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IODINE OF SCARCITY PREVENTION FOR REGULATORY DOCUMENTS IMPROVEMENT AND HIS POPULATION TO HEALTH EFFECT

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Abstract

Iodine deficiency is very common worldwide, primarily in underdeveloped countries (Figure 1). Iodine is very important in the early stages of fetal brain development. In 2017 to 38 million in the world near baby iodine shortage with to the world came of the world heavy iodine shortage has been in the regions by an average of 13.5 points in intellect coefficient (IQ) decrease in the 2010 year to the situation according to World Health Organization (WHO). Shortage because of whole the world in 187 million people across bully appears that it was guessed did Iodine lack of Africa, Southeast Asia and Western Calm down the ocean in countries the most a lot occurs. Endemic goiter according to heavy endemic in places where 5% of the population is mental in 15% weakness risk increase possibility determined. Iodine shortage population health and to well-being serious effect doer from problems one is considered Iodine thyroid get rid of stable performance and brain development for necessary especially young children and pregnant women health for important importance occupation is enough.

The Republic is a specialized scientific and practical medicine endocrinology center by take went to research See, you remember average per diem consumption by 2-3 times. UNICEF in 2017 in Uzbekistan conducted to eat circle studies to the results According to the school students and women, including pregnant women in the organism iodine lack of and salt contained you remembered real quantity with in rolls written data between inconsistency existence determined.

In the body iodine lack of mental weakness and diseases of the thyroid gland to the development of except in children's immunity decline, mind and physical development to the delay take will come

Purpose. Analysis of evidence and existing deficiencies for the prevention of iodine deficiency and assessment of its impact on public health

Results. In 2023, authorized bodies conducted control purchases of salt, and it was found that the iodine content of 22 out of 29 iodized table salt products did not meet the standards. The Law on Prevention of Iodine Deficiency Diseases adopted in 2007 does not prohibit the production of non-iodized salt. As a result, manufacturers continue to produce non-iodized table salt. There is no systematic external quality control in the production of iodized table salt. Lack of modern equipment and proper internal control. According to the Food Fortification Program under the Central Bureau of Implementation of the "Health-3" project, 53 organizations produce iodized table salt, and 61 organizations deal only with packaging. However, 37 out of 53 manufacturing enterprises do not have an internal laboratory for quality control, and 13 do not have modern dispensers necessary for memorizing table salt. As a result, there is no guarantee that the table salt being sold is properly purified, contains enough iodine and does not contain harmful contaminants that could harm public health. According to the results of a survey of 12 large table salt manufacturers in 2024, it was found that 70% of manufacturers do not have an internal laboratory, and 25% do not have dispensers for memorizing table salt. Iodization dispensers allow precise dosing of iodine supplements to ensure compliance with salt iodization standards. One of the identified shortcomings is lack of control over sales. The criteria for checking the conformity of the products with the state standards are not established at the points of sale (*stores, food markets*) where table salt is sold. As a result, sellers do not even know what kind of salt they are selling. Salt is considered table salt when the amount of sodium chloride in it is at least 97 percent. Sodium chloride is the main ingredient of table salt. In Uzbekistan, manufacturers use salt, which is considered unsuitable for technical and food purposes, with a sodium chloride content of 92-93%.

Conclusions

First and last products from certification completely give up passing away and responsibility salt work to the producers download it is necessary From this except, updated in the law the following account gets important :

1. Soup salt memorization mandatory to be needed (home farms for also food products work release for too);

2. " The only one work release " Chain " principle current achieve, in this one enterprise salt digging get, clean, rework and quality for responsible to be as well as consumers for support to the service have to be need will be
3. Memorized soup salt work production, sale, import to do with engaged in legal person consumer in front of state standards compliance security and quality provide a point of view in terms of responsible will be
4. Potassium memorized import according to from monopoly give up passing away and each how to work issuer for open has been dynamic the market create;
5. 3 levels: production issues, sales and consumption in doing internal and external quality control current reach
6. Salt work producers the list organize reach and the list population for the open announcement to do
7. Uzbekistan in the Republic consumption for not memorized soup salt work take out access and to sell prohibition;
8. Memorized salt work "unique " of release chain". The account received without state standards, rules and normative documents again seeing output is also relevant changes input;

Various information means (television, radio, social networks, Health storage ministry site) through population the following data with regularly respectively providing go:

– memorized soup salt consumption of importance (especially young children and pregnant women);

- at home memorized soup salt right storage and from him use

1. memorized soup of salt quality evaluation in order to competent organizations by conducting test purchases results ;
2. Every 5 years one time epidemiological studies transfer through salt memorize programs efficiency evaluation Iskandarova, S., & Tursunova, D. (2022). The semantics of associative relations in the poetry of Erkin Vokhidov. *Oriental Journal of Social Sciences*, *2*(02), 25-31.

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