



IMPORTANCE OF MANDATORY SALT IODISATION IN INDIA – STATEMENT FROM INDIAN THYROID SOCIETY SEPTEMBER 2025

In the light of the recent Madras High Court ruling quashing the mandate for mandatory salt iodisation in India, this statement by Indian Thyroid Society highlights the sound scientific evidence behind salt iodisation and the progress made over the last six decades in eliminating Iodine Deficiency Disorders (IDD) in India.

- Iodine deficiency is the leading preventable cause of brain damage worldwide.
- Effects include goitre, hypothyroidism, stillbirths, congenital defects, and irreversible loss of IQ in children.
- India's soil is naturally iodine-poor – making universal iodisation essential.
- Between 2000–2004, when non-iodised salt was briefly allowed, iodised salt coverage fell from 50% to 30%, with disastrous health consequences.
- The poorest households suffered the most at that time, as cheaper non-iodised salt flooded markets.
- According to NFHS-5, 2019–2021 data, 93% of Indian households now consume iodised salt.
- Global scientific consensus supports mandatory iodisation. Over 130 countries worldwide mandate salt iodisation, endorsed by WHO and UNICEF as one of the most cost-effective public health measures.

Iodised salt is not just a matter of choice — it is a **life-saving public health measure**. Removing mandatory iodisation risks a **national catastrophe** and endangers the cognitive future of India's children.

18 SEPTEMBER 2025

Issued in Public Interest by:
Indian Thyroid Society

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