

Fluor and Iodine Commission: Annual Report 2019

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

Activities 2019

The commission held its annual meeting on March 22, 2019. Members provided updates and strategies to improve iodine nutrition were discussed. Prof. Michael B Zimmermann stepped down as Chair of the commission, after having served for over 15 years. The commission nominated Dr. Maria Andersson as new Chair. Her election was endorsed by the SAMW Board on May 14 2019.

Updates on activities:

- The results of the Swiss 2015 national iodine study have been published (Andersson et al. Effectiveness of increased salt iodine concentration on iodine status: trend analysis of cross-sectional national studies in Switzerland. Eur J Nutr. 2020 Mar;59(2):581-593). The study shows overall adequate iodine intake in Swiss school-age children, but only borderline sufficient in pregnant and non-pregnant women.
- Two reviews on iodine nutrition in Switzerland were published in January 2019:
 - Andersson M, Herter-Aeberli I. Jodstatus in der Schweizer Bevölkerung. Schweizer Ernährungsbulletin; 2018: 63-83.
 - Benzi-Schmid C, Haldimann M. Sind Milch und Milchprodukte gute Jodquellen? Schweizer Ernährungsbulletin; 2018: 84-96;

- Sales figures from Schweizer Salinen AG for 2018 shows that the proportion of iodized (60%) to non-iodized (40%) salt for human consumption remains stable compared to previous years;
- BLV published updated recommendations for nutrition during pregnancy in November 2018, available at <https://www.blv.admin.ch/>
- BLV is undertaking a survey among bakeries investigating the total salt content and the use of iodized salt in bread;
- Commission members provided technical information on iodine and fluoride nutrition in response to requests from media and journalists.

Outlook 2020

The commission will hold its annual meeting during the fall 2020 due to the Covid-19 pandemic. The 5th Swiss national iodine nutrition study in school children and pregnant women is being planned.



Maria Andersson, Zürich, April 23, 2020