

## IGN and EUthyroid call for a high level meeting in Brussels to coordinate activities aimed towards a EUthyroid Europe

In some areas of Europe up to 50% of new-borns are exposed to mild iodine deficiency, which might cause irreversible brain damage. EUthyroid will engage stakeholders to explore synergies towards the elimination of iodine deficiency in Europe and plans for 2018 a high-level event to advocate European regulations for monitoring iodine supply.

### Background

Iodine deficiency is the world's leading cause of preventable brain damage. Experts from the IGN and World Health Organization (WHO) warn that Europeans are increasingly affected by the consequences of iodine deficiency. However, data from Europe are scarce. The WHO suggests uniform monitoring as a basis for improved preventive measures:

- Due to regional differences in eating habits, the natural iodine intake is heterogeneous.
- Changing dietary habits are not sufficiently accounted for in strategic planning.
- Only a small number of countries carry out regular monitoring of iodine intake, and from these the amount of comparable data is very limited.
- The number of children affected by resulting brain damage is unknown. As many as 50 percent of all newborns in Germany are estimated to have been exposed to iodine deficiency during pregnancy. However, reliable data is not available in Europe.

### About H2020 Project: EUthyroid [www.euthyroid.eu](http://www.euthyroid.eu)

EUthyroid is a pan-European initiative towards elimination of iodine deficiency in Europe. With 30 partners from 27 countries this EU-funded project gathers for the first time uniform data on the iodine intake of the population in participating countries. It will compare national measures and dietary habits and work out appropriate measures to improve iodine intake in Europe.

Prof. Henry Völzke from the University Medicine Greifswald coordinates EUthyroid.

### About IGN [ign.org](http://ign.org)

Iodine Global Network is a non-profit, non-government organisation for the sustainable elimination of iodine deficiency worldwide, which was formed in 2014 from the International Council for Control of Iodine Deficiency Disorders (ICCIDD) and the Network for Sustained Elimination of Iodine Deficiency. This powerful alliance shares a common commitment to assist countries in reaching the goal of sustained elimination of iodine deficiency disorders. IGN is a partner of EUthyroid.

### Contact

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