



# Thank You For Fortifying Wheat Flour

Presented by Scott J. Montgomery  
Food Fortification Initiative Director

29<sup>th</sup> Annual IAOM MEA Region  
Conference and Expo



**Food  
Fortification  
Initiative**

Enhancing Grains for Healthier Lives





# 2003: IAOM MEA meeting in Dubai





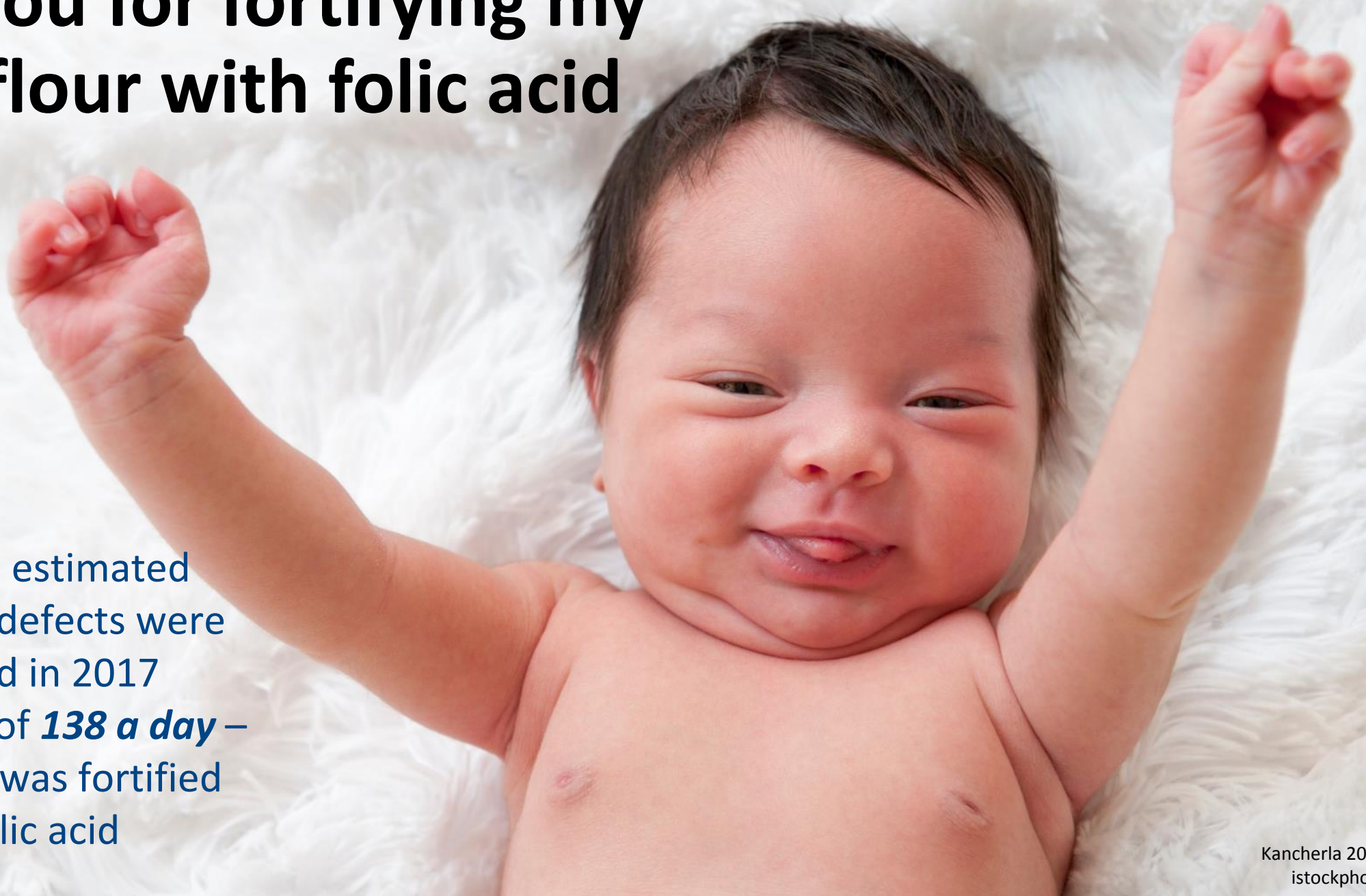
**2017:**  
Countries that  
fortify at least 70%  
of their industrially  
milled wheat flour

Africa		Middle East
Benin	Liberia	Iran
Burkina Faso	Malawi	Jordan
Cameroon	Mali	Kuwait
Cape Verde	Morocco	Oman
Congo	Namibia	Saudi Arabia
Cote d'Ivoire	Niger	United Arab Emirates
Djibouti	Nigeria	Yemen
Gambia	Senegal	
Ghana	Sierra Leone	
Guinea	South Africa	
Kenya	Swaziland	
Lesotho	Togo	
	Uganda	



# Thank you for fortifying my mom's flour with folic acid

Globally an estimated  
**50,270** birth defects were  
prevented in 2017  
– an average of **138 a day** –  
where flour was fortified  
with folic acid





# Thank you for fortifying my flour with iron



Horton 2003  
istockvideo





# Thank you for fortifying our flour with multiple nutrients to prevent anemia



Pregnant women with anemia are *twice as likely to die* during or shortly after pregnancy compared to those without anemia.




# One year after fortification, nutrient levels improved among urban women in Cameroon

Among Women in 300 Urban Households	2 years before fortification	1 year after fortification	Percent Increase
Folic acid (nmol/L)	15	47	213%
Vitamin B12 (pmol/L)	461	671	46%
Zinc (µg/dL)	55	65	18%
Iron (µg/L)	37	47	27%







**Thank you  
for fortifying  
my flour**

Photo by Mark Fischer on Flickr





# Thank you for the economic boost

- Healthcare savings from preventing spina bifida
  - South Africa cost:benefit ratio was 1:46
- Improved productivity from preventing iron deficiency is US\$2.32 per capita.



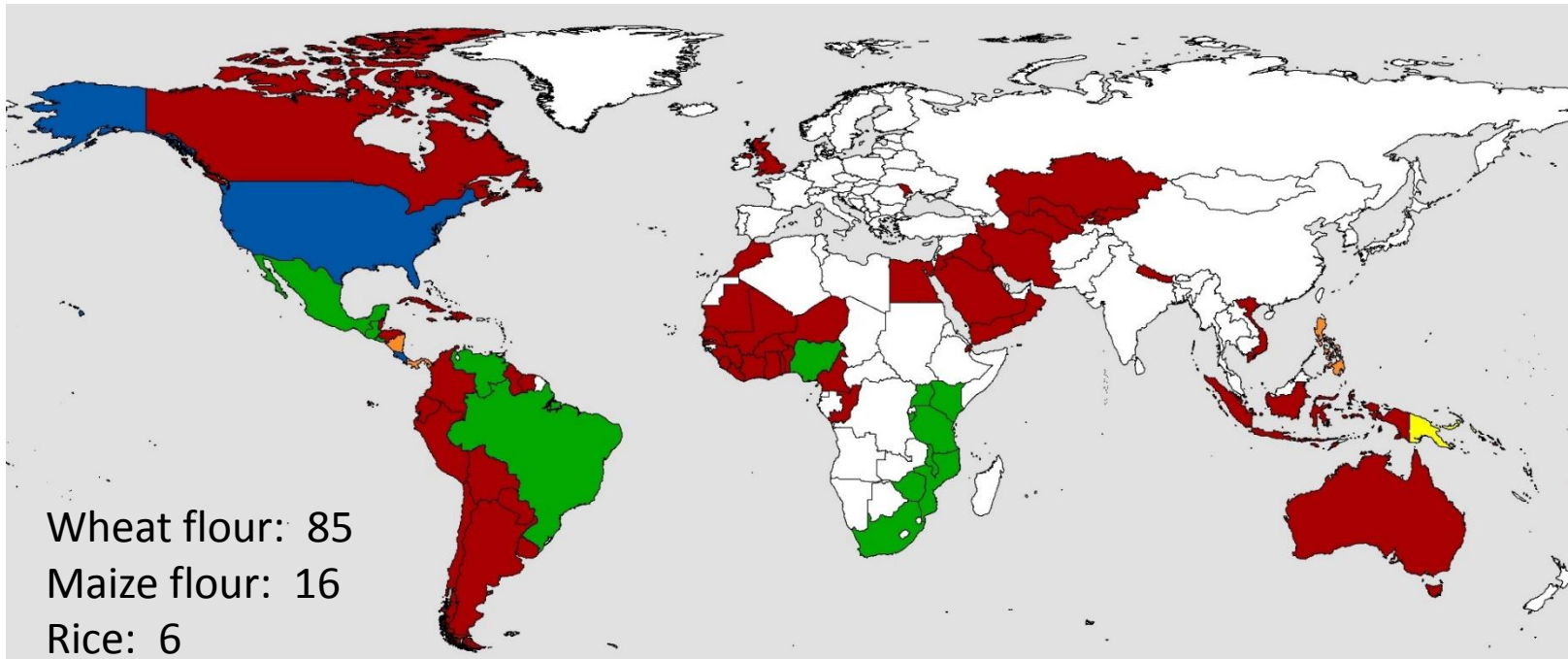
Sayed 2008

Horton 2003

Thomas Hawk photo @Flickr



# 86 countries require fortification of wheat flour, maize flour, and/or rice



	Wheat flour – 66 countries
	Rice – 1 country (Papua New Guinea)
	Wheat flour and maize flour – 14 countries

	Wheat flour and rice – 3 countries (Nicaragua, Panama, Philippines)
	Wheat flour, maize flour, and rice – 2 countries (Costa Rica and the United States)
	No grain fortification legislation

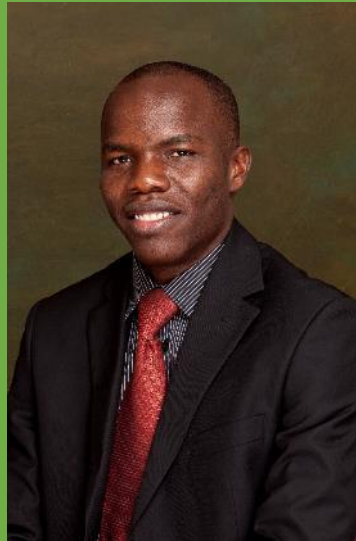
\* Legislation has effect of mandating grain fortification with at least iron or folic acid.  
Legislation status from the Food Fortification Initiative ([www.FFInetwork.org](http://www.FFInetwork.org)) January 2018



# Talk to an FFI staff person today about possible next steps



Quentin Johnson



Ronald Afidra



Scott Montgomery



# For more information:

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Also see:

[FFInetwork.org](http://FFInetwork.org)

[Facebook.com/FFInetwork](https://Facebook.com/FFInetwork)

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