



SNS COLLEGE OF NURSING, COIMBATORE – 35

NATIONAL IODINE DEFICIENCY DISORDER CONTROL PROGRAMME

INTRODUCTION:

Realizing the magnitude of the problem, the government of India launched a 100 percent centrally assisted National Goiter Control Program (NGCP) in 1962. In August 1992, National Goiter Control Program (NGCP) was renamed the National Iodine Deficiency Disorder Control Program (NIDDCP) with a view to cover a wide spectrum of Iodine Deficiency Disorder like mental and physical retardation, deaf-mutism, cretinism, still-births, abortion etc.

GOAL:

NIDDCP is to reduce the prevalence of iodine deficiency disorders below 10 percent in the entire country by 2012 AD

OBJECTIVE:

- 1) Survey to assess the magnitude of the Iodine Deficiency Disorder.
- 2) Supply of Iodated salt in place of common salt.
- 3) Resurvey after every 5 year to assess the extent of Iodine Deficiency Disorder and the impact of iodated salt.
- 4) Laboratory monitoring of isolated salt and urinary Iodine excretion. Health education & publicity.

POLICY:

- 1) It had been established that consumption of iodated salt is the best and simplest way to prevent and control IDD.
- 2) Based on the recommendation of the central council of health in 1984, the govt. of India took a policy decision to iodated the entire edible salt in the country by 1992 in a phased manner. The program started in 1986 in April.
- 3) The central govt. has issued the notification banning the sale of non-iodated salt for direct human consumption in the entire country with effect from 17th May, 2006 under the prevention of food adulteration act 1954.

IODINE DEFICIENCY DISORDER CELL OF DIRECTORATE GENERAL OF HEALTH SERVICE:

The Central Nutrition and Iodine Deficiency Disorders cell at the Directorate General of Health Services (DGHS) is responsible for the implementation of NIDDCP in the country. The important activities of IDD are as follows:

- Technical guidance to the states/UTs.
- Intersectoral coordination at Central level and maintenance close liaison with the ministry of Industry/transport etc.
- Coordination of the various facets of NIDDCP in states/ UTs.
- Undertaking independent IDD surveys and monitoring in various states/UTs.
- Imparting training to the state health to whom personnel, involved in NIDDCP.
- Collection, compilation and analysis of relevant data from states/UT with a view to render more effective and meaning advice.
- Monitoring of the quality control of iodated salt at production level through the salt commissioner and at the distribution & consumer level through the state health directorate.
- Monitoring the procurement and distribution of iodated salt in States/UTs.
- Managing the IEC activities at apex level.
- Managing the financing and other physical aspects of state level IDD cells.

STATE/UNION TERRITORY IDD CELL:

- Each state government has an IDD control cell, which is responsible for:
 - Checking iodine levels of iodated salt with wholesalers & retailers with in the state and coordinating with the food & civil supplies department.
 - The distribution of iodated salt with in the state through open market & public distribution system.
 - Creating demand for iodated salt.
 - Monitoring consumption iodated salt.
 - Conducting IDD surveys to identify the magnitude of IDD in various districts.
 - Conducting training.
 - Dissemination of information, education and communication.

CURRENT STATUS OF PROGRAMME:

- 31 states/ UTs have established Iodine Deficiency disorder control cells in their state health directorate.
- 30 states/UTs have already setup Iodine deficiency disorders monitoring laboratories while the remaining states are in the process of establishing same.
- 365 districts have been surveyed till now.
- In a survey carried out by ICMR, central and state health directorate and medical institutions, 365 districts were surveyed and out of which 303 districts were found to be endemic.

- To rise the awareness song and drama division through their fields unit have been carrying out extensive special interactive programmes/ activities in 200 high focused districts in 16 states of the country.
- IDD spots are being telecast through the Doordarshan daily, in all 14 regional languages, are broadcast by the All India Radio through its 37 Vividha Bharti channels and 129 primary channels.
- Message about IDD and consumption of Iodated salt on computerized railway reservation tickets.
- Global IDD prevention Day is celebrated in districts on 21 october every year.

ACHIEVEMENTS OF THE PROGRAMME:

- The salt production policy has been liberalized and permitting production by the private sector. 824 private units have been licensed by the salt commissioner, out of which nearly 532 units have commenced production so far.
- The ministry of railway is providing priority arrangements (category 'B') for the transportation of iodated salt. This priority is second to that of defense.
- Since may 2006 the central government has issued notification banning the sale of non iodated salt in country.
- Standard for iodated salt have been laid down under prevention of food adulteration act 1954.
- These stipulate that the iodine content of salt production and consumption levels should be at least production and consumption levels should at least 30 and 1 ppm respectively.
- The NIDDCP has been included in the 20 point program of the prime minister.
- Each state and UT has been advised to established to established an IDD control cell in their state/ UT.
- Cash grants also provided by the central government for health education and publicity campaign to promote the consumption of iodated salt.
- The nutrition and IDD cell of the directorate general of the health services carrying out surveys and training of staff.
- A national reference laboratory for the monitoring of IDD has been set up at the Bio-chemistry and biotechnology division of the National Center for disease control, delhi, for training medical and paramedical personnel and monitoring the iodine content of salth & urine.
- For ensuring quality control of iodated salt at consumption level, testing kits for 'on the spots' qualitative testing have been distributed to all the district health officers.
- A program implementation committee under the chairmanship of director general of health services has been constituted to review the program.

- A central steering committee has been set up under the chairmanship of secretary (health and family welfare) for effective coordination with other sectors.

INFRASTRUCTURE:

- National iodine deficiency Disorder controls program at the central level is being managed by adviser (Nutrition) of the directorate general of health services
- An independent nutrition & IDD cell has been created under the deputy asst. director general (IDD) with support of research officer (IDD) assisted by a team comprising a technical assistant, a junior investigator, field assistants, field attendants, a computer and other ministerial staff.
- Each state is having their own IDD cell. Till now there now 31 IDD cells and 30 laboratories have been established.

FINANCIAL ASSISTANCE

Financial assistance is being provided to all the states/ UTs in form of quarterly advance release of funds W.e.f. 2002 – 03 for various components under the programme.

IDDCP in 12th FIVE YEAR PLAN (2012 – 2017)

GOAL:

- Universal use of iodine fortified salt.
- to bring down prevalence of IDD below 5% in the entire country by 2017 AD.
- To ensure 100% consumption of adequately iodated salt (15 PPM) at the household level.

STRATEGIES

- IDD surveys
- Established of IDD control cells
- Establishment of IDD monitoring labs.
- Training programme.
- Production and distribution of iodised salt.
- Community level iodated salt testing.
- Incentives ASHA for community level awareness of iodated salt.
- Strengthening of central IDD control cell.
- Health education and publicity by the state/ UTs.

CONCLUSION

National Iodine Deficiency Disorder Control program(IDDCP) was launched as National Goiter Control Programme and renamed as IDDCP in the year 1992. The main objective of this programmes is initial surveys to assess the magnitude of the iodine deficiency disorders, supply of iodated salt in place of common salt and health education and Publicity.

REFERNCE:

- Darshan sohi, “ A comprehensive textbook of applied Nutrition and dietetics” , 3rd edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.
- <https://www.slideshare.net/aiswarya1995/balanced-diet-57863742>