World Health Organization

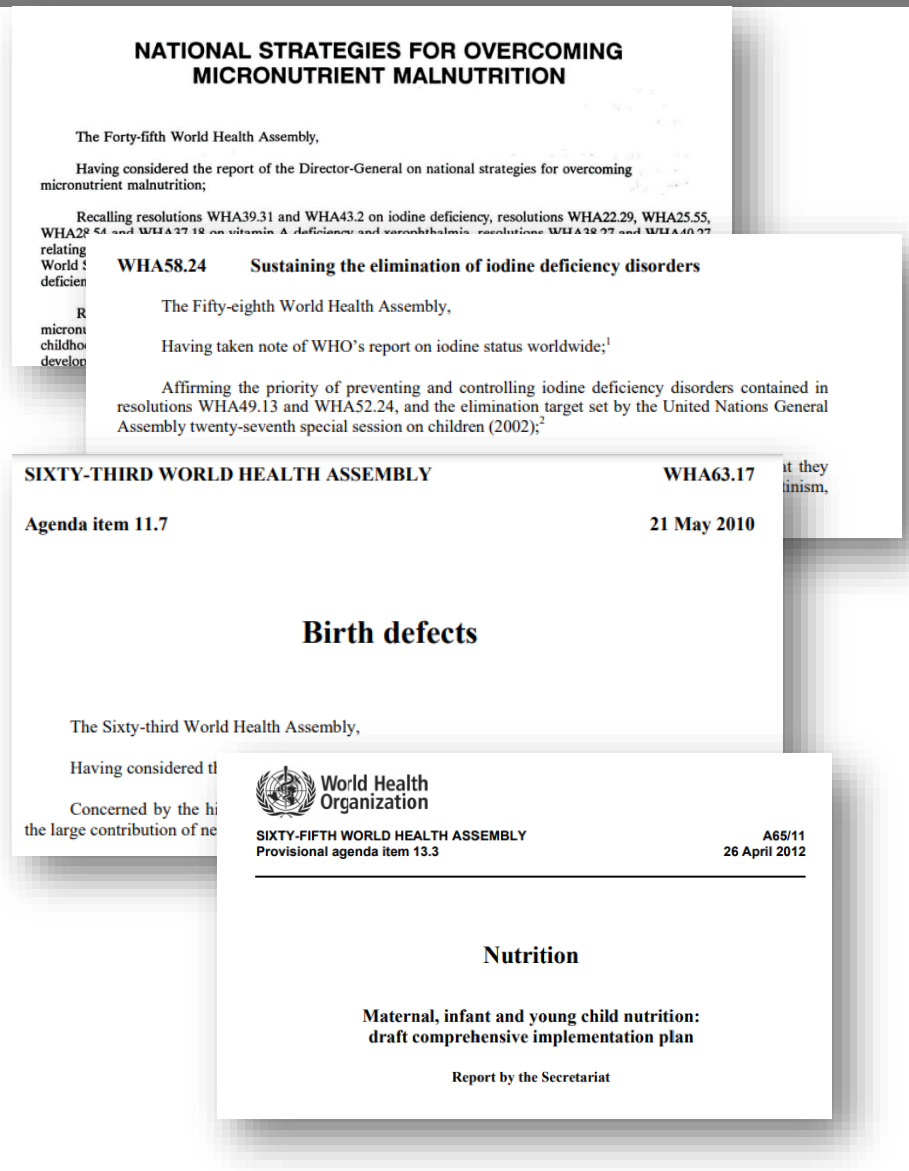
Progress on food fortification

Virtual Briefing for Mission Focal Points in Geneva

03 November 2022

Key resolutions addressing fortification

- 1986. WHA 39.31. Prevention and control of iodine disorders.
- 1992. WHA 45.17. National strategies for overcoming micronutrient malnutrition
- 2003. WHA 58.24. Sustaining the elimination of iodine deficiency disorders
- 2010. WHA 63.17. Birth Defects
- 2012. WHA A65/11. Maternal, infant and young child nutrition. Draft comprehensive implementation plan.
- 2015. WHA 68.19. Outcome of the Second International Conference on Nutrition



NATIONAL STRATEGIES FOR OVERCOMING MICRONUTRIENT MALNUTRITION

The Forty-fifth World Health Assembly,

Having considered the report of the Director-General on national strategies for overcoming micronutrient malnutrition;

Recalling resolutions WHA39.31 and WHA43.2 on iodine deficiency, resolutions WHA22.29, WHA25.55,

WHA58.24 Sustaining the elimination of iodine deficiency disorders

The Fifty-eighth World Health Assembly,

Having taken note of WHO's report on iodine status worldwide;[1]

Affirming the priority of preventing and controlling iodine deficiency disorders contained in resolutions WHA49.13 and WHA52.24, and the elimination target set by the United Nations General Assembly twenty-seventh special session on children (2002);[2]

SIXTY-THIRD WORLD HEALTH ASSEMBLY WHA63.17

Agenda item 11.7 21 May 2010

Birth defects

The Sixty-third World Health Assembly,

Having considered th

Concerned by the hi

the large contribution of ne

World Health Organization

SIXTY-FIFTH WORLD HEALTH ASSEMBLY A65/11

Provisional agenda item 13.3 26 April 2012

Nutrition

Maternal, infant and young child nutrition: draft comprehensive implementation plan

Report by the Secretariat

WHO's work in fortification 2011-2021

2011

- Uptade of the VMNIS started to include 40+ biomarkers and tools for assessing statuts: indicairs
- Guideline: Use of multiple micronutrient powders for home fortification of foods consumed by infants and children 6–23 months of age

2012

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

2013

- 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

2014

- 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

2015

- 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.

2016

- 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

2017

- Nutritional anaemias: tools for effective prevention and control
- Technical consultation on Risk of Excessive Intake of Vitamins and Minerals Delivered through Public Health Interventions

2018

- Guideline: Rice fortification guidelines

2019

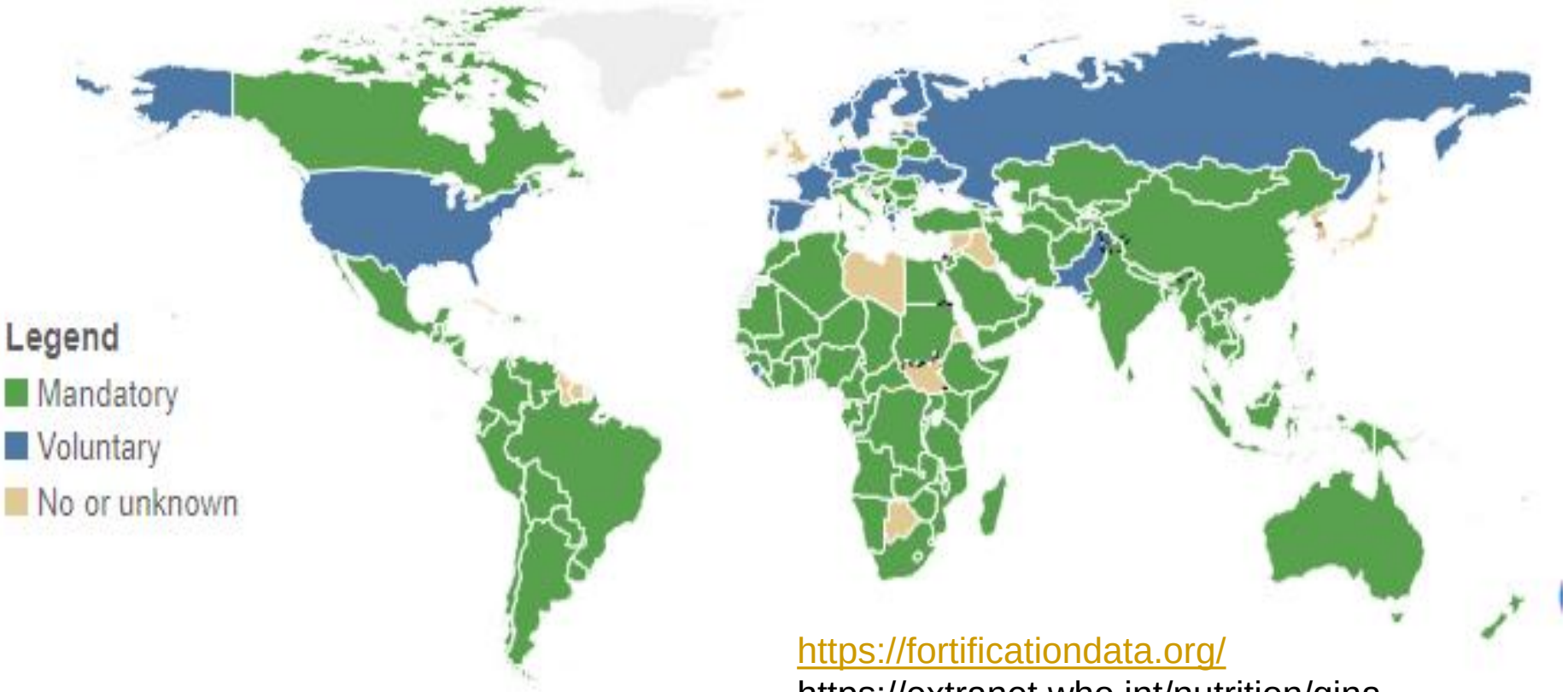
- Haemoglobin and ferritin cutoffs
- Updated anaemia estimates for GNR
- FAO/WHO Global Individual Food Consumption Data Tool (GIFT)

2020

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

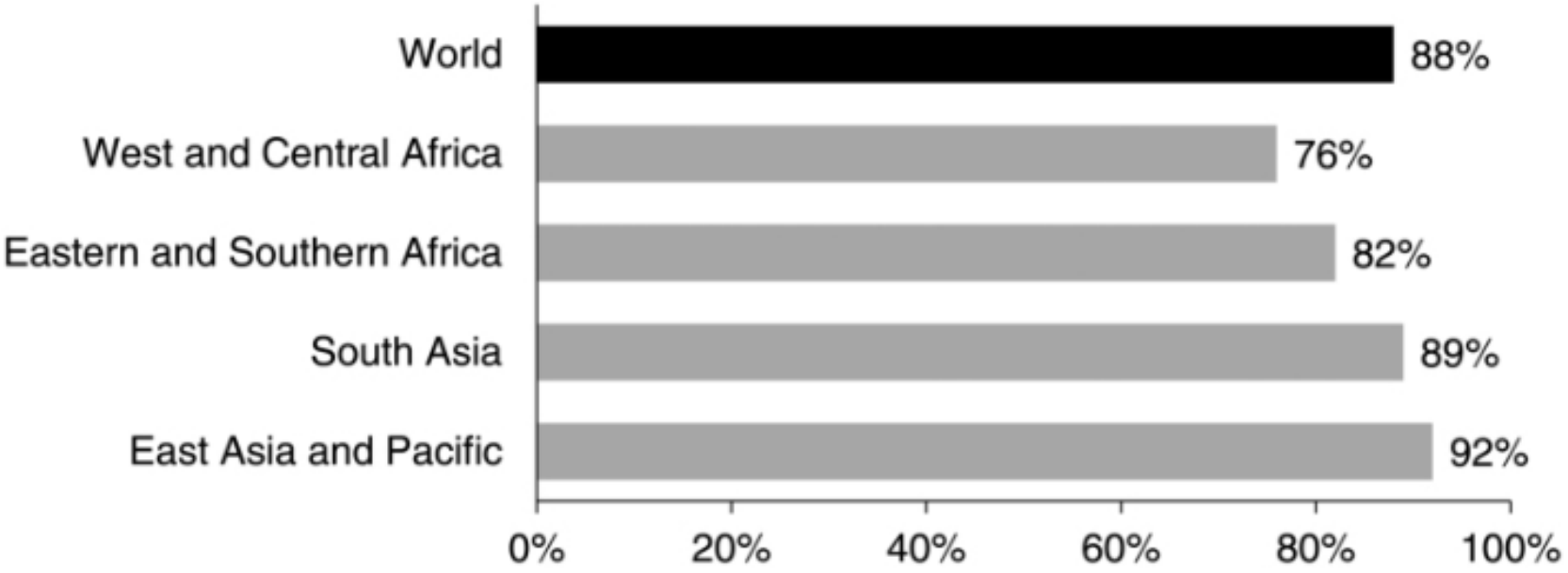
Fortification of salt (with iodine)

- 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

Coverage of iodised salt programs and iodine status in 2020

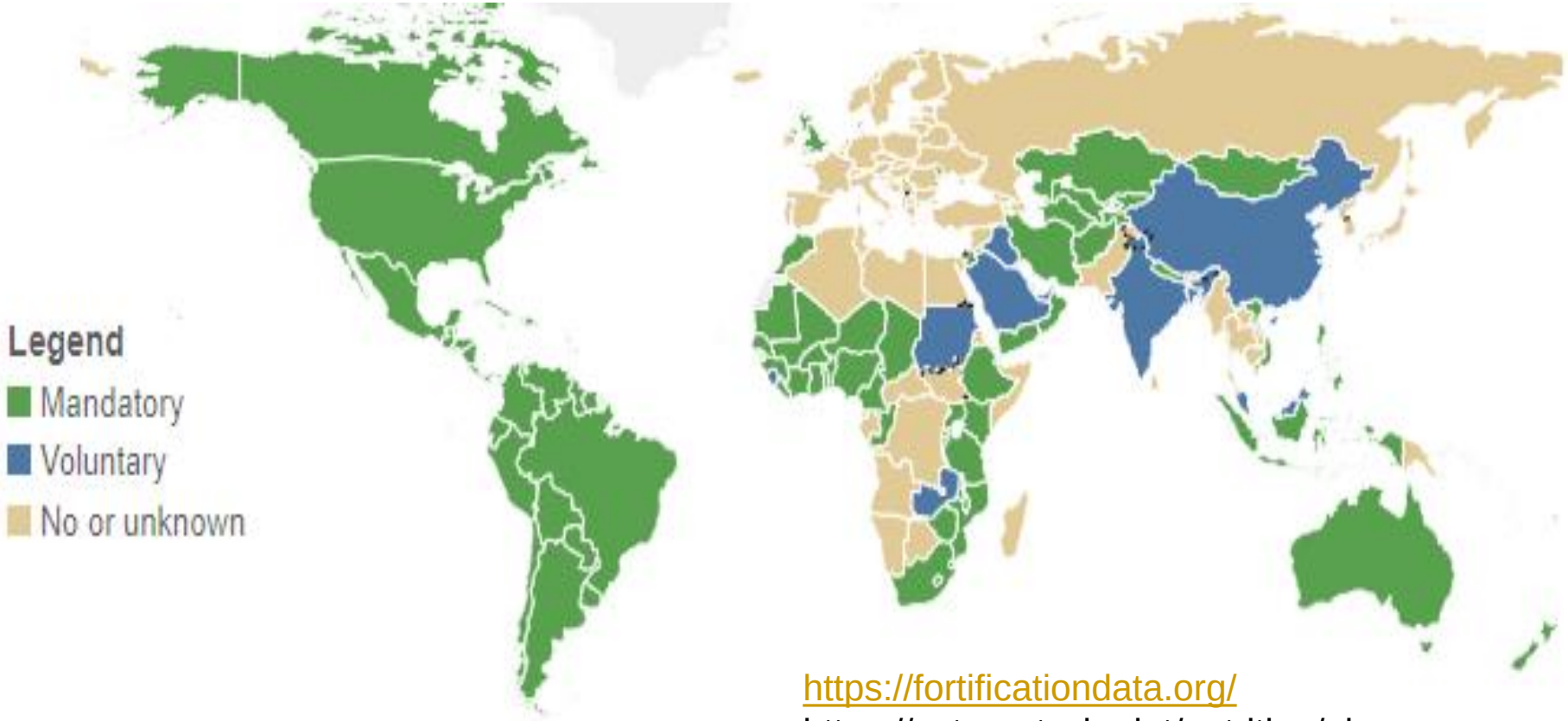


Countries with adequate iodine intake has increased from 67 in 2003 to 118 in 2020

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

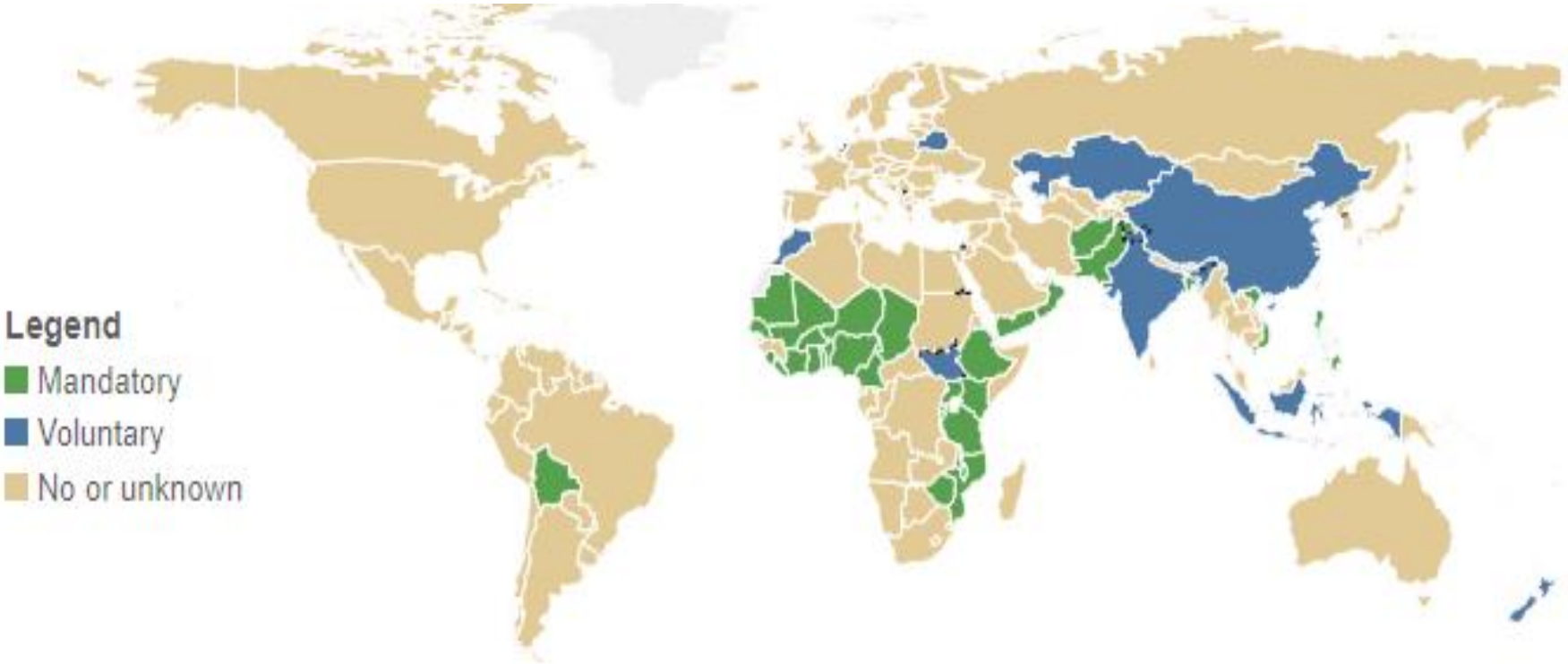


https://fortificationdata.org/

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



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WHO work in fortification 2022-2025

2010-2021	2022-2023	2024-2030
Efficacy: Guidelines Fortification of Food staples & salt	Guidelines Fortification Edible oils and fats	
Programme monitoring: tools, manuals, & implementation considerations	Programmatic guidance fortification	Fortification Roadmap 2030
Surveillance: Guidance on cut-offs, VMNIS, GIFT & GINA, birth defects	Fortification Report 2023	
UN Food Systems Summit & N4G	WHO Global Food Safety Strategy	