

## Fluor and Iodine Commission: Annual Report 2021

### Mission

Initially founded to accompany the developments in connection with the usage of iodized salt in Switzerland, the commission nowadays engages in scientific and technical questions concerning iodine and fluoride intake, monitors intake of these nutrients and concerns itself with political issues in this field.

### Members

Dr. Maria Andersson, Zürich, Chair  
Dr. Michael Beer, BLV representative, Bern  
Prof. Hans Gerber, Konolfingen  
Prof. Dr. med. Christoph A. Meier, Zürich  
Dr. Giorgio Menghini, Zürich  
PD Dr. med. Katharina Quack Lötscher, Zürich  
Prof. Sabine Rohrmann, Zürich  
Mr. Stefan Trachsel, Pratteln  
Prof. Tuomas Waltimo, Basel  
Prof. Michael B. Zimmermann, Zürich

### Activities 2021

The annual commission meeting was held in April 2021, as a video meeting.

The commission reviewed the progress of the 5<sup>th</sup> Swiss National Iodine Study, funded by the Federal Food Safety and Veterinary Office and carried out by the ETH Zurich and University Children's Hospital Zurich. Iodine status, estimated iodine intake, and thyroid function in the Swiss population are monitored every 5 years in a nationally representative sample of school-age children and pregnant women. The coverage of households using iodized salt is also being assessed. The current study was initiated in August 2020 and recruitment was ongoing in 2021. The pandemic slowed down the enrollment of school-age children, but the recruitment of pregnant women will be finished with only minor delays. The study will be completed in 2022.

The current situation of iodized versus non-iodized salt sales in Switzerland was discussed, as well as new reports and scientific updates on iodine and fluoride.

The commission started planning for a national symposium to recognize «100 years of salt iodization to prevent iodine deficiency in Switzerland». The overall objective of the symposium is to raise awareness of the importance of iodine nutrition for the prevention of thyroid disorders and thyroid disease.

## **Outlook 2022**

The annual meeting of the commission will be held in April of 2022, but several further meetings are planned throughout the year.

Following the completion of the 5<sup>th</sup> Swiss National Iodine Study, the commission will review the final results and make recommendations based on the findings to the Swiss authorities.

The commission will held a national symposium to recognize «100 years of salt iodization to prevent iodine deficiency in Switzerland» in the fall of 2022.

Committee members are invited to present on the longstanding salt iodization program at a European Symposium organized by the Iodine Global Network at the annual European Thyroid Association meeting in Brussels in September 2022.

The commission will also write an article on the Swiss salt iodization program and iodine status in the population to be published in the SAMW Bulletin.



*Maria Andersson, Zürich, March 14, 2022*