Progress on food fortification

Virtual Briefing for Mission Focal Points in Geneva

03 November 2022
Key resolutions addressing fortification

- 2010. WHA 63.17. Birth Defects
- 2015. WHA 68.19. Outcome of the Second International Conference on Nutrition
WHO’s work in fortification 2011-2021

- Uptake of the VMNIS started to include 40+ biomarkers and tools for assessing statuts: indicators
- Guideline: Use of multiple micronutrient powders for home fortification of foods consumed by infants and children 6–23 months of age
- Trend estimates of anaemia
  - Urinary iodine concentrations for determining iodine status in populations
  - Technical consultation on maize flour and corn meal fortification in public health
- Guideline: Optimal serum and red blood cell folate concentrations in women of reproductive age for prevention of neural tube defects
- Estimates of vitamin A deficiency.
- Nutritional anaemias: tools for effective prevention and control
  - Technical consultation on Risk of Excessive Intake of Vitamins and Minerals Delivered through Public Health Interventions
- Haemoglobin and ferritin cutoffs
- Updated anaemia estimates for GNR
- FAO/WHO Global Individual Food Consumption Data Tool (GIF)

2011
- Guideline dissemination workshops
  - Logic model for micronutrient interventions
  - Technical consultation on rice flour and corn meal fortification in public health

2012

2013

2014

2015

2016
- Guideline: Fortification of food-grade salt with iodine for the prevention and control of iodine deficiency disorders.
- Birth defects surveillance: a manual for programme managers.
- Maternal, infant and young child nutrition in African countries: moving to national implementation
- Technical consultation on condiment fortification

2017
- Fortification indictors included in the E-catalogue of indicators
- Guideline: Fortification of maize flour and corn meal with vitamins and minerals
- Guideline: Use of multiple micronutrient powders for point-of-use fortification of foods consumed by infants and young children aged 6–23 months and children aged 2–12 years

2018
- Guideline: Rice fortification guidelines

2019

2020
- Fortification and biofortification are part of Food Systems/food safety
- Micronutrient survey manual
- Guideline on wheat flour fortification
- Flour fortification manual (in progress).
Fortification of salt (with iodine)

- 147 countries with data for salt fortification; 55 (37%) as of 2003
  - 126 mandatory policies
  - 21 voluntary policies
  - 91 have coverage data

https://fortificationdata.org/
https://extranet.who.int/nutrition/gina
Countries with adequate iodine intake has increased from 67 in 2003 to 118 in 2020

Zimmerman M, 2021
Fortification of wheat flour with iron and folic acid

- 104 countries with data, 52 (50%) adopted fortification policies as of 2009
  - 91 have mandatory policies
  - 13 have voluntary policies
  - 21 have coverage data

https://fortificationdata.org/
https://extranet.who.int/nutrition/gina
Fortification of oil and fats with Vitamin A

- 43 countries have data for oil fortification
  - 34 mandatory fortification
  - 9 have voluntary
  - 9 have coverage data

https://fortificationdata.org/
https://extranet.who.int/nutrition/gina
WHO work in fortification 2022-2025

2010-2021

- Efficacy: Guidelines Fortification of Food staples & salt
- Programme monitoring: tools, manuals, & implementation considerations
- Surveillance: Guidance on cut-offs, VMNIS, GIFT & GINA, birth defects
- UN Food Systems Summit & N4G

2022-2023

- Guidelines Fortification Edible oils and fats
- Programmatic guidance fortification
- Fortification Report 2023
- WHO Global Food Safety Strategy

2024-2030

- Fortification Roadmap 2030

UN Food Systems Summit & N4G