



Prevention of iodine deficiency in the Czech Republic

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Madonna from Zbraslav,
one of the Czech famous
gothic pictures
14th century
National gallery Prague

Intersectoral Committee on Iodine Deficiency Prevention, ICID Czech Republic, Prague

Objectives of Committee

Collection and assessment of knowledge on ID, regulation of the offer of iodine, suggestion of preventive actions, support surveys of iodine status of population, media communications.

Committee members (voluntary membership) come from

public health and medicine
ministries

governmental institutions
NGOs

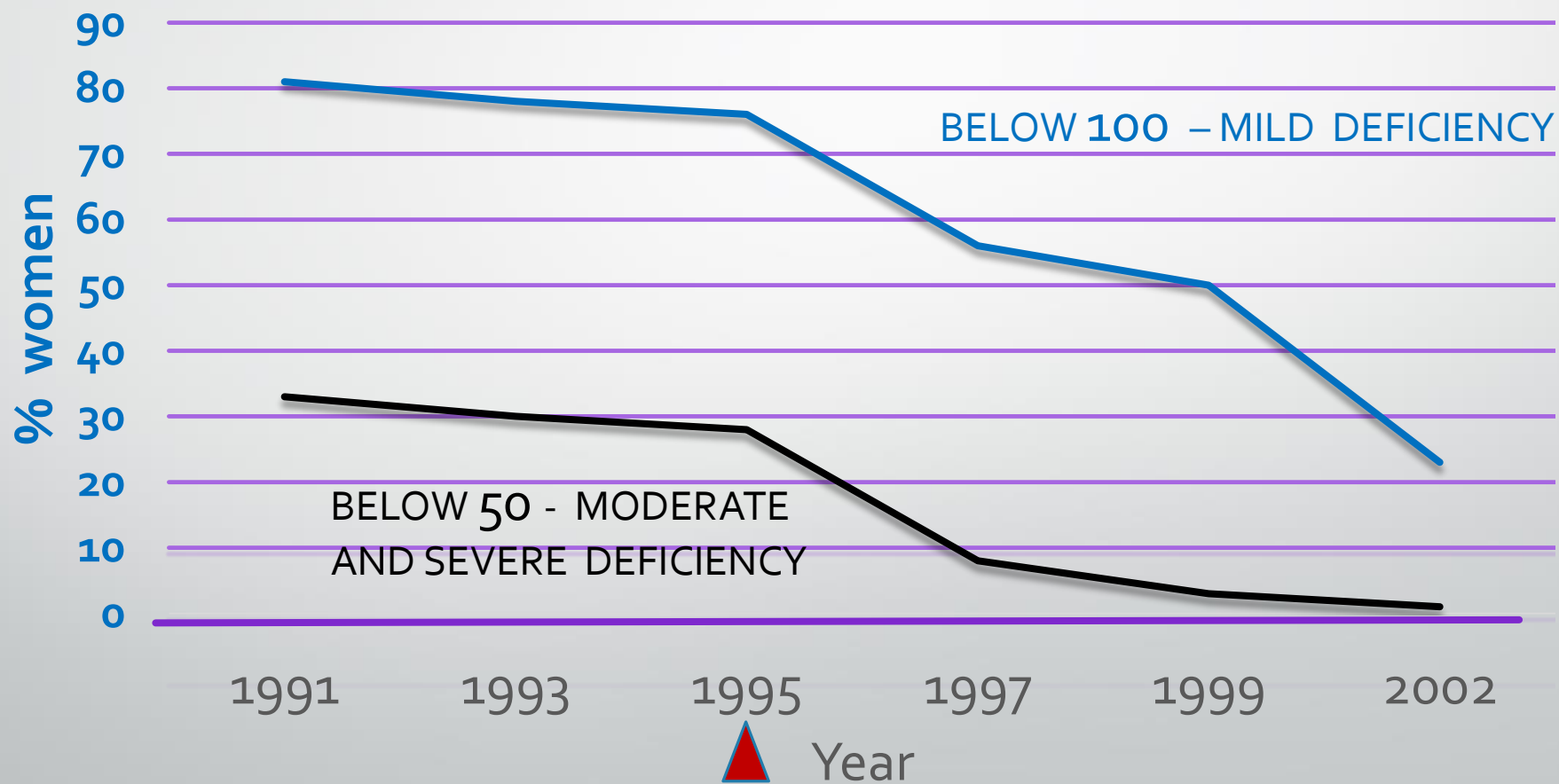
food and pharmaceutical industry
clinical laboratories

Restoration of iodine deficiency prevention in the Czech Republic 1995 - 2000

- Increase of iodine content in iodized salt to 27 mg/kg
- Assignment of iodine reference dose to 150 $\mu\text{g}/\text{d}$
- Potassium iodate instead sodium iodide in iodized salt
- Iodine enrichment of breast milk substitutes
- Considerable increase of iodized salt use in food mass production
- Iodide on prescription, paid from health insurance
- Annual Iodine Days, Diplomas for activity in IDD prevention
- Population surveys
- National conferences on IDD

Prevalency (%) of iodine levels in urine in women below 100 µg/L and below 50 µg/L

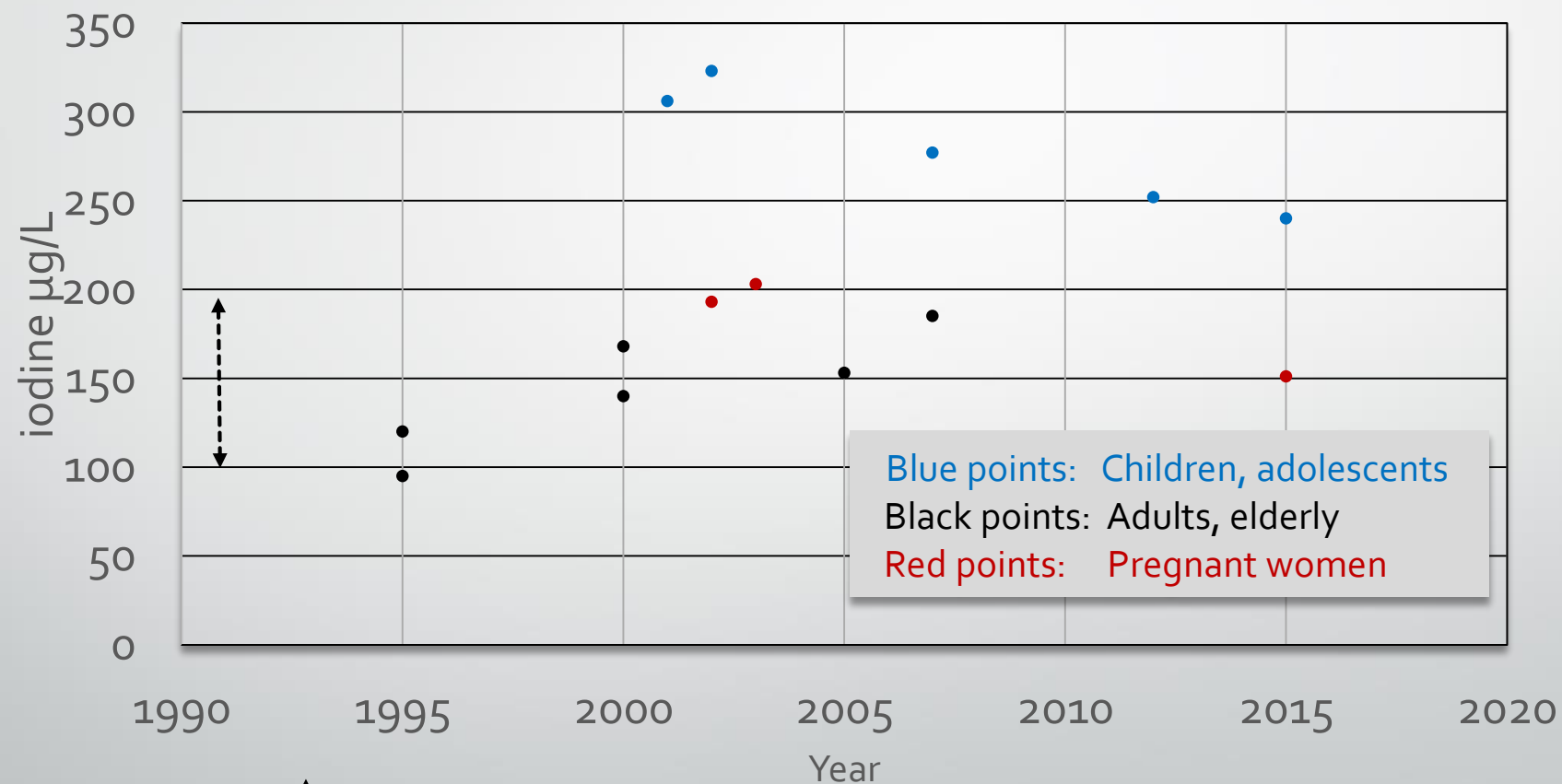
According to Zamrazil and Čeřovská, 2014



Median urine levels of iodine

Czech Republic

Excerpted from L. Ryšavá, surveys 1995 - 2015

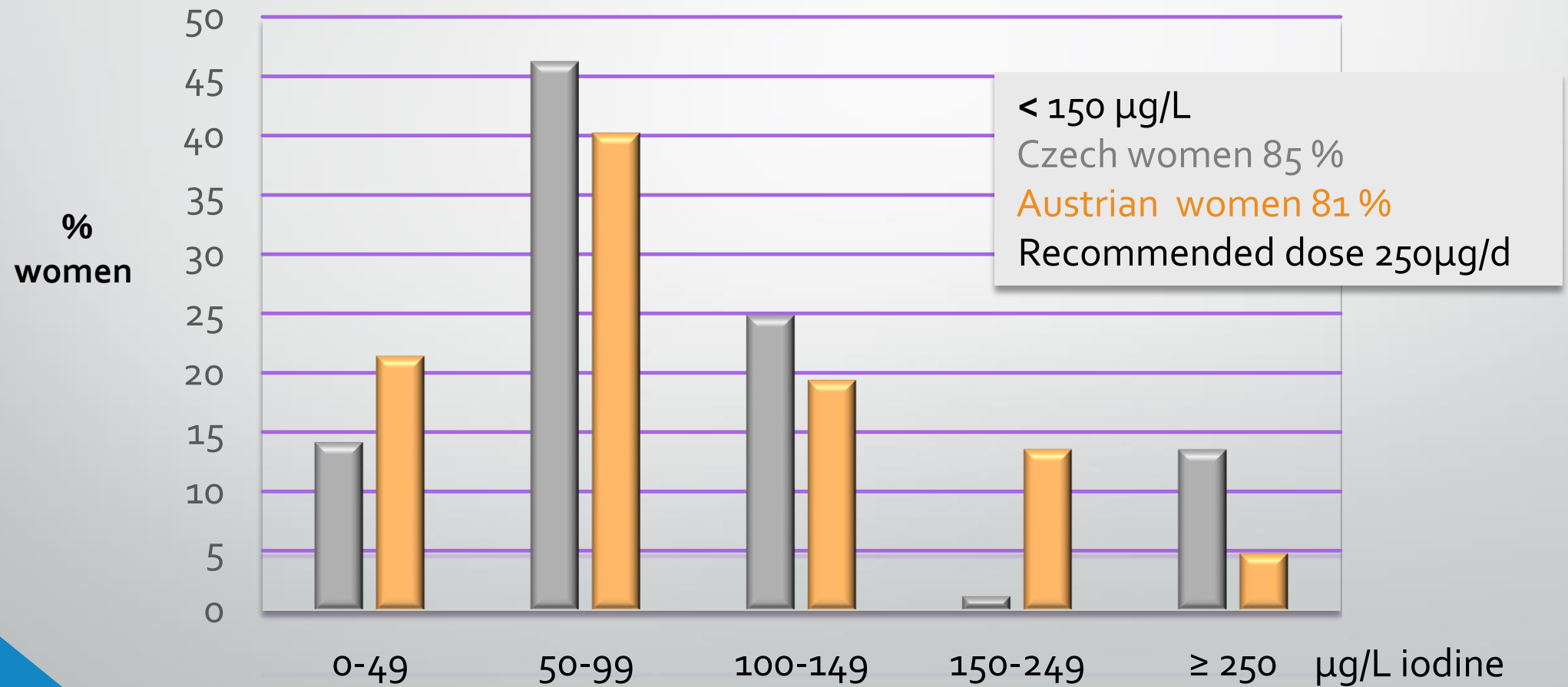


Adequate saturation. In pregnant's 250 µg/L

Urinary iodine levels in pregnant women

Czech Republic and Austria

According to Bílek (CR) a Lindorfer (A) (2011,2015)



Current objectives in iodine deficiency prevention in the CR

Maintenance of level achieved in deficiency prevention

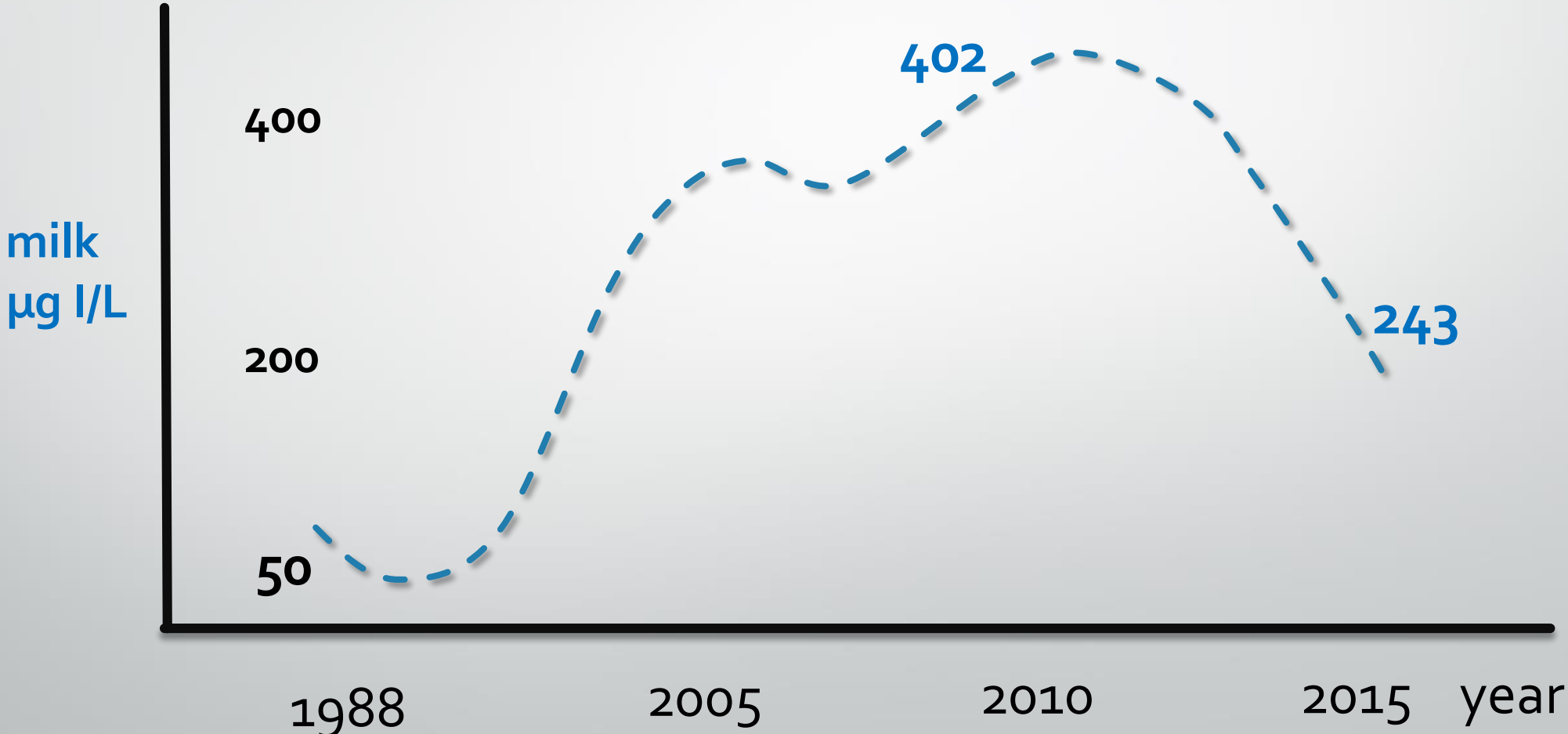
Assessment and solution of new problems:

- restraint of support of supplements with iodine
- deal with increase of iodine in dairy cow's milk
- eliminate iodine deficiency in pregnant women

Enforce periodic population surveys and sustainable funding of them

Iodine in raw cow's milk CR 1998 – 2015

According to Trávníček et al. 2011 a 2016



Conclusions

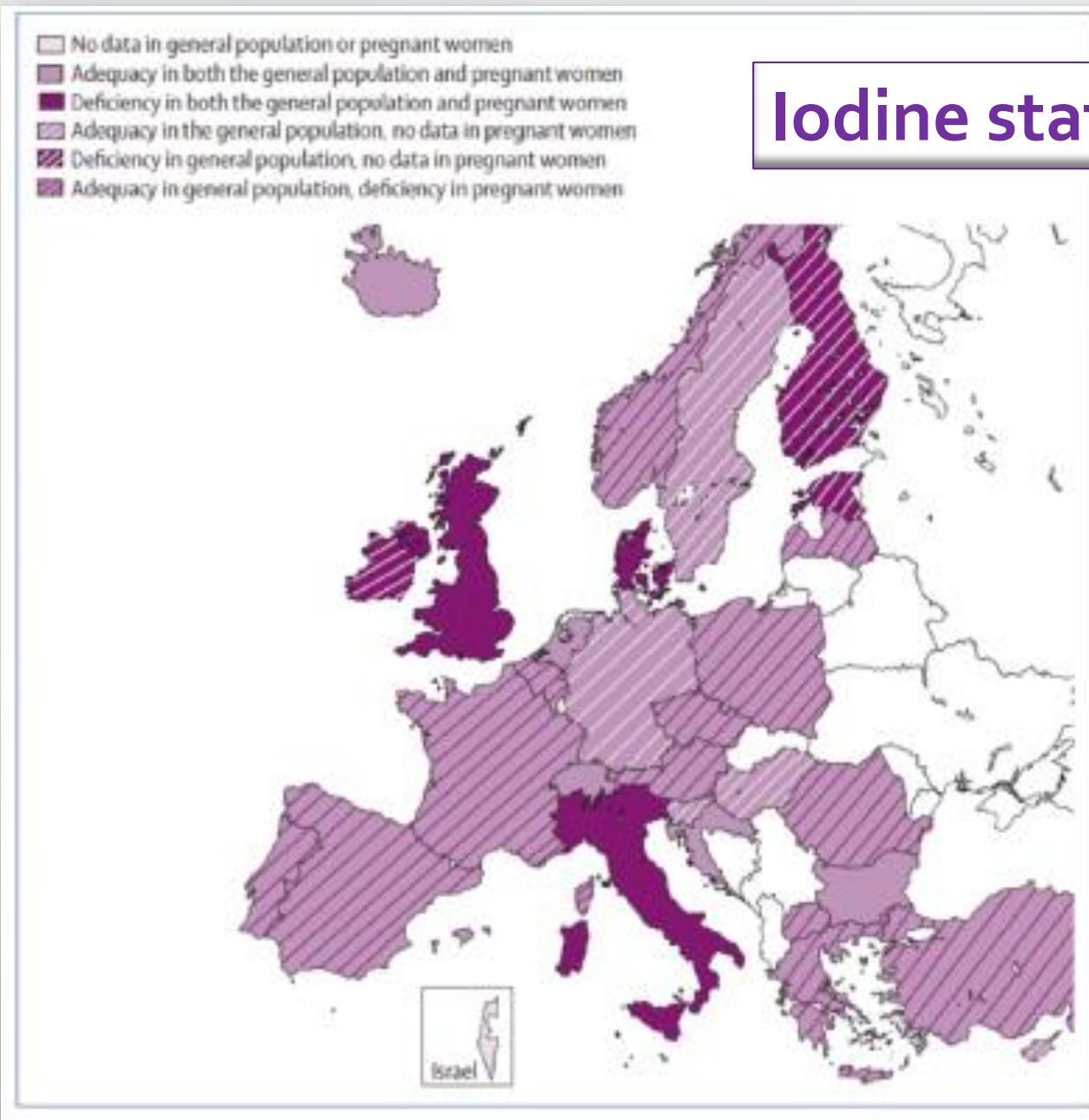
Long term Iodine status in population of the Czech Republic is in the range of optimum with mild tolerable increase of iodine saturation.

In recent years a slight decrease of ioduria levels in population was observed.

Unsufficient saturation persists in significant number of pregnant women.

Iodine deficiency prevention is never-ending process.

Iodine status Europe 2015



„The challenge of harmonizing the iodine supply across Europe“. IDD Newsletter, Vol 45, No 1 February 2017, p.10
[http://doi.org/10.1016/S2213-8587\(16\)30329-1](http://doi.org/10.1016/S2213-8587(16)30329-1)



Thank you for your attention

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