

2nd International Conference on

FOOD CHEMISTRY & NUTRITION

July 24-26, 2017 Vancouver, Canada

Further monitoring of adequacy in compliance with iodization of salt

Sujitha Elkaduwa

Government Analysts' Department, Sri Lanka

Background: Iodine is an essential micro nutrient required for normal thyroid function. Sub optimal intake of iodine causes inadequate thyroid hormone production, which leads to a spectrum of adverse outcomes collectively termed as iodine deficiency disorders (IDD). Universal Salt Iodization (USI) is recognized as the most promising sustainable and cost effective solution to address iodine deficiency at country level. A country is said to have achieved USI when at least 90% of the households consumed adequately iodized salt.

Objective: The objective of the study is to investigate the sufficiency of adequately iodized salt going to households considering three important key factors.

Methodology: 1423 randomly selected salt samples from the samples received by the Government Analysts' Department of Sri Lanka from public health inspectors, all over the island from year 2005-2017 (March) were subjected to analysis in order to check the conformity to Food (Iodization of Salt) Regulations 2005. The samples were analyzed for moisture content, iodine content and for its granular size wherever applicable. The samples were analyzed according to standard methods laid down for edible common salt in SLS (Sri Lanka Standards) 79 & 80.

Results: There is a satisfactory tendency towards decreasing poor quality adequately iodized common salt going to households. It also reveals that attention is needed in monitoring the process of achieving USI to prevent IDD.

Conclusion: For a successful elimination of preventable iodine deficiency disorders, a multidisciplinary team effort is required.

Biography

Sujitha Elkaduwa is currently serving at the Government Analysts' Department, at the capacity of Senior Assistant Government Analyst. She is attached to Food Division, which handles analysis of food samples all over the island forwarded by public health inspectors under Ministry of Health Care and Nutrition, and reporting of the analysis results to the relevant authorities, such as Courts of Law, Food Control Administration Unit, and other interested authorized parties. She also provides consultation services.

weelkaz@gmail.com

Notes: