**National Iodine Deficiency Disorder Control Programme**

A 100% CSS Programme launched in 1962 as National Goiter Control Programme Renamed as National Iodine Deficiency Disorder Control Programme in 1992 to cover the wide spectrum of disorders. The Iodine Deficiency Disorder Control programme was launched in the year 1984 in the State as it was decided as a National policy to fortify all edible salt in a phased manner. The sale of Non iodized salt was banned in the State of Sikkim under the provision of Food Adulteration Act 37, of 1954 and implemented since September 1985 with the following objectives:-

* To supply iodated salt in place of common salt
* Laboratory monitoring and iodated salt and urinary iodine excretion.
* Health Education.
* Surveys & Resurveys to assess the magnitude and extent of IDDs and impact of use of iodated salt.

The goal is to reduce the prevalence of IDD to <5% by 2020 in the entire Country.

**A. Implementation mechanism and activities:**

The different components of the NIDDCP for implementation activities are IDD control Cell, IDD Monitoring Laboratory, Publicity & Health Education and Surveys & Resurveys.

**1. IDD Control cell:**

The IDD Control Cell based at the Head Quarter is created for proper implementation and effective monitoring of the programme. All the sanctioned posts of Technical Officer, Statistical Assistant and the post of LDC is lying vacant. At the districts the implementation activities are carried out by the CMO who are the Nodal Officer for the programme. Apart from conducting IDD survey it is also imparting trainings to all the health functionaries including AWW, ASHA and Salt retailers.

**2. IDD Monitoring Laboratory:**

The IDD monitoring laboratory is established at STNM Hospital, Gangtok. Earlier it was functioning with the food testing centre however a well functional IDD laboratory has been established in the STNM complex in 2008-09.

A regular monitoring and evaluation of iodated salt sample at both consumers and retailer’s level is being carried out to monitor the quality of the iodized salt.

A minimum of fifty salt samples from each district is being collected and analyzed monthly as per the GoI Policy Guidelines 2006.

Estimation has also been taken up in this laboratory since Nov 2009. A total of 25 samples each district is being collected and analyzed and reports are forwarded to GOI on monthly as per the GoI guidelines.

**3. Publicity and health education:**

Publicity and health education is being carried out with an objective to generate awareness among general population regarding consequences of iodine deficiency disorders and to educate the general masses on improving storage of iodized salt and to promote the consumption of iodated salt.

A week long Global IDD Prevention Day starting on 21st October is celebrated every year. This day is celebrated to create awareness about the importance of regular consumption of iodized salt in prevention of Iodine Deficiency Disorders. In addition to Global IDD Prevention Day Celebration, Orientation Training Camp Programme is conducted for all the health functionaries including AWW, ASHA and Salt retailers.

**4. Spot testing kit:**

As spot testing kit is a major component of this programme. Every month 25 household samples are collected by ASHA’s and reports using salt testing kit is provide to headquarter by the DPM of every district. This is further compiled and forwarded to The Government of India in a quarterly basis.

**5. Surveys and resurveys:**

The surveys are conducted for assessing the magnitude of Goiter and other Iodine Deficiency Disorders. It is conducted as per the guidelines of Government of India. **The resurvey is carried out every five years to assess IDD and to assess impact of use iodated salt.**

The last survey was conducted in the year 2006-07 where in the prevalence of goiter was found to be 14.17% and the resurvey was carried out during 2009-10 in all the four districts, Where in the prevalence of goiter is found to be 13.37. Resurvey was conducted in the north district in the year 2011-2012, south and east district in the year 2012-13 and west in the year 2013-14 wherein the prevalence was found to be 2.33%, 6.1%, 4.9%, and 8.8% respectively. Block year Survey of each district has been concluded and the publication of IDD book for the year 2017-18 is out and the prevalence was found to be 11.33%. However the state as a whole is still endemic for IDD as a district is said to be endemic if the goiter rate is above 5% in children of age group 6 to 12 years surveyed.

**Manpower status of IDD:**

|  |  |  |
| --- | --- | --- |
| Sl. no | Particulars | Remarks |
| 1. | Programme officer | Under govt,of Sikkim |
| 2. | Technical Officer | Regular |
| 3. | Statistical assistant | Vacant post |
| 4. | Lab technician | Regular |
| 5. | LDC/DEO | Vacant post |
| 6. | Lab assistant | Regular |

**B. Prevalence of IDD in Sikkim since 1982 to 2018-19.**

|  |  |  |
| --- | --- | --- |
| **Year of Survey** | **Goiter (%)** | **Cretinism (%)** |
| 1982 (ICMR) | 56.6 | - |
| 1989-91 | 54.03 | 3.46 |
| 1998-99 | 16.08 | 1.8 |
| 2006-07 | 14.17 | Cretin free state since 2003-04 ( Central Report) |
| 2009-10 | 13.37 |
| 2016-17 | 11.33 |

**C. Physical Achievements:**

**2020-21: Percentages of households consuming adequately iodized salt as per salt sample analysis report from the Monitoring Laboratories for the last five years.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Year | Consumers and Retailers | | Total | Remarks (%) |
| >15 ppm | <15 ppm |
| 2007- 08 | 2205 | 225 | 2430 | 90.70 |
| 2008- 09 | 2233 | 167 | 2400 | 93.00 |
| 2009- 10 | 1824 | 76 | 1900 | 96.00 |
| 2010- 11 | 2350 | 50 | 2400 | 97.70 |
| 2011-12 | 2335 | 15 | 2350 | 99.36 |
| 2012-13 | 2366 | 34 | 2400 | 98.58 |
| 2013-14 | 2386 | 14 | 2400 | 99.41 |
| 2014-15 | 2396 | 04 | 2400 | 99.83 |
| 2015-16 | 2382 | 18 | 2400 | 99.25 |
| 2016-17 | 2365 | 35 | 2400 | 98.5 |
| 2017-18 | 2390 | 10 | 2400 | 99.5 |
| 2018-19 | 2394 | 06 | 2400 | 99.6 |
| 2019-20 | 2191 | 09 | 2200 | 99.5 |
| 2020-21 | 778 | 22 | 800 | 97.25 |
| 21-22(till September) | 193 | 07 | 200 | 98% |

**2. Salt Sample analysis report for Consumers and Retailers for 2020-21 to 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Months | Iodometric Titration | | Total | Iodometric Titration | | Total |
| Households (%) | | Retailers (%) | |
| >15 ppm | <15 ppm | >15 ppm | <15 ppm |
| April 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| May 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| June 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| July 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| August 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| September 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| October 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| Nov 20 | Nil | Nil | Nil | Nil | Nil | Nil |
| Dec 20 | 153 | 07 | 160 | 40 | 00 | 40 |
| January 21 | 157 | 03 | 160 | 38 | 02 | 40 |
| February 21 | 160 | 00 | 160 | 40 | 00 | 40 |
| March 21 | 156 | 04 | 160 | 34 | 06 | 40 |
| April 21 | 157 | 03 | 160 | 36 | 04 | 40 |
| **Total** | **783** | **17** | **800** | **188** | **12** | **200** |

**3. District Wise break up of Salt Sample Analysis report 2020-2021**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Consumers** | | **Total** | **Retailer** | |  |
| >15 ppm | <15 ppm | >15 ppm | <15 ppm | Total |
| **EAST** | 158 | 02 | 160 | 37 | 03 | 40 |
| **NORTH** | 157 | 03 | 160 | 40 | 00 | 40 |
| **SOUTH** | 158 | 02 | 160 | 38 | 02 | 40 |
| **WEST** | 153 | 07 | 160 | 37 | 03 | 40 |
| **TOTAL** | **626** | **14** | **640** | **152** | **08** | **160** |

**District Wise break up of Salt Sample Analysis report 2021-2022(April 2021 -22 only)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Consumers** | | **Total** | **Retailer** | |  |
| >15 ppm | <15 ppm | >15 ppm | <15 ppm | Total |
| **EAST** | 40 | 00 | 40 | 09 | 01 | 10 |
| **NORTH** | 40 | 00 | 40 | 10 | 00 | 10 |
| **SOUTH** | 39 | 01 | 40 | 10 | 00 | 10 |
| **WEST** | 38 | 02 | 40 | 07 | 03 | 10 |
| **TOTAL** | **157** | **03** | **160** | **36** | **04** | **40** |

**4. Details of UIE estimation report for 2020-21**

|  |  |
| --- | --- |
| **Median Value µ/L** | **2020-21** |
| **<20** | **00** |
| **20-49** | **00** |
| **50-99** | **00** |
| **100-199** | **73** |
| **200-299** | **209** |
| **>= 300** | **18** |
| **Total** | **300** |

**Details of UIE estimation report for 2021-22(April only)**

|  |  |
| --- | --- |
| **Median Value µ/L** | **2021-22** |
| **<20** | **00** |
| **20-49** | **00** |
| **50-99** | **00** |
| **100-199** | **17** |
| **200-299** | **80** |
| **>= 300** | **00** |
| **Total** | **100** |

**5. Spot testing kit quarterly report by ASHA’s: (2020-21)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | **Salt testing /analysis** | **1st**  **Qtr** | **2nd Qtr** | **3rd Qtr** | **4th Qtr** | **Total** | **Grand total (%)** | **Remarks** |
| A | **Test kit method**  **No.of salt samples tested** |  |  | **31304** | **21444** | **706360** | **52748**  **(99%)** |  |
|  | **Adequately iodized** |  |  | **31252** | **21381** |  | **52633** |
|  | **Inadequately iodized** |  |  | **00** | **00** |  | **00** |
|  | **Nil iodine** |  |  | **52** | **63** |  | **115** |

**5. Publicity and Health education**

**A: Global IDD Prevention Day Celebration(20-21)**

This year Global Iodine Deficiency Disorder Prevention Day was celebrated at PHCS/PHSCS, throughout the state.

Keeping in view the outbreak of pandemic, the day was celebrated on 21st Oct 2021 and subsequent weeks in coordination with IEC wing setting up 30 programmes in and around the capital and the districts.

The participants were also the Panchayats, ASHAS, AWWS, UHSNCs members, including General public and retailers of the locality. In districts too it was celebrated in PHCs, PHSCs, with awareness talk, leaflets distributions and quiz competitions among the participants. The participants were told on the importance of iodine, its uses and prevention of IDDs & storage of salt. IEC leaflets were also distributed to all.

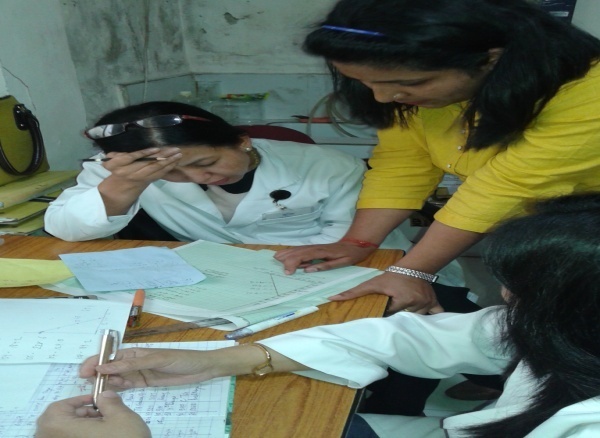
Further, talk on importance of iodized salt in AIR and social media ,jingles, advertisement in the local daily newspaper were also been done to make the public sensitized regarding the consumption of use of iodized salt..Banners were displayed in the state and the districts.

Demonstration and administration showing how to store iodized salt and presence of iodine in the salt was also given to the participants and the same was displayed in social media too by concerned wing.

**B. Monthly tour programme:**

Usually, every montha tour is organized in all the four districts choosing a particular school where awareness on iodine deficiency disorder is given along with salt and urine sample collection. Demonstration and analysis of salt used in the mid day meal of a particular school is done using spot testing kit. But this year due to pandemic, the samples were collected from the retailers and consumers of each district from the month of Dec 2020 only.

**Pic Gallery**

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