

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA  
STARRED QUESTION NO. 177  
TO BE ANSWERED ON THE 2<sup>ND</sup> AUGUST, 2022**

**IODINE DEFICIENCY DISORDER**

**177 DR. ASHOK KUMAR MITTAL:**

Will the Minister of Health and Family Welfare be pleased to state:

(a) whether the entire population in the country is prone to Iodine Deficiency Disorder (IDD) due to deficiency of iodine, if so, the details thereof and the steps taken by Government to control IDD in the country;

(b) whether Thyroid disorders are on the rise in the country with approximately 1 in 10 adult women suffering from hypothyroidism, if so, the details of the States which are highly affected by thyroid disorder; and

(c) whether many of the women patients of thyroid or arthritis are not able to get good treatment due to shortage of trained Endocrinologists in Government hospitals?

**ANSWER  
THE MINISTER OF HEALTH AND FAMILY WELFARE  
(DR MANSUKH MANDAVIYA)**

(a) to (c) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO RAJYA SABHA  
STARRED QUESTION NO. 177\* FOR 2<sup>ND</sup> AUGUST, 2022**

(a) to (c) Surveys conducted by the Indian Council of Medical Research, and other Institutions have revealed that no state in the country is absolutely free from the problem of Iodine Deficiency Disorders.

In order to prevent & control Nutritional Iodine Deficiency Disorders (IDDs), most commonly Nutritional Goitre, Government of India (GoI) is implementing National Iodine Deficiency Disorders Control Programme (NIDDCP) in the country for entire population. The goals under the programme are to bring the prevalence of IDD to below 5% in the country and to ensure 100% consumption of adequately iodated salt (15ppm) at household level.

The important measures being taken under the programme are:-

- i. Supply of Iodized salt in place of common salt in entire country, for human consumption.
- ii. Financial assistance to all States /UTs for establishment of State Iodine Deficiency Disorder Control Cell and State IDD Monitoring Laboratory, which conduct District IDD surveys/resurveys, health education and publicity to create awareness about IDD, promoting consumption of adequately iodated salt. Financial assistance is also given for monitoring of iodine content of salt through salt testing kit at the household/ community level, by ASHA worker.
- iii. Information Education and Communication activities to generate awareness about IDDs and importance of consumption of Iodised salt among population in all the States and UTs through various media.
- iv. Monitoring of quality of iodised salt at production and distribution level, through Salt Testing Labs working under Salt Commissioner Organistaion and pilot studies to find out the current state of iodination in population.

As per National Family Health Survey - 5 (2019-21), prevalence of Goitre and any other thyroid disorders, based on self reports in the women (15-49 years) was found to be 3% (National average).

However, in the States of Kerala, Jammu & Kashmir, Chandigarh, Telangana, Delhi, Laddakh, West Bengal, Andhra Pradesh, Andaman & Nicobar Islands, Tamil Nadu and Puducherry, prevalence of Goitre and any other thyroid disorders in women in the age 15-49 years was found to be in the range of 4.1% to 8.7%.

Trained Endocrinologists are not the only Doctors who treat patients of Thyroid problem. In Government Hospitals besides Endocrinologists the treatment of patients of Thyroid problems is also done by Physicians, Head & Neck Surgeons and Peditricians. Even MBBS Graduate Doctors also attend to and manage patients with Thyroid Disorders.