

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:1142
ANSWERED ON:01.03.2006
SALE OF IODISED SALT
Vijay Krishna Shri

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether several scientists and doctors are of the view that fruits, vegetables, meat etc. fulfil the deficiency of iodine in our meals;
- (b) if so, the details thereof;
- (c) whether the Government is likely to relax the mandatory condition of sale of iodised salt;
- (d) if so, the details thereof; and
- (e) if not, the reasons therefor?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH & FAMILY WELFARE (SMT. PANABAKA LAKSHMI)

(a) to (e) No, Sir. The medical experts and scientists of the country from All India Institute of Medical Sciences (AIIMS), New Delhi, Indian Council of Medical Research (ICMR), Delhi, Directorate General of Health Services, State Health Directorates, Indian Medical Association (IMA), other medical institutions and international organizations like World Health Organization (WHO), UNICEF, International Council for Control of Iodine Deficiency Disorders (ICCIDD), Micronutrient Initiative (MI) have clearly opined that there is need of iodine supplementation daily through iodated salt for the entire population as there is environmental iodine deficiency in the country. Subsequently, the various food products in the form of vegetarian and non-vegetarian foods are deficient in iodine content and will not be in a position to provide the normal requirement of nutritional iodine i.e. about 100-150 micro-grams daily for a person. The studies conducted by Dte. General of Health Services and other medical institutions have very clearly demonstrated that as a result of iodine supplementation through iodated salt in various districts of the country, there is significant reduction of iodine deficiency disorders. Recently, the impact evaluation studies conducted by National Institute of Nutrition, Hyderabad, covering 40 districts in 25 States have very clearly shown that there is significant decrease in iodine deficiency disorders as a result of regular consumption of iodated salt. The problem of iodine deficiency is still prevalent in all States/UTs as a public health problem, so there is need of compulsory salt iodisation for human consumption.