SMALL SCALE SALT IODISATION PROJECT

REPORT ON SALT IODISATION TRAINING OF SMALL SCALE SALT PRODUCERS AT ADINA, KETU DISTRICT (VR)

2ND – 4TH OCTOBER 2003

BY

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INTRODUCTION

The goal of the Iodine Deficiency Disorders Control programme was to virtually eliminate iodine deficiency disorders by the year 2000. The main strategy adopted worldwide was to iodise all salts consumed by humans and animals, so that, there will be 100% household consumption at this time.

Field report from market monitoring however indicates that, uniodised salt is available in large quantities in many markets in the country. This is due to the fact that, the iodisation technology which was introduced in the IDD control programme targeted only the large and medium scale salt producers, leaving the small scale salt producers. Non-iodize salt from these small-scale salt producers who are mostly found along the coast, particularly the central and eastern portions, keep flooding the market and thus affecting the universal goal.

There is therefore the need to train these small-scale salt producers in the country to iodize their salts before taking it to the market. To achieve this, small-scale salt producers in some areas in the country have been selected. Adina is one of such areas and six salt producers were trained on the 2nd-4th of October 2003. It was the first small-scale salt Iodisation training programme in the country. It was organized by the Ministry of Health and Food Research Institute/CSIR, and sponsored by UNICEF. A manual method was used since the quantity of salt they produce is so small.

The fortificant used was Potassium Iodate. It was pre-weighed in small packets since weighing scales were not available and was presented in following forms:

- **Premix:** 0.85g of Potassium Iodate is mixed with 100g of raw salt and packed in polyethylene bags for the salt producers.

- **Filler:** 0.85g of Potassium Iodate is mixed with an anti-caking agent, Calcium Carbonate in a ratio of 1:9. The mixing is done thoroughly and added to the raw salt to make Iodized salt.

- **Raw:** 0.85g of the raw Potassium Iodate is added to raw salt. Thorough mixing is done to make iodized salt.

- **Soluble:** A solution of the Potassium Iodate is sprayed from a spray bottle onto the raw salt and mixed very well to make the iodized salt. The solution contains 0.85g of the potassium iodate dissolved in 10ml of distilled water. The 10ml of distilled water is very small and cannot be easily sprayed. It is therefore advisable to prepare the solution for future use. In that case, 170g of the potassium Iodate is dissolved in 2000ml of distilled water. 8 puffs of this solution are equivalent to 10ml of the solution.

Objectives:

1. To train salt winners on how to apply potassium iodate to raw salt to obtain iodine levels of 50ppm. Thus, to iodate the raw salt they produce before bringing it to the market.
2. To help achieve the global goal of universal salt iodization
3. To teach salt winners how to produce quality salt.

Participants:

There were six participants all from the Adina town. The small-scale salt producers in the town made their own selection of the participants. All of these participants were supplied with equipment for the iodization project.

The participants were:

1. Francisca Dugbartsey
2. Vincentia Dogbey
3. Charity Cudjoe Oppong

4. Degaul Cudjoe
5. Benedicta Kudaya
6. Kwashie Kudaya

Training:

The training programme started on the 2nd of October 2003. The District Chief Executive of the Ketu district assembly addressed the opening ceremony. He urged the participants to make the most out of this training and iodate their salt before selling it. He also encouraged them to form an association with a leader so that they can monitor the iodine levels and also address their problems.

The training took the form of lectures, practical demonstrations and a field visit.

Day 1

The first day was mainly for lectures and the participants were taken through the following lecture topics;

- The importance of iodine in the diet
- Salt as a vehicle for iodine
- Producing quality salt for iodisation

Day 2 and 3

There were lectures, practical demonstration and a field visit.

The fortificant was introduced to the participants and were made to have a critical look at it. There was a brief lecture on how to measure it and the raw salt for the pilot project. This was followed with a practical demonstration.

There was also a field visit to the salt producing sites of each participant. It was observed that, the main method for producing the salt is by solar evaporation.

The participants did their own iodized salt and also observed a demonstration of analysis of iodised salt using the test solution. They were encouraged to analyze the salt very well to ensure even distribution of the potassium iodate.

In addition to the demonstration, there was focus group discussions to enable us know the background of the salt winners.

Each participant was given a pair of gloves, a spray bottle, pre-weighed fortificants, one wooden vat, a plastic bucket (10kg-margarine bucket), a T-shirt and also a test kit.

The district director of health service, Ketu district, Dr. Ahedor, addressed the closing ceremony, which took place in the afternoon of the third day. He congratulated the participants on the successful completion of the training and encouraged them to use the knowledge they had acquired effectively. There was refreshment after the closing ceremony for the participants, facilitators and invited guests after which all the participants departed to their various homes.

Accommodation and meals:

All six participants were residents in the town and therefore came from their homes. The participants were served soft drinks, meat pie and doughnuts as snack. For lunch, they had jollof rice/ banku and okro soup. Lunch was served after the morning session

Resource persons:

There were two facilitators and one assistant. There were also some nurses from the nutrition unit of the Ketu district hospital.

Facilitators:

1. Mr. Armah
2. Mrs. Phoebe Lokko, FRI

Assistant:

Linda L. Lawer

Evaluation:

The participants were taken through nine topics. It was in the form of lectures, discussion and practical demonstration and testing of iodine in the salt.

After every lecture, the participants were asked a few questions and they were able to answer very well. They acknowledged the usefulness of the course and were very satisfied with the way the programme was executed.

In choosing one iodization method they all opted for the spray method because that allows even distribution of the potassium iodate solution and is easy to prepare.
There were a few suggestions. One of such is that an iodated salt producers association should be formed and a president elected for easy monitoring exercises to take place.

They also suggested that another programme be organized for other salt winners who were not yet trained and also for those who come to buy from them to sell to consumers. This will enable the latter to know how to package the salt in order to prevent the iodine from evaporating into the air. Overall, there was a general appreciation and gratitude for the training course especially to UNICEF.

Conclusion

The training was successfully conducted. Judging from the response of the participants to the training and the assessment of their evaluation, it can be well concluded that the training program has been successful. Every suggestion made in this program would be seriously considered in the next training.

Acknowledgment

The project is grateful to UNICEF for the sponsorship of the project and to Food Research Institute and Ministry of Health for organising it. Special thanks to the Paramount Chief of Adina for allowing the training to be done in his palace. We also thank the small-scale salt producers and the participants for honoring our invitation. If

they had not attended the training, extension of the salt iodisation technology, which is one of the goals of the project, would not have been fully met.

We extend our gratitude to D. Ahedor, the District Director of Health Service, Ketu District for being the guest of honour at the closing ceremony, and to the ministry of health nurses and other workers who worked so hard to make the training a successful one.

Finally, the project wishes to thank all that contributed in diverse ways to make this training a success.

SMALL SCALE SALT IODIZATION PROJECT

A. BACKGROUND OF RECRUITED SALT PRODUCER

1. Name
2. Sex
3. Age
4. Place of birth
5. How long have you been engaged in salt production? When do you produce salt? Is salt production main occupation? What other work do you do?
6. How many people work on the salt with you? What are their ages? What is the relationship?

B. FOCUS GROUP DISCUSSION

1. Size of salt pans, method of production, any washing of the salt, drying procedures?
2. Quantity of salt produced at a time/ for marketing day/ per season
3. What is done to salt before selling?
4. Where do you sell your salt and where does salt sold finally get to
5. Comments made by people about the salt from here.

SMALL SCALE SALT IODIZATION PROJECT
TRAINING OF SALT WINNERS AT ADINA-KETU DISTRICT
2nd-4th October, 2003
PROGRAMME

DAY/DATE	TIME am/pm	ACTIVITY	RESOURCE PERSON
Thursday 02/10/03	09:00-11:00	OPENING CEREMONY	DCE, KETU DIST
	11:00-11:30	**Refreshment**	
	11:30-12:00	IMPORTANCE OF IODINE IN THE DIET	J. G. A. Armah
	12:00-12:45	SALT AS VEHICLE FOR IODINE	Ernestina Agyepong (Mrs.)
	12:45- 1:30	**Lunch**	
	1:30-3:00	PRODUCING SALT FOR SALT IODIZATION AND FIELD VISIT	Phoebe Lokko (Mrs)
	3:00-	**Snack/Close**	
Friday 03/10/03	09:30-10:45	FORTIFICATION FOR PILOT PROJECT MEASURING SALT/FORTIFICANT FOR IODIZATION	Phoebe Lokko (Mrs)
	10:45-11:00	**Break**	
	11:00-1:00	PRODUCTION OF IODIZED SALT TEST/FIELD MONITORING	Phoebe Lokko (Mrs)
	1:00-2:00	**Lunch**	
	2:00-3:00	PRICING	Phoebe Lokko (Mrs)
	3:00	**Snack & Close**	
Saturday 04/10/03	09:30-10:30	RECORD KEEPING	J. G. A. Armah
	10:30-11:00	NEXT STEPS& GENERAL DISCUSSION	J. G. A. Armah
	11:15-11:45	CLOSING CEREMONY	DDHS, KETU DIST.
	11:45	Luch & departure	