

## Fluor and Iodine Commission

### 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.

### Activities 2009

M Zimmermann traveled to Lisbon on September 4–9, 2009 to participate in an iodine nutrition symposium as part of the annual meeting of the European Thyroid Association (ETA). Leaders of iodized salt programs from all over Europe attend and M Zimmermann presented a lecture on the Swiss iodized salt program and its coordination by the SAMW committee.

Working with Urs Stalder of the BAG, M Zimmermann and H Bürgi have helped develop an information brochure to increase the Swiss public awareness on iodine deficiency entitled: «Jod ein wichtiger Mineralstoff für Kinder und Jugendliche».

M Zimmermann and H Bürgi are supervising a national study «Monitoring Iodine Nutrition in Schoolchildren and Pregnant Women in Switzerland». The study has been done from February–October, 2009, and is paid for the BAG and the ETH Zürich. Its aim is to monitor the Swiss iodized salt program for the control of iodine status in Switzerland. The specific aims are:

1. to monitor the iodine content of Swiss salt by measuring salt iodine concentration at the retail and household level
2. to monitor iodine nutrition of Swiss primary school children and pregnant women by measuring urinary iodine concentration
3. to assess thyroid function in pregnant women by measuring thyroid hormone concentration
4. to monitor the newborn TSH screening data compiled at Department of Endocrinology, University Children's Hospital for the last 5 years and compare to the previous years

Data of this study are currently being analysed and the conclusions will be available in early 2010.

The 2009 annual meeting of the committee took place on Feb 24 at the ETH Zürich.

### Outlook 2010

The 2010 annual meeting of the committee will take place on March 2, 2010 at the ETH Zürich.

Conclusions from the national study «Monitoring Iodine Nutrition in Schoolchildren and Pregnant Women in Switzerland» will be made available in early 2010.

The information brochure to increase the Swiss public awareness on iodine deficiency entitled: «Jod ein wichtiger Mineralstoff für Kinder und Jugendliche» will be published by the BAG and widely distributed.

### Comment

The recent decline in the use of iodized salt by Swiss food industries is a concern and the committee is carefully monitoring the situation to ensure adequate iodine intakes in the Swiss population.

*Michael Zimmermann*

### Members of the Fluor and Iodine Commission

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**Prof. Ursula Ackermann-Lieblich, Basel**

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bis 30. 6. 2009

**Prof. Hans Gerber, Bern**  
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**Dr. Giorgio Menghini, Zürich**

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**Dr. Katharina Quack Lötscher, Zürich**

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**Dr. Anne Witschi, Basel**  
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