

# Sri Lanka Situation Analysis and Action Plans for Regulatory Monitoring of Fortified Foods in 2011

Ministry of health and Medical Research Institute

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## **Salt Iodization**

Salt iodization is mandatory in Sri Lanka. All salt is domestically produced and over 80% is processed by just two major producers. However about 10% of salt is processed by about 250 small scale producers. Much of this salt is not iodized or poorly iodized. The 3<sup>rd</sup> National IDD Survey of 2010 indicated that 68.3% of salt was adequately iodized. Urinary iodine data indicates adequate iodine nutrition of school children although urinary iodine levels of pregnant women remain inadequate.

<i>Strengths</i>	<i>Weaknesses</i>	<i>Action Plans (2011/12)</i>
<b>Legislation and Standards</b>		
<p>Legislation for mandatory salt fortification was developed in 1995 and revised in 2005. A second revision was made in 2011 although it has not been gazetted yet.</p> <p>The standard for iodized salt is 30ppm at production level and 15-25 ppm at retail level.</p> <p>Policy Guidelines for Fortification of Food exist as well as a Food Advisory Committee, a Fortification Sub-Committee and an Iodine Steering Committee. The Iodine Steering Committee monitors the USI programme at central level</p>	<p>Legislation for mandatory salt applies only to human salt – not salt for animal consumption.</p>	<p>Addition of maximum level of iodine at production level (25-35ppm)</p> <p>Rephrasing of vague clauses in the current gazette eg. table salts</p> <p>Networking of regional food laboratories</p> <p>Maximum tolerance levels of impurities should be quantified</p> <p>Registration of salt producers, re-packers and products</p> <p>Labeling requirement for processed foods.</p>
<b>Internal Monitoring System</b>		
<p>All salt 80% of salt is processed by two large producers with good internal process control systems.</p>	<p>Record keeping on premix and laboratory results is irregular</p> <p>Feedback to regulators is poor.</p> <p>Internal monitoring is believed to be poor or non-existent in small scale facilities</p>	<p>Discourage iodization by small scale facilities, unless they have a laboratory capable of quantitative assessment. Small facilities will be restricted to repacking only.</p> <p>Facilitate salt processing facilities to establish internal quality control systems.</p> <p>Develop and make available a</p>

		uniform internal monitoring check list  Develop regular and timely feedback mechanism between industry and regulators.
<b>External Monitoring System</b>		
Regular monitoring at retail and production sites by the MOH.	Government monitoring does not use internal monitoring results of the salt industry.  Poor feedback to producers and inadequate dialogue with producers  No computerized database of external monitoring results for trend analysis	Develop and make available a checklist for external monitoring.  Development of databases centrally and regionally on external monitoring data  Establish regular networking with stakeholders  Request a tax waiver for potassium iodate from the Finance Ministry  Establish a system for procurement of KIO3 by registered companies only in order to ensure good quality of KIO3.

### **Flour Fortification**

Flour in Sri Lanka is milled by just two very large mills. One mill, Serendib, which has approximately 20-25% of the market share for flour, is voluntarily fortifying its flour at levels of 60ppm electrolytic iron and 1.5ppm of folic acid. The government has a policy of discouraging consumption of wheat and promoting consumption of rice for health reasons and because all wheat is imported whereas rice is domestically grown. Food balance sheets suggest wheat consumption is falling. For these reasons there is no political will to make flour fortification mandatory.

<i>Strengths</i>	<i>Weaknesses</i>	<i>Action Plans (2011/12)</i>
<b>Legislation and Standards</b>		
Standards are available in a policy guidance given by the MoH	No legislation for mandatory fortification.	Discuss voluntary fortification with millers.
<b>Internal Monitoring System</b>		
Both flour mills are large and sophisticated. Information is not available on their internal monitoring systems but they are	No dialogue between millers and the MoH	Initiate dialogue with millers to support strong internal monitoring systems

likely to have strong process control systems.		Develop and make available a uniform internal monitoring check list
<b>External Monitoring System</b>		
Availability of laboratory facilities for monitoring	No external monitoring system currently	Establish a regular monitoring system for voluntary fortification.  Develop and make available a checklist for external monitoring.