Iodine Deficiency In At-Risk Groups: Current Status and Elimination Strategies

Message from the Guest Editor

Addressing iodine deficiency (ID) in at-risk groups is complex. Fortification programs and supplementation recommendations need to target those at risk, and must consider the impacts of excessive iodine intake. Education of those at risk is required, and monitoring needs to be ongoing.

This Special Issue of Nutrients welcomes the submission of original research, reviews, and meta-analyses reporting on iodine nutrition in at-risk groups. Topics include, but are not limited to:

- ID in at-risk groups;
- Strategies to eliminate ID: population prophylaxis, USI, fortification, supplementation;
- Maternal ID during gestation and lactation: consequences for offspring;
- Pre-conception ID;
- Iodine-restricting diets;
- ID in older adults;
- Iodine knowledge in at-risk groups;
- Public health and education interventions;
- Iodine nutrition policy;
- Animal models of iodine-restricting diets and Excess iodine concerns.

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Editors-in-Chief

Prof. Dr. Lluis Serra-Majem
Professor of Preventive Medicine & Public Health, Director of the Research Institute of Biomedical and Health Sciences, University of Las Palmas de Gran Canaria, Spain

Prof. Dr. Maria Luz Fernandez
Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Message from the Editorial Board

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Contact Us

Nutrients
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland
Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
@Nutrients_MDPI