

National Iodine Deficiency Disorders Control Program (NIDDCP)

Salt Iodisation Program in INDIA

The Salt iodisation programme in India dates back to late 50's when the classical study of Professor V. Ramalingaswamy and his associates in Kangra Valley of Himachal Pradesh established Iodine Deficiency as the causative factor for endemic goiter and consuming salt iodised with potassium iodate as the most economic and easiest means of its prevention and control in a population.

Encouraged with the results of the experience gained in the Kangra Valley, Government of India launched the National Goiter Control Programme (NGCP) in 1962. One of the objectives of the programme was to supply iodised salt in place of common salt to all the identified and notified goiter endemic areas in the country. Initially, only public sector undertakings were permitted to produce iodised salt. The Government of India, with the help of WHO and UNICEF set up iodisation plants at Sambhar Lake (Rajasthan), Kharagoda (Gujarat) and Howrah (West Bengal) with a total annual installed capacity of 3.85 lakh tones. Supplies of iodised salt to the goitre endemic areas were arranged in consultation with the concerned State Governments. Sale of common salt for edible purposes was banned in the goitre-endemic areas by Notifications issued by the State Governments under the Prevention of Food Adulteration Act, 1954. The production from the above units was only about 2 lakh tones per annum, out of which about 1 lakh tones was supplied to Nepal. Their production could not meet the requirement of all endemic areas till 1983.

The Government of India, therefore, reviewed the programme in 1983 and announced policy liberalization to promote production of iodised salt

In order to meet the demand for iodised salt, the policy on production of iodised salt was liberalized allowing private sector participation.

Appointment of a Working Group on Salt Technology in 1983 under Chairmanship of the Salt Commissioner to suggest methods to upgrade the technology of production of common and iodised salt

Recognising IDD as a national health problem, the Government of India formed a Study Group under the Chairmanship of Salt Commissioner in 1984 to go into various aspects of iodisation programme and to suggest measures to achieve universal iodisation of salt.

The Government of India accepted the recommendations of the Working Group and Study Group, and on the advice of the Central Council of Health in 1984 took a historic decision to iodize the entire edible salt in a phased manner by 1992 and included in the Seventh Five Year Plan (1985-1990) of Government of India. It was also included in the 20 Point Programme announced in 1986.

Salt Commissioner's Organization under the Ministry of Commerce & Industry, Department of Industrial Policy & Promotion, is the Nodal Agency for monitoring the production and quality of iodized salt at the production level & ensuring its equitable distribution in the country. The Programmed was also renamed in 1992 as National Iodine Deficiency Disorders Control Programmed (NIDDCP).

PROGRESS OF UNIVERSAL SALT IODISATION (USI):

The sustained efforts of Salt Commissionerate over the last two decades in implementing the policy initiatives and the cooperation of the salt manufacturers have resulted in significant progress on Salt Iodisation Status in the country. Some of the achievements are:-

524 salt iodisation units including 121 refineries (capacity 158.57 lakh MT) with a total installed capacity of 227.79 lakh tones have been established as on 31-03-2023; the capacity established is more than double the requirement of salt for human consumption in the country
The production of iodised salt which was about 2 lakh tones in 1983 is now about 76.43 lakh tones during 2022-23.

About 79.6 per cent of iodised salt produced is refined iodised salt

The supplies of iodised salt within the country during 2022-23 was 74.47 lakh tones against the annual requirement of 62 lakh tones for human consumption thereby providing access of iodised salt to the population

The National Family Health Survey, II (2019-21) revealed that 71 per cent of the households are consuming iodised salt; 94 per cent of the households are consuming iodised salt
