conferenceseries.com

Global Summit on PHYSIOLOGY AND METABOLISM OF THYROID

April 06-07, 2022 | Webinar

Prevalence of Iodine Deficiency Disorders among school going children residing in a hilly district of India

HIMASHREE BHATTACHARYYA

ALL India Institute of Medical Sciences, India

Iodine is one such micronutrient, the deficiency of which can impair the mental growth and development of young children and is the leading cause of preventable mental impairment. The present study has been conducted to study the prevalence of Iodine Deficiency Disorders and its association with various socio demographic variables among children (6-12 years) residing in East Khasi Hills district of Meghalaya. The sample size was 2700 with a multi stage 30 cluster sampling method. A questionnaire was used to collect data on the various socio demographic variables. Weight and height of each child was recorded as per the standard procedure. In order to assess goitre, children were examined as per standard procedures prescribed by National Iodine Deficiency Disorder Control Programme (NIDDCP). A total of 2700 children were interviewed in total. Out of these 1365(50.5%) were males. The total goitre rate was found to be 195 (7.22%) indicating that Iodine Deficiency Disorders is a mild public health problem in the study area. The median (IQR) UIE levels were 150 (108.05-189.37) µg/L. With respect to Weight for Age, it was observed that 93 (3.9%) children were severely underweight; 389 (16.8%) had severe stunting. A significant association was observed between goitre with the age group of children (p<.00001), maternal education (p<.00001), prevalence of stunting (p<.00001) as well as underweight (p<.05).