

Fact Sheet



Iodine Deficiency Disorder



8th National Nutrition Survey,
Philippines 2013:



Globally, 2.2 billion people (38% of the world's population) live in areas with iodine deficiency and risks its complications.

Iodine Deficiency Disorder (IDD)

- Is the single most common cause of preventable mental retardation and brain damage in the world. It also decreases child survival, causes goiters, and impairs growth and development. Iodine deficiency in pregnant women causes miscarriages, stillbirths, and other complications. Children with IDD can grow up stunted, apathetic, mentally retarded, and incapable of normal movements, speech, or hearing.
- Iodine deficiency was once considered a minor problem, causing goiter, an unsightly but seemingly benign cosmetic blemish. However, it is now known that the effects on the developing brain are much more deadly, and constitute a threat to the social and economic development of many countries.
- Effective and affordable technology exists to prevent iodine deficiency and the problems it causes. The most important are **iodized salt** and effective monitoring of iodine nutrition.

- *median UIE levels increased from 132 to 168 µg/L in the 2008 and 2013 NNS, respectively*
- *proportion of UIE levels <50ug/L has decreased from 19.7 to 16.4 % in the 2008 and 2013 NNS, respectively*
- *one (1) region had UIE level indicating iodine deficiency*
- *thirteen (13) provinces had UIE levels indicating iodine deficiency*

There is significant decrease for both awareness and usage from 2005 to 2013 except for usage from 2008 to 2013 where an increase trend was observed.

47.5% HH salt in the Philippines fall under the 0 to <5 ppm range coming from Zamboanga, Central Luzon, Ilocos Region and ARMM