011 | N | SAC (6-12) | Adequate |
| Greece | 11142161 | 132 | 2017, 2018 (P) | SP | Adults | Adequate |
| Grenada | 108339 | 142 | 2018 | N | SAC | Adequate |
| Guatemala | 17245346 | 144 | 2005 | N | SAC | Adequate |
| Guinea* | 13052608 | 139 | 2003 | N | SAC, Adolescents (6-16) | Adequate |
| Guinea-Bissau | 1907268 | 110 | 2017 (P) | S | SAC (6-14) | Adequate |
| Guyana* | 782225 | 169 | 1996 | N | SAC | Adequate |
| Haiti | 11112945 | 84 | 2004-05 | N | SAC | Insufficient |
| Honduras | 9417167 | 356 | 2005 | S | SAC | Excessive |
| Hungary | 9688847 | 228 | 2005 | S | SAC (10-14) | Adequate |
| Iceland | 337780 | 200 | 2007-08 | S | Adolescent girls, WRA (16-20) | Adequate |
| India | 1354051854 | 158 | 2014-15 | N | WRA | Adequate |
| Indonesia | 266794980 | 223 | 2013 | N | SAC (6-12) | Adequate |
| Iran, Islamic Republic of | 82011735 | 161 | 2013-14 | N | SAC (8-10) | Adequate |
| Iraq | 39339753 | 84 | 2011-12 | N | SAC (6-12) | Insufficient |
| Ireland | 4803748 | 111 | 2014-15 | N | Adolescent girls (14-15) | Adequate |
| Israel | 8452841 | 83 | 2016 | N | SAC | Insufficient |
| Italy | 59290969 | 71 | 2004, 2007, 2009, 2010, 2012, 2015 | SP | SAC | Insufficient |
| Jamaica | 2898677 | 238 | 2018 | N | SAC | Adequate |
| Japan | 127185332 | 265 | 2013-17 | N | SAC (6-12) | Adequate |
| Jordan | 9903802 | 203 | 2010 | N | SAC (8-10) | Adequate |
| Kazakhstan | 18403860 | 183 | 2011 | N | WRA (15-49) | Adequate |
| Kenya | 50950879 | 208 | 2011 | N | SAC (5-14) | Adequate |
| Kiribati | 118414 | - | - | - | - | - |
| Korea, DPR of | 25610672 | 97 | 2009-10 | N | SAC (6-12) | Insufficient |

| Country or territory | Total population (2018) | Median UIC (µg/L) | Date of survey | Data type | Population surveyed | Iodine intake (3) |
|----------------------------------|-------------------------|-------------------|------------------|-----------|--------------------------|-------------------|
| Korea, Republic of | 51'164'435 | 432 | 2013-15 | N | SAC, Adolescents (10-18) | Excessive |
| Kuwait | 4'197'128 | 130 | 2014 | N | SAC (6-12) | Adequate |
| Kyrgyzstan | 6'132'932 | 114 | 2007 | N | SAC (8-10) | Adequate |
| Lao People's Democratic Republic | 6'961'210 | 103 | 2013 | N | SAC | Adequate |
| Latvia | 1'929'938 | 110 | 2010-11 | N | SAC (9-12) | Adequate |
| Lebanon | 6'093'509 | 66 | 2013 | N | SAC | Insufficient |
| Lesotho* | 2'263'010 | 215 | 2002 | N | SAC (8-12) | Adequate |
| Liberia | 4'853'516 | 244 | 2011 | N | SAC | Adequate |
| Libya | 6'470'956 | - | - | - | - | - |
| Liechtenstein | 38'155 | 96 | 2010 | N | SAC (6-12) | Adequate |
| Lithuania* | 2'876'475 | 75 | 1995 | N | SAC | Insufficient |
| Luxembourg* | 590'321 | 148 | 2002 | N | SAC, Adolescents (12-14) | Adequate |
| Madagascar | 26'262'810 | 46 | 2015 | N | WRA | Insufficient |
| Malawi | 19'164'728 | 269 | 2015-16 | N | SAC (5-10) | Adequate |
| Malaysia | 32'042'458 | 109 | 2008 | N | SAC (8-10) | Adequate |
| Maldives | 444'259 | 176 | 2007 | N | SAC (6-12) | Adequate |
| Mali | 19'107'706 | 69 | 2005 | N | SAC (6-12) | Insufficient |
| Malta | 432'089 | - | - | - | - | - |
| Marshall Islands | 53'167 | - | - | - | - | - |
| Mauritania | 4'540'068 | 179 | 2012 | N | SAC | Adequate |
| Mauritius* | 1'268'315 | 160 | 1995 | N | Adults | Adequate |
| Mexico | 130'759'074 | 264 | 2010-11, 2012 | SP | SAC | Adequate |
| Micronesia, Federated States of | 106'227 | - | - | - | - | - |
| Moldova, Republic of | 4'041'065 | 204 | 2012 | N | SAC | Adequate |
| Monaco | 38'897 | - | - | - | - | - |
| Mongolia | 3'121'772 | 145 | 2017 | N | SAC (6-11) | Adequate |
| Montenegro | 629'219 | 174 | 2007 | N | SAC (6-11) | Adequate |
| Morocco | 36'191'805 | 96 | 2018 | S | SAC, Adolescents | Insufficient |
| Mozambique | 30'528'673 | 60 | 2004 | N | SAC (6-12) | Insufficient |
| Myanmar | 53'855'735 | 124 | 2006 | N | SAC (6-11) | Adequate |
| Namibia* | 2'587'801 | 216 | 1998-99 | N | SAC (8-12) | Adequate |
| Nauru | 11'312 | 142 | 2015 | N | SAC | Adequate |
| Nepal | 29'624'035 | 314 | 2016 | N | SAC (6-9) | Excessive |
| Netherlands | 17'084'459 | 130 | 2006 | S | Adults (50-72) | Adequate |
| New Zealand | 4'749'598 | 115 | 2011, 2015 | SP | SAC (8-10) | Adequate |
| Nicaragua | 6'284'757 | 196 | 2007 | N | SAC | Adequate |
| Niger | 22'311'375 | 101 | 2015 | S | SAC | Adequate |
| Nigeria | 195'875'237 | 130 | 2004-05 | N | SAC (9-12) | Adequate |
| Niue | 1'624 | - | - | - | - | - |
| Norway | 5'353'363 | 75 | 2017-18 | S | WRA (19-29) | Insufficient |
| Oman | 4'829'946 | 191 | 2014 | N | SAC (6-12) | Adequate |
| Pakistan | 200'813'818 | 124 | 2011 | N | SAC (6-12) | Adequate |
| Palau | 21'964 | - | - | - | - | - |
| Palestine | 5'052'776 | 193 | 2013 | N | SAC (7-12) | Adequate |
| Panama | 4'162'618 | 291 | 2015 (P) | N | SAC | Adequate |
| Papua New Guinea | 8'418'346 | 170 | 2005 | N | WRA (15-49) | Adequate |
| Paraguay | 6'896'908 | 296 | 2015 | N | SAC | Adequate |
| Peru | 32'551'815 | 262 | 2009 | N | SAC | Adequate |
| Philippines | 106'512'074 | 168 | 2013 | N | SAC (6-12) | Adequate |
| Poland | 38'104'832 | 112 | 2009-11 | S | SAC (6-12) | Adequate |
| Portugal | 10'291'196 | 106 | 2010 | N | SAC | Adequate |
| Qatar | 2'694'849 | 341 | 2014 | N | SAC (6-12) | Excessive |
| Romania | 19'580'634 | 102 | 2004-05 | N | SAC (6-7) | Adequate |
| Russian Federation | 143'964'709 | 88 | 2008, 2010, 2012 | SP | SAC | Insufficient |

| Country or territory | Total population (2018) | Median UIC (µg/L) | Date of survey | Data type | Population surveyed | Iodine intake (3) |
|----------------------------------|-------------------------|-------------------|----------------|-----------|-------------------------|-------------------|
| Rwanda* | 12'501'156 | 298 | 1996 | N | SAC, Adolescents (5-19) | Adequate |
| Saint Kitts and Nevis | 55'850 | 204 | 2018 | N | SAC | Adequate |
| Saint Lucia | 179'667 | 141 | 2018 | N | SAC | Adequate |
| Saint Vincent and the Grenadines | 110'200 | 132 | 2018 | N | SAC | Adequate |
| Samoa | 197'695 | 88 | 2013 | N | WRA | Insufficient |
| San Marino | 33'557 | - | - | - | - | - |
| Sao Tome and Principe | 208'818 | - | - | - | - | - |
| Saudi Arabia | 33'554'343 | 133 | 2012 | N | SAC (8-10) | Adequate |
| Senegal | 16'294'270 | 104 | 2010 | N | SAC (6-12) | Adequate |
| Serbia | 8'762'027 | 195 | 2007 | N | SAC (6-14) | Adequate |
| Seychelles | 95'235 | - | - | - | - | - |
| Sierra Leone | 7'719'729 | 203 | 2013 | N | WRA | Adequate |
| Singapore | 5'791'901 | - | - | - | - | - |
| Slovakia* | 5'449'816 | 183 | 2002 | N | SAC (6-12) | Adequate |
| Slovenia | 2'081'260 | 140 | 2003-05 | N | Adolescents (15-16) | Adequate |
| Solomon Islands | 623'281 | 328 | 2007 | S | SAC (6-12) | Excessive |
| Somalia | 15'181'925 | 417 | 2009 | N | SAC | Excessive |
| South Africa | 57'398'421 | 215 | 2005 | N | SAC (6-9) | Adequate |
| South Sudan | 12'919'053 | 94 | 2006 | S | SAC (6-12) | Insufficient |
| Spain | 46'397'452 | 173 | 2011-12 | N | SAC | Adequate |
| Sri Lanka | 20'950'041 | 233 | 2016 | N | SAC (6-12) | Adequate |
| Sudan | 41'511'526 | 66 | 2006 | S | SAC (6-12) | Insufficient |
| Suriname | 568'301 | - | - | - | - | - |
| Swaziland* | 1'391'385 | 120 | 1998, 1999 (P) | SP | SAC (6-12) | Adequate |
| Sweden | 9'982'709 | 125 | 2006-07 | N | SAC (6-12) | Adequate |
| Switzerland | 8'544'034 | 137 | 2015 | N | SAC (6-12) | Adequate |
| Syrian Arab Republic | 18'284'407 | - | - | - | - | - |
| Tajikistan | 9'107'211 | 139 | 2009 | N | SAC | Adequate |
| Tanzania, United Republic of | 59'091'392 | 204 | 2004 | N | SAC, Adolescents (6-18) | Adequate |
| TFYR Macedonia | 2'085'051 | 241 | 2007 | N | SAC | Adequate |
| Thailand | 69'183'173 | 262 | 2012 | N | SAC | Adequate |
| Timor-Leste | 1'324'094 | 170 | 2013 | N | WRA | Adequate |
| Togo | 7'990'926 | 171 | 2005 | N | SAC (6-12) | Adequate |
| Tonga | 109'008 | - | - | - | - | - |
| Trinidad and Tobago | 1'372'598 | 314 | 2018 | N | SAC | Excessive |
| Tunisia | 11'659'174 | 220 | 2013 | N | SAC (6-12) | Adequate |
| Turkey | 81'916'871 | 107 | 2007 | N | SAC (6-14) | Adequate |
| Turkmenistan | 5'851'466 | 170 | 2004 | N | SAC (8-10) | Adequate |
| Tuvalu | 11'287 | - | - | - | - | - |
| Uganda | 44'270'563 | 464 | 2005 | N | SAC (6-12) | Excessive |
| Ukraine* | 44'009'214 | 90 | 2002 | N | WRA (15-49) | Insufficient |
| United Arab Emirates | 9'541'615 | 162 | 2008-09 | N | SAC (6-12) | Adequate |
| United Kingdom | 66'573'504 | 138 | 2013-14 | N | SAC, Adolescents (4-18) | Adequate |
| United States of America | 326'766'748 | 190 | 2011-14 | N | SAC (6-11) | Adequate |
| Uruguay | 3'469'551 | 248 | 2016 | N | SAC | Adequate |
| Uzbekistan | 32'364'996 | 141 | 2005 | N | SAC (6-12) | Adequate |
| Vanuatu | 282'117 | 77 | 2007 | N | WRA | Insufficient |
| Venezuela | 32'381'221 | 180 | 2011 | N | SAC | Adequate |
| Viet Nam | 96'491'146 | 84 | 2013-14 | N | SAC (8-10) | Insufficient |
| Yemen | 28'915'284 | 122 | 2015 | N | SAC (6-12) | Adequate |
| Zambia | 17'609'178 | 245 | 2011 | N | SAC (7-12) | Adequate |
| Zimbabwe | 16'913'261 | 220 | 2005 | S | SAC | Adequate |