

Week 4 Theme:

"Elimination of Iodine Deficiency Disorders"

What is iodine?

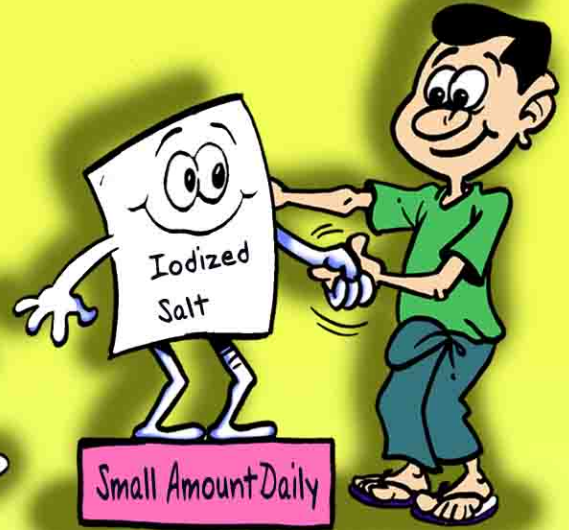
Iodine is an essential mineral that people need in small quantities to grow, develop and function properly.

What are the main consequences of iodine deficiency?

- mental retardation ("cretinism") in children
- goiters (enlargement of the thyroid gland)

How can we prevent Iodine Deficiency Disorders?

- Eat iodine-rich foods such as fish and shellfish (from the sea) and seaweed.
- Including Iodized salt in the diet is the cheapest, easiest and most effective way to get iodine.



What are some ways in which Food Security and Livelihoods programmes can prevent micronutrient deficiencies?



- Improve post-harvest handling of foods and include maintenance of micronutrient levels as an objective.
- Identify and promote micronutrient-rich fish in aquaculture activities. Some small fish are especially high in vitamin A and calcium.



- Promote consumption of local and wild sources of micronutrients such as insects and wild plants.

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Iodine deficiency is one of the main causes of impaired cognitive development in children. (Source: www.who.int)

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