A National Strategy for the elimination of Iodine Deficiency Disorders

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<th>Published by:</th>
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<tr>
<td>UNICEF Romania</td>
<td>2004</td>
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<th>Is the policy document adopted?:</th>
<th>End year:</th>
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<tr>
<td>Yes</td>
<td>2012</td>
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<td>Government of Romania</td>
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<tr>
<th>Country(ies):</th>
<th>Type of policy:</th>
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<tr>
<td>Romania</td>
<td>Nutrition policy, strategy or plan focusing on specific nutrition areas</td>
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### Goals

**Metas y objetivos en relacion con la nutricion:**

The goal of this strategy is to ensure IDD elimination in Romania. Ensuring sustainable IDD elimination requires:

- constantly maintaining the demand to eliminate iodine deficiency induced risks;
- ensuring that iodized salt is of adequate quality, is available and affordable;
- complete and accurate information of all strata and segments of society about the importance of iodine in the diet for optimal mental development.

**GENERAL OBJECTIVES**

Both the general objectives and the specific objectives constitute a very important part of the implementation of the strategy on IDD elimination. Under general objectives there can be listed:

1. reduce IDD incidence and ensure normal development of the human body;
2. produce iodized salt in accordance with the provisions in effect, both for the use of human beings and for animals, as an essential vehicle for iodine intake;
3. ensure an adequate supply of iodized salt on the market;
4. develop and improve a national surveillance and monitoring system of iodized salt production and consumption;
5. provide health policies and a regulatory framework capable of sectoral and multi-sectoral responses in the area of IDD elimination.

### Strategies

**Estratégias y actividades en relación con la nutrición:**

**Strategic directions for action**

Taking into account all these considerations, a number of priority strategic actions have been identified to prevent and control IDD:

1. Universal iodization of salt for human and animal consumption as the main long term action;
2. Short-term and special situations interventions (endemic areas with severe deficit, pregnant women, pathology);
3. Monitoring iodized salt quality all the way from producer to consumer;
4. Monitoring iodine deficiency in the population at large;
5. Develop a communication strategy to:
   a. educate the public on the importance of iodized salt and its correct use;
   b. raise awareness among professionals (teachers, physicians, nurses, community nurses, social workers, media and food industry professionals) to convey to the population key-messages about the importance of using iodized salt;
   c. raise awareness among importers, distributors and retailers to market products made with iodized salt, according to the legislation in force.
Indicadores de monitoreo:

Expected results

Structure indicators

1. Creation of National Committee on Iodine Deficit Disorders Elimination
2. NCIDDE members meet quarterly, at least
3. All health education curricula for 1st to 12th grades will include, in each module, a topic related to the importance of iodized salt for the body
4. Set up reference laboratories to determine urinary iodine levels
5. Set up a reference laboratory to monitor the quality of iodized salt
6. A monitoring system of iodized salt quality coordinated by the network of Public Health Institutes

Process indicators

1. Adopt a national seal for iodized salt
2. Iodine level in iodized salt for direct human use according to the provisions of the legislation in force
3. For the long term (by 2012), depending on the results of the assessment of iodine deficiency status in the population, iodization of salt for animal consumption

Result indicators

1. Rate of transitory hypothyroid cases in newborns
2. Incidence of goiter, especially among children
3. Number of pregnant women with urinary iodine excretion below WHO standards
4. Number of school-aged children with urinary iodine excretion below WHO standards
5. Supply of iodized salt for domestic use, direct human use, animal use and food industry
6. Dynamics of iodized salt consumption
7. Percentage of households using only iodized salt
8. Percentage of persons who recognize at least two health benefits of using iodized salt

Tipos de indicadores de monitoreo y evaluación:

Outcome indicators
Process indicators

Enlace URL:

Carga de archivos:
ROU 2004 Iodine Deficiency Disorders.pdf

Referencias:


Policy topics:

- Iodine deficiency disorders
- Media campaigns on healthy diets and nutrition
- Micronutrient supplementation
- Nutrition education
- Mandatory fortification
- Local products
- Imported products
Monitoring mechanism established

**Partners in policy implementation**

- Government
  - Cabinet/Presidency
  - Health
  - Food and agriculture
  - Education and research
  - Trade
  - Industry
  - Información
  - Otro
  - Details: more
    - National Authority for Consumer Protection; National Agency for Veterinary and Food Safety; National Committee on Iodine Deficiency Disorders Elimination

- UN agencies
  - United Nations Children's Fund (UNICEF)

- Research / Academia
  - Details: more
    - Bucharest Institute of Public Health; ?C.I. Parhon? Institute of Endocrinology; Institute for Food Chemistry

- Otro
  - Details: more
    - National Salt Company; Romanian Association of Employers in Milling; Bakeries and Flour Products Industry; Salt Producers, retailers and importers; National Health Insurance Fund

**Enlaces**

[1] https://extranet.who.int/nutrition/gina/sites/default/files/ROU%202004%20Iodine%20Deficiency%20Disorders.pdf