

Announcing the publication of: "EUthyroid2: The next step towards the elimination of iodine deficiency and preventable iodine-related disorders in Europe and beyond"

MEDIA RELEASE (January 7, 2026, Greifswald, Germany):

EUthyroid2 announces the publication of the article: "EUthyroid2: The next step towards the elimination of iodine deficiency and preventable iodine-related disorders in Europe and beyond" in the European Thyroid Journal, 2026 Vol. 15, Issue 1. The article discusses the problem of iodine deficiency, gives an overview of the EUthyroid2 project's aim to target low awareness of the risks of iodine deficiency in adolescents and young women, and outlines the intervention studies conducted in two settings. The project works to identify best practice models for accessing information to educate and improve iodine status, thereby, establishing a foundation for young women to improve their own thyroid function, their general health and that of their offspring.

Thyroid disorders are a major cause of morbidity in Europe, particularly in women, and iodine status is one of the main determinants of thyroid function. Iodine deficiency disorders (IDDs) affect the entire life cycle, and women and children are especially vulnerable. Iodine deficiency during pregnancy may increase the risk of developmental impairment of the offspring. Adults living in iodine-deficient regions carry a high risk of goitre, thyroid nodules, and hyperthyroidism.

The effects of iodine deficiency impose tremendous costs on the healthcare systems of affected regions, but can be easily prevented by iodine fortification of table salt, livestock feed, plant-based alternatives and the consumption of dietary sources, such as seafood, eggs, milk, and dairy products.

The article outlines the EUthyroid2 intervention studies that are being conducted in the educational and healthcare settings, to increase knowledge and awareness of iodine nutrition among adolescents and young women. In the educational setting, students in secondary schools, high schools, and vocational schools will be targeted in six regions. In the healthcare setting, there are two levels of intervention implementation in five regions.

First, EUthyroid2 aims to raise healthcare professionals' awareness and promote behavioural change in their practice and counselling processes. Second, EUthyroid2 aims to elevate knowledge and awareness in young women via a change in personnel action and health education, ultimately aiming to support behavioural change in terms of women's own nutrition.

The comprehensive knowledge gained through these interventions will be instrumental in the crucial political work of not only raising awareness among the general population but also among political decision-makers and other stakeholders in relation to promoting a euthyroid world.

The full paper can be accessed here:

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