

## **Fluor and Iodine Commission: Annual Report 2013**

### **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**

Prof. Michael Zimmermann, Zürich, Präsident  
Dr. Maria Andersson, Zürich  
Dr. Michael Beer, BAG representative, Bern  
Prof. Hans Bürgi, Solothurn  
Prof. Hans Gerber, Bern  
Prof. Thomas M. Marthaler, Zürich  
Prof. Christoph A. Meier, Zürich  
Dr. Giorgio Menghini, Zürich  
Dr. Katharina Quack Lötscher, Oberrieden  
Stefan Trachsel, Pratteln  
Prof. Tuomas Waltimo, Basel

### **Activities 2013**

#### **1. Eidgenössischen Ernährungskommission (EEK) Expert Report: “Iodine supply in Switzerland: current status and recommendations”.**

The major activity of the Commission in 2013 was the finalizing of the Eidgenössischen Ernährungskommission (EEK) Expert Report: “*Iodine supply in Switzerland: current status and recommendations*”. The Working Group for the Report consisted of Prof. Dr.med Michael Zimmermann (President), Human Nutrition Laboratory, ETH Zürich; Prof.Dr.med. Hans Bürgi, Solothurn; Dr. Maria Andersson, Human Nutrition Laboratory, ETH Zürich; and Prof. Christoph A. Meier, Dept. für Innere Medizin, Stadtspital Triemli, Zürich, all members of the Commission.

The authors (four of whom are commission members) and chapters were:

- Dr. med. Katharina Quack Lötscher, University Hospital Zürich (Chapter 1. Iodine in pregnancy and infancy, and the importance of iodine in weaning foods)
- Prof. Dr.med Michael Zimmermann, ETH Zürich (Chapter 2: The effects of iodine deficiency on cognition and learning in children)
- Prof. Dr.med. Hans Bürgi (Chapter 3. Epidemiology and history of iodine nutrition in Switzerland)

- Dr. Max Haldimann, BAG, Liebefeld (Chapter 4: Sources of iodine in Swiss diets)
- Dr. Maria Andersson, ETH Zürich (Chapter 5: The importance of iodized salt use by the food industry in industrialized countries like Switzerland where most salt is consumed in processed foods)

The report was published on Nov 1, 2013, on the BAG website. It can be viewed at the following link:

[http://www.bag.admin.ch/themen/ernaehrung\\_bewegung/05207/10644/index.html?lang=de](http://www.bag.admin.ch/themen/ernaehrung_bewegung/05207/10644/index.html?lang=de)

## **2. Preparation for the increase in the iodine content of Swiss salt from 20 to 25 ppm on January 1, 2014.**

In September 2013, an official letter was written by the commission and was sent from the BAG and from the EEK to the Rheinsalinen, supporting the increase in the salt iodine concentration to 25 ppm on Jan 1, 2014. The current range allowable within Swiss legislation for the iodine content of Swiss salt is 20 to 30 ppm, so no new legislation is needed. A copy is attached as **Annex 1** to this report.

## **3. Responding to public and media questions on the Swiss iodine/fluoride salt fortification program**

Throughout the year, the medical doctors on the commission answered questions from the media and laypeople on safety and efficacy of the iodine component of the program, while the dentists answered questions on the fluoride component.

**4. The annual commission meeting** took place at the ETH Zurich, on March 21, 2013, at 9:30-12:00. The above issues were discussed in detail.

## **Outlook**

Follow-up of the above activities is planned. The annual meeting of the commission will be at the ETH Zurich on March 6, 2014.



*Michael Bruce Zimmermann*

*Zürich, December 6, 2013*