

# **NATIONAL IODINE DEFICIENCY DISORDER CONTROL PROGRAMME**

## **Introduction:**

Iodine is an essential micronutrient required daily at 100-150 micrograms for normal human growth and development. Deficiency of iodine can cause physical and mental retardation, cretinism, abortions, stillbirth, deaf mutism, squint & various types of goiter. As per the surveys conducted by the Directorate General of Health Services, Indian Council of Medical Research, Health Institutions and the State Health Directorates, it has been found that out of 414 districts surveyed in all the 29 States and 7 UTs, 337 districts are endemic i.e where the prevalence of Iodine Deficiency Disorders (IDDs) is more than 5%.

Realizing the magnitude of the problem, the Government of India launched a 100 per cent centrally assisted National Goitre Control Programme (NGCP) in 1962. In August, 1992 the National Goitre Control Programme (NGCP) was renamed as National Iodine Deficiency Disorders Control Programme (NIDDCP) with a view of wide spectrum of Iodine Deficiency Disorders like mental and physical retardation, deaf mutism, cretinism, still births, abortions etc.. The programme is being implemented in all the States/UTs for entire population.

In the State of Goa, NIDDCP is started under Directorate of Health Services (DHS) with State IDD Cell and IDD Laboratory at DHS Campal, Panaji. Qualitative and Quantitative tests for estimation of Iodine contents in Salt is regularly done at IDD Laboratory by getting Salt samples from household level through all peripheral Health centers.

## **Goal:**

1. To bring the prevalence of IDD to below 5% in the country
2. To ensure 100% consumption of adequately iodated salt (15ppm) at the household level.

## **Achievements:**

As per NFHS (National Family Health Survey, India) Goa has achieved 98.0 % in using Adequately Iodized salt at Household level in year 2019-2021.

NFHS	Year	% living in household using Adequately Iodized Salt
NFHS - 3	2005 - 2006	78.6
NFHS - 4	2015 - 2016	97.9
NFHS - 5	2019 - 2021	98.0