World Iodine Deficiency Day – October 21st

Fact Sheet, Links & How You Can Help

Iodine Deficiency

Iodine is an element essential for human nutrition – critical to healthy thyroid function, growth, and development. Iodine deficiency can lead to lifelong cognitive and developmental impairment, and is most devastating for pregnant women and newborns.

Improve iodine nutrition through the salt we eat

Adding iodine to the salt we already eat is effective, affordable, and yields one of the highest return-on-investment development initiatives, returning more than $30 in economic productivity for every dollar spent.

Eliminating iodine deficiency: On the cusp of a global health triumph

Now, globally, we are closer than ever to eliminating iodine deficiency and achieving optimal iodine nutrition in all countries of the world, a public health triumph on par with the eradication of polio or smallpox.

Today, 88% of households worldwide have access to iodine nutrition through the salt they eat.

However, many people are still at risk. And, unlike eradicable diseases, iodine deficiency efforts must be sustained, through close engagement with the salt industry, high level political commitment and community awareness.
How You Can Help

Today, we ask you to raise your voice against iodine deficiency.

**SHARE**

Please share #WorldIodineDeficiencyDay with your colleagues, friends, and social networks. Please feel free to draw from our social media toolkit; or share one of our posts from Twitter @iodineglobal or Facebook to your own feed.

**SIGN**

Sign the Krakow Declaration for Iodine Deficiency to add your voice to the call to eliminate iodine deficiency in Europe and worldwide.

**GIVE**

Last year Nicholas Kristof of the *New York Times* deemed us “one of my favorite interventions, a bit nerdy but incredibly cost-effective.” Support IGN in order to, as he put it, “give kids better brains.”

Thanks to supporters like you, we stand with our partners on the cusp of eliminating iodine deficiency, a triumph on par with the eradication of smallpox or polio.

On #WorldIodineDeficiencyDay, thank you from all of us at IGN for all you do to help ensure every child has the opportunity to learn and thrive.