



# Iodine Deficiency Disorder

## Why is Iodine Necessary?

Iodine is an essential micronutrient supporting some of the most vital functions of the human body. The recommended dietary allowances as per ICMR 2010 for Iodine are as follows:

Category/Age	RDA of Iodine		
	(mcg/Kg/d)	(mcg/d)	Upper limit (mcg/Kg/d)
Infants (0-6 m)	6-30	Breast milk	Breast milk
7-12 m		90	140
Young children (1+ to 5y)		90	50
School age children	4	120	50
Adolescents & adults ( $\geq 13$ y)	2	150	30
Pregnant women	4.5	250	40
Lactating women	4.5	250	40

## Iodine Deficiency Symptom in Foetus

Abortions, Still births, congenital anomalies, increased perinatal mortality, increased infant mortality, neurological cretinism (mental deficiency, deaf mutism, spastic diplegia, and squint), dwarfism, mental deformities, and psychomotor defects.

## Iodine Deficiency Symptoms in Neonate, Child and Adolescents

Neonatal goitre and hypothyroidism, goitre, neonatal hypothyroidism, impaired mental function, retarded physical development

## Iodine Deficiency Symptoms in Adults

Lack of energy, goitre and mechanical complications, nodular thyroid, hyperthyroidism

## Objectives of National Iodine Deficiency Disorders Control Programme

- Surveys to assess the magnitude of the Iodine Deficiency Disorders (IDD).
- Supply of iodated Salt in place of common salt.
- Resurvey after every 5 years to assess the extent of Iodine Deficiency Disorders and the impact of iodated salt.
- Laboratory monitoring of iodated salt and urinary iodine excretion.
- Health education and publicity.

## Severity of Goiter

Indicator	Mild	Moderate	Severe
Goiter Grade > 0	5 -19.9%	20-29.9%	>_ 30%
Median (Microgram/l)	50-99	20-49	<20

## What can Anganwadi Workers do to Spread Awareness?



- Various needs of children and mothers in a community are interrelated. The anganwadi can be utilized as a focal point for the delivery of awareness about iodized salt.
- In case of diagnosis of thyroid disease or iodine deficiency, the AWW should counsel the family to lower the consumption of goitrogens as they interfere with Iodine metabolism. Lower consumption of cabbage, cauliflower, okra, sweet potato, peaches, soybean, almonds, mustard, sorghum etc. should be avoided.
- AWW can prepare a public awareness programme which can include folk songs, skit, plays, one on one counselling etc.
- AWW can show a video on IDD and its prevention to the community.
- Various posters can be made and put up so that people are aware about the importance of iodized salt.
- The AWC can have an iodine testing kit, which can be used to check for the presence of iodine in the salt.

### Classification of Goiter

