

# **Advances & Challenges PARAGUAY**

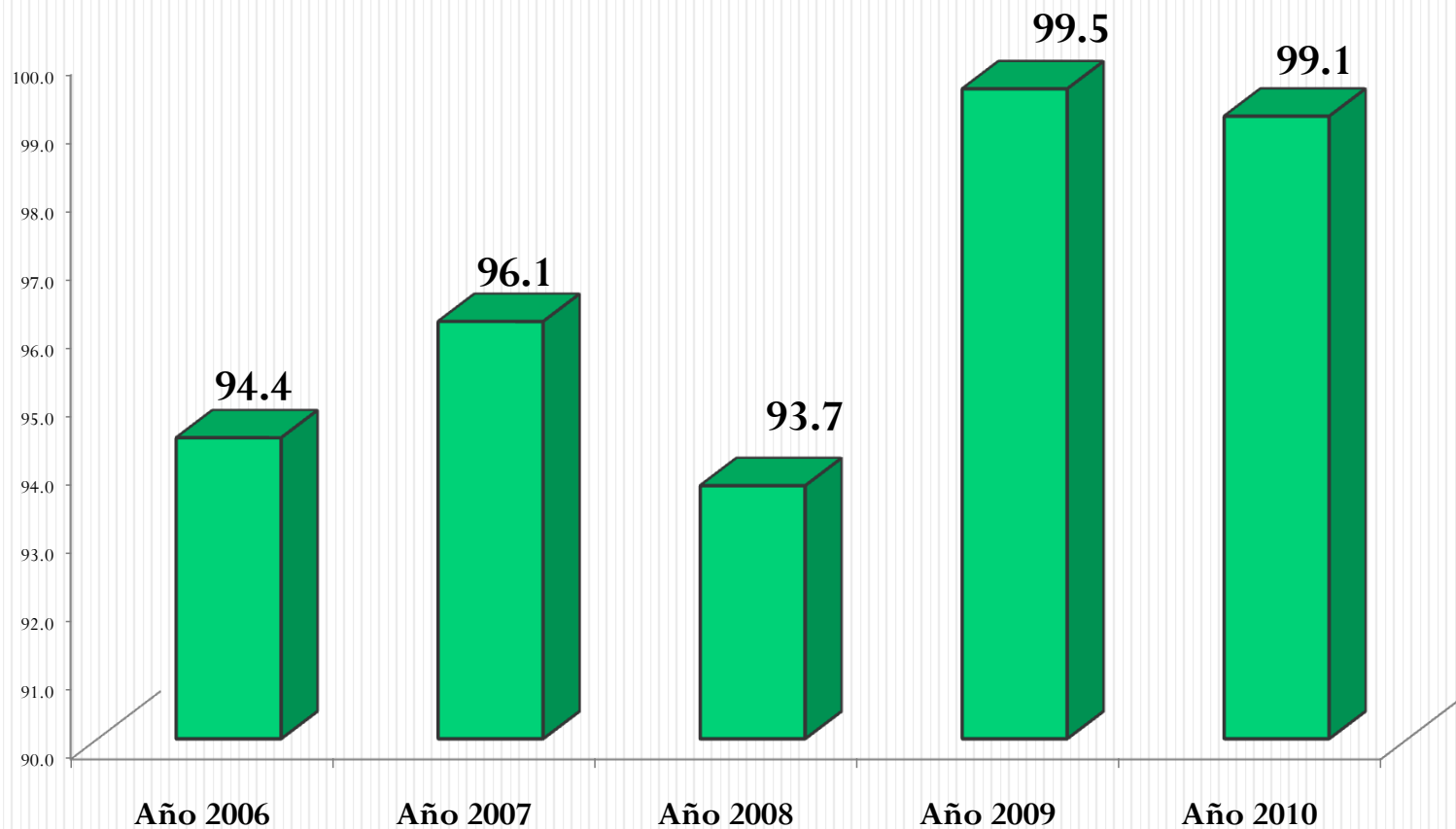
**Meeting of the Regional Expert Group, Countries and Partners**

**Octubre 2011**

***PROGRAM CONTROL AND PREVENTION  
OF IODINE DEFICIENCY DISORDERS\_***

# Evolution of consumption of iodized salt in household

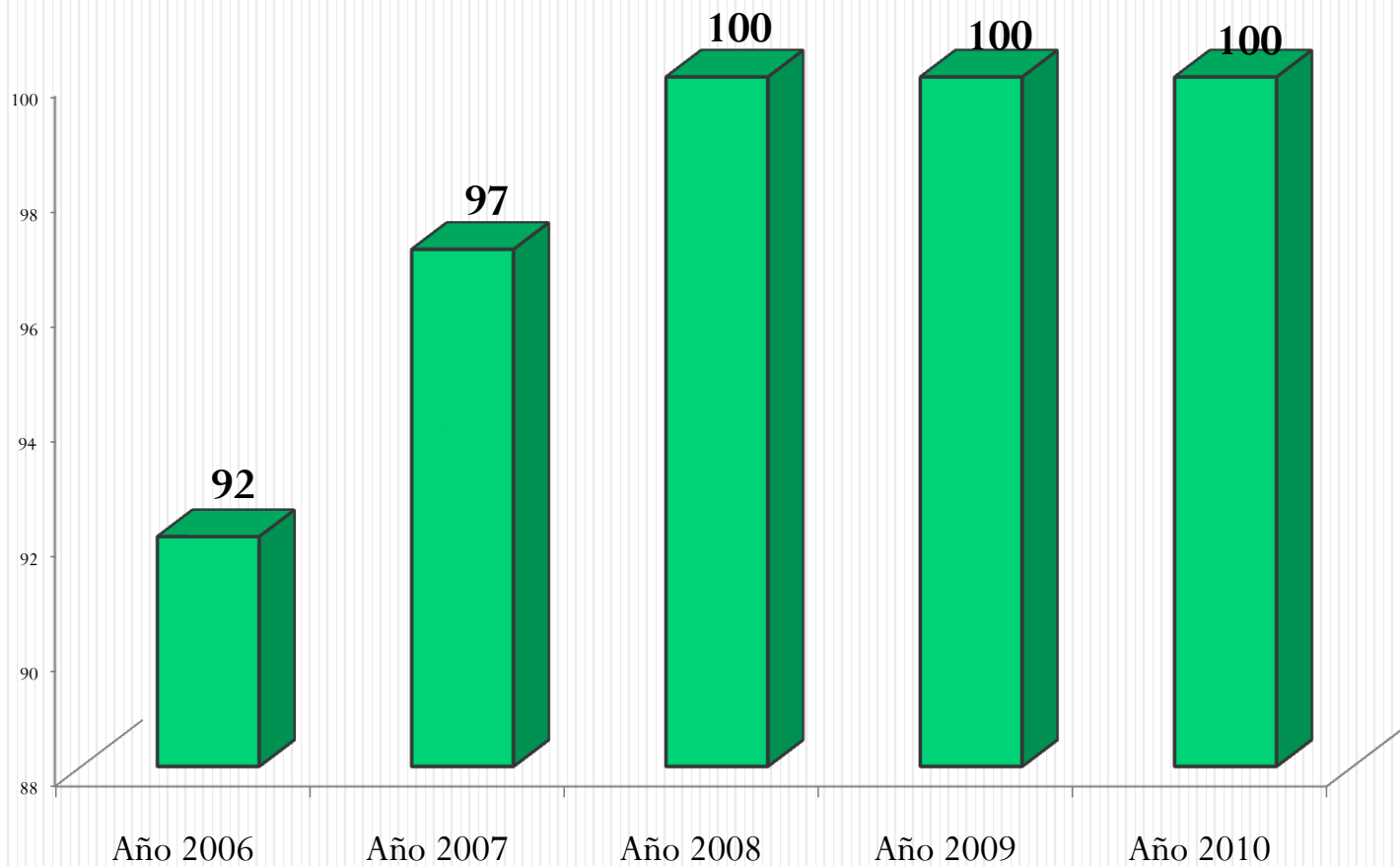
## PARAGUAY 2006 – 2010



FUENTE: MICRONUTRIENTES - INA N

# Availability of iodized salt in sale points

## EVOLUCIÓN 2006-2010

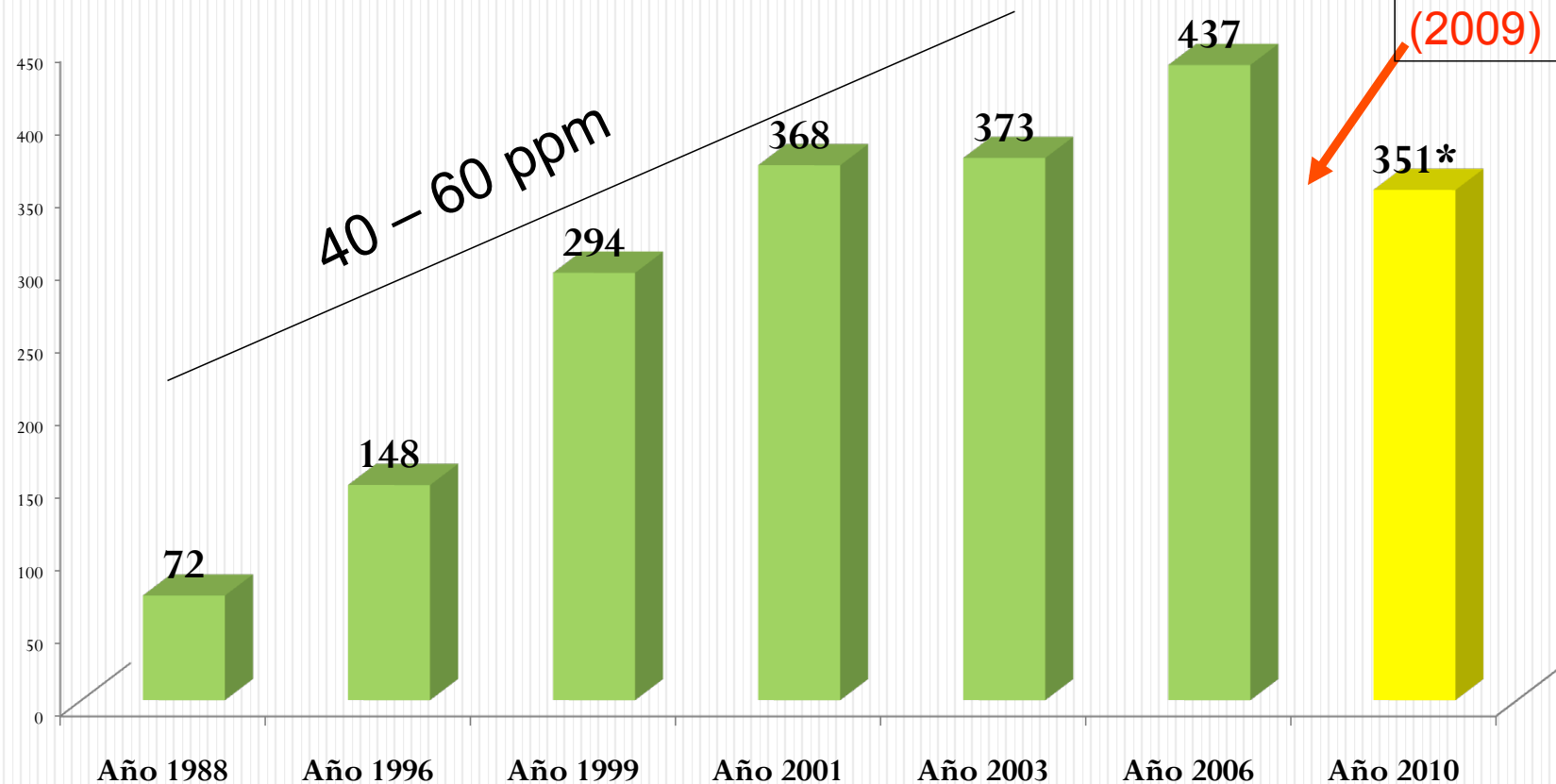




# EVOLUTION OF MEDIAN URINARY IODINE

1998 - 2010

↓30-50 ppm  
(2009)

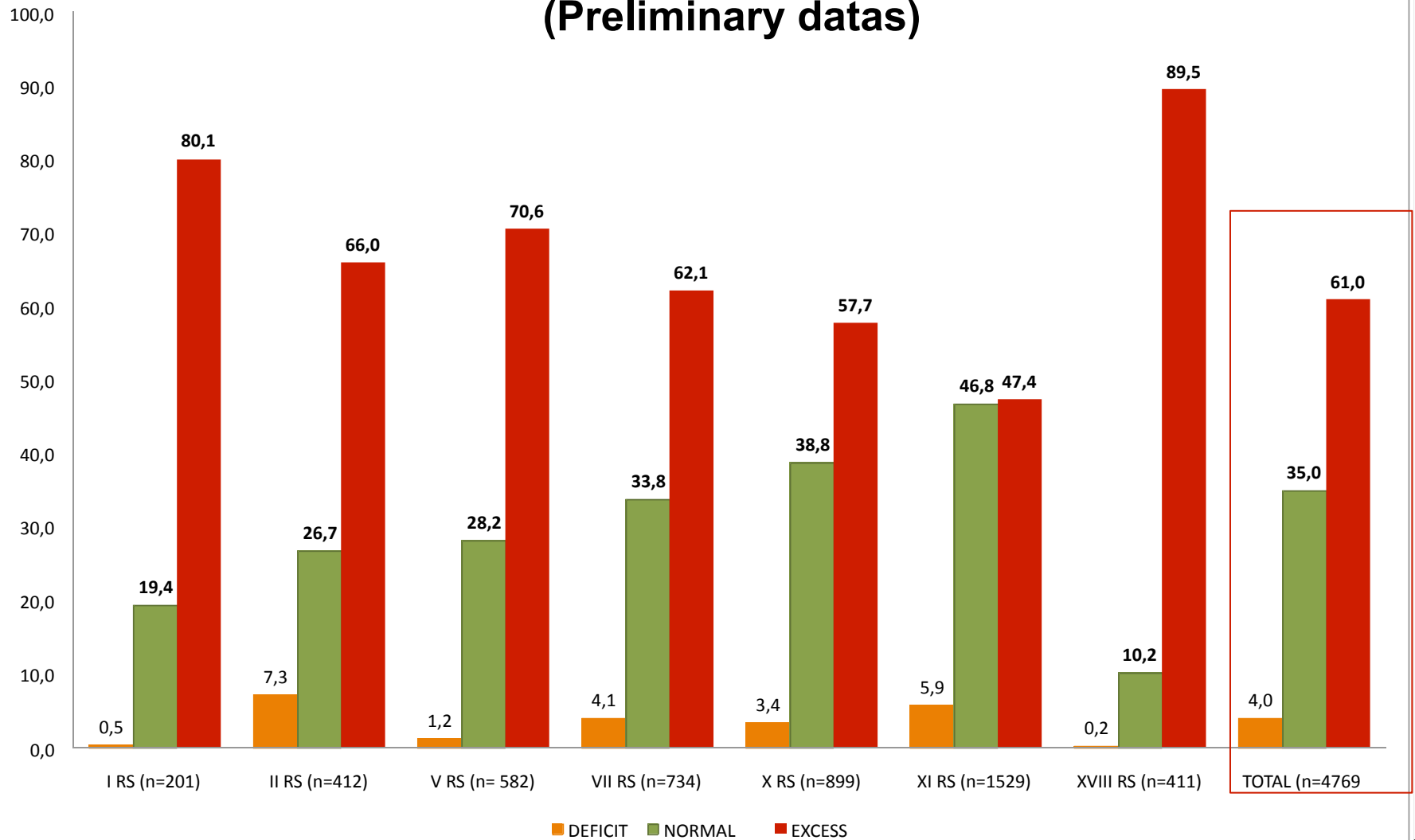


\*Dato preliminar correspondiente a la yoduria del año 2010

FUENTE: MICRONUTRIENTES/INAN/MSPYBS

# Percentage of urinary iodine by health regions 2010

(Preliminary datas)





**INAN** Instituto Nacional de Alimentación y Nutrición

**200**  
PARAGUAY  
BICENTENARIO

Pacto por la Salud  
"Petel' ñe' ñe' Jaikopa ha'gua"



MINISTERIO  
DE SALUD PÚBLICA  
Y BIENESTAR SOCIAL

Presidencia  
de la República  
del Paraguay

**PARAGUAY**  
SOMOS TODOS



## Guía para el aseguramiento y control de calidad del proceso de yodación de la sal en establecimientos elaboradores

2011

Monitoreo Interno

ADVANCES....

**Dietary Salt Reduction**

# Building: Policies and Strategies for Prevention of Non communicable Diseases.

- National Commission
  - sub group: Physical Activity
  - sub group: Fruits & vegetables
  - sub group: Salt & Trans fatty acid

# PARTNERSHIPS

- Ministry of Health: DVENT, PNPC, NDP, NTP, INAN, Promocion health, APS, National Institute of nephrology.
- Ministry of Education and Culture
- Ministry of Agriculture
- Ministry of Industry and Trade
- Faculty of Medicine-National University
- Faculty of Biochemistry-UNA
- Faculty of Nutrition and Technology-UNA
- National Secretary of Sports
- Paraguayan Society of Diabetes
- Paraguayan Society of Cardiology

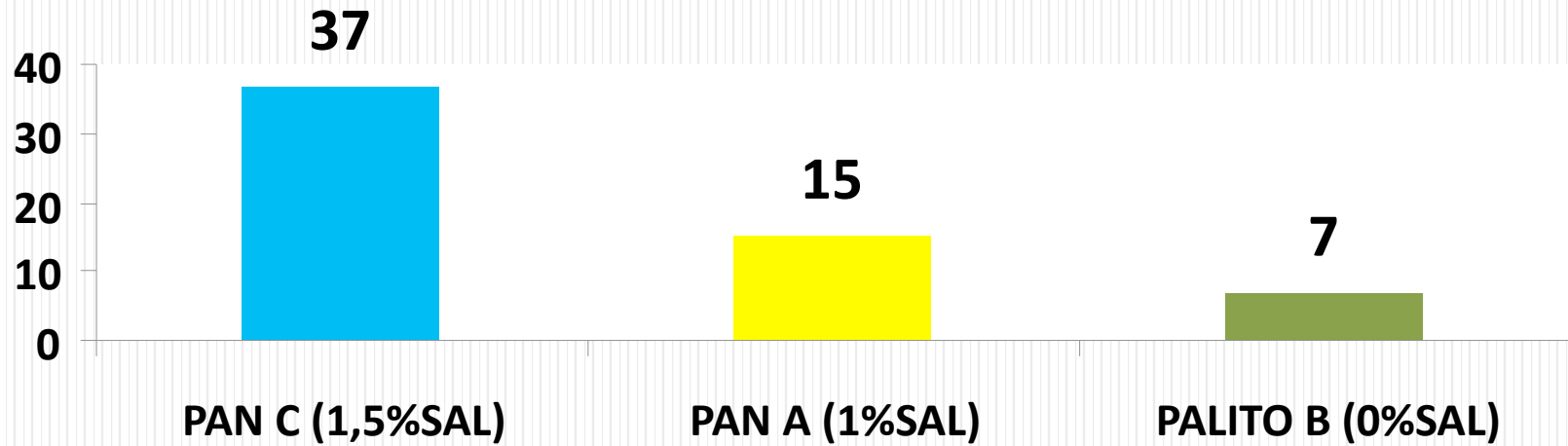
# Advances....

- Meeting with Bread Maker Chamber
- Pending: meeting with Supermarkets Association
- Several test of acceptability: bread with less salt content
- Draft or proposal of Ministerial Resolution





# Acceptability Test of bread with different salt content



N:59

# Ministerial resolution: a proposal

- Health Minister decides:

1 °) Reduce salt / sodium added to baked goods for mass consumption (bread French type bread felipe, cookies, bread type stick, nutsedge and donut) on a minimum of 25% compared to the amount of salt / sodium currently added (2 g salt / 100 g = 800 mg sodio/100g to a maximum 1.5 g salt = 600mg sodio/100g)

- 2 °) Encourage the development of reduced-sodium versions of other baked goods.

3 °) Promote on the labels of such products, the use of **Claims** (Supplementary nutrition information) related to sodium reduction or absence of salt / sodium

- the most important thing is **prevention** from early childhood and then throughout life
- starting with **breastfeeding**, appropriate complementary feeding, healthy lifestyles and strong education in schools on healthy eating, tobacco free environmental, physical activity
- **comprehensive approach**

**MUCHAS GRACIAS**