

Household iodized salt intake of the Mongolia

Enkhtungalag Batsaikhan,

National Center for Public Health, Ulaanbaatar, Mongolia
Mongolian National University of Medical Science



Abstract

Introduction: The prevention of iodine deficiency disorders through salt iodization has been a longstanding strategy in Mongolia and the proportion of households consuming iodized salt has increased in recent years. To meet government regulations, household salt must be fortified with iodine to at least 30 parts per million (ppm) and to at least 15 ppm to meet international monitoring standards. The objective of the survey was to assess the Iodized salt consumption of the household.

Results: In the majority of households (78.9%), salt was adequately iodized with 15 ppm or more of iodine, while 17.3% of salt samples were not iodized and 2.6% were insufficiently iodized (> 0 and < 15 ppm). The median iodine content of iodized salt was 26.5 ppm with no variation by urban and rural area and little variation by region. The median iodine content of iodized salt was lowest in Western region (24.3 ppm) with the highest in Khangai region (27.5 ppm). Use of adequately iodized salt did not significantly difference with household wealth index.

Conclusions: In Mongolia use adequately iodized salts, it is no progress at national level (75.7% in 2010). Therefore, we should emphasize on rejuvenating domestic production of iodine fortified salt, and ensuring effective control and monitoring mechanisms for sale and use consumption of iodized salt, in place.

Biography:

Enkhtungalag Batsaikhan has completed her Master degree from Mongolian National University of Medical Science. She is scientist of Department of Nutrition Research of the National Center for Public Health under the Ministry of Health, Mongolia. She has completed international training courses. Namely, Nutrition Program Management in Thailand in 2003; training course for Developing country on Food Safety Inspection Technology in China in 2007; Codex training in Indonesia in 2008; Codex study tour in Malaysia in 2010; Program for Public Health Specialists in Singapore in 2018. She has published 25 papers, 67 abstracts in international and Mongolian reputed journals.

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