

The Iodine Status of First Trimester Pregnant Women and its Association with Household Coverage with Adequately Iodized Salt in Sarawak



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Abstract

Objective: This study aimed to determine the current status of IDD among first trimester pregnant women in Sarawak after 3 years of previous IDD survey in 2015

Methods: This is a cross sectional study of IDD conducted between July and September 2018 involving all divisions in Sarawak. A total of 30 Maternal and Child Health Clinics were selected using proportionate to population size (PPS) method and 677 pregnant women in the selected clinics were randomly selected via systematic sampling. Urinary iodine was measured using in-house microplate method. Respondents with urinary iodine concentration (UIC) of <150, 150-249, 250-499, and ≥ 500 $\mu\text{g/L}$ were considered to have insufficient, adequate, more than adequate, or excessive iodine levels, respectively (WHO/UNICEF/ICCIDD, 2007). Chi-square test was used to compare the UIC values of respondents from all divisions

Results: The prevalence of goitre rate (TGR) was found to be 1.0% (n=10). The median urinary iodine concentration (UIC) level for whole Sarawak was 123.9 $\mu\text{g/L}$ (IQR 56.5-192.1 $\mu\text{g/L}$) which indicating iodine deficiency. Median UIC for Sri Aman and Mukah had achieved adequacy of iodine intake which were 150.7 (IQR 128.2-235.8) and 170.2 (IQR 119.1-264.7) respectively compare to others were range between 75.4 $\mu\text{g/L}$ to 145.4 $\mu\text{g/L}$



Conclusion: Majority of the pregnant women in Sarawak still have insufficient UIC (<150 $\mu\text{g/L}$). However, median UIC in 2018 (123.9 $\mu\text{g/L}$) improved 12.2% compared with study in 2015 (105.6 $\mu\text{g/L}$). Therefore, this study shows important of USI and regular monitoring of the UIC level in the communities to eradicate IDD in the Sarawak

Biography:

Dr. Abdul Aziz Harith is a medical doctor. Trained in master of public health from National University of Malaysia. Has been well trained as a health implementer as well as initiating policies. Currently, posted in Occupational Health Research Centre, Institute for Public Health Malaysia.

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Speaker Publications:

- 1) ROAD TRAFFIC ACCIDENTS: A DESCRIPTIVE STUDY OF COMMUTING INJURY AMONG HEALTHCARE WORKERS IN MALAYSIA 2014-2016 March 2020 International Journal of Public Health and Clinical Sciences 7(1):2289-7577 Follow journal DOI: 10.32827/ijphcs.7.1.58
- 2) IMPACT OF UNIVERSAL SALT IODIZATION PROGRAMME TOWARDS IODINE STATUS OF PREGNANT WOMEN IN SARAWAK January 2020 International Journal of Public Health and Clinical Sciences 6(6):2289-7577 Follow journal DOI: 10.32827/ijphcs.6.6.98

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