

Global Iodine Deficiency Disorders Prevention Day Report

Occasion: Global Iodine Deficiency Disorders (IDD) Prevention Day

Date: 21st October

Organized by: Kalyan College of Nursing Rajura

Introduction

Global Iodine Deficiency Disorders Prevention Day is observed every year on 21st October to raise awareness about iodine deficiency and its harmful effects on health. The day highlights the importance of adequate iodine intake for proper growth, development, and prevention of related disorders. It promotes the use of iodized salt as a simple and effective preventive measure.

Objectives

To create awareness about iodine deficiency and its consequences.

To promote the consumption of adequately iodized salt.

To prevent goiter and other iodine deficiency disorders.

To educate communities about balanced nutrition.

Theme :- Together let's promote health and prevent hidden hunger

Importance

Iodine is an essential micronutrient required for the production of thyroid hormones. Deficiency can lead to goiter, hypothyroidism, mental retardation, stunted growth, and developmental delays in children. Pregnant women and children are especially vulnerable.

The World Health Organization (WHO) and UNICEF support universal salt iodization as a key strategy to eliminate iodine deficiency worldwide.

Activities Conducted

Health education sessions on the importance of iodized salt.

Distribution of pamphlets on nutritional requirements.

Awareness program

