

The study on salt consumption at household level and the knowledge of mothers about iodine and iodized salt in Sukabumi District, West Java

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Abstrak

ABSTRAK

A cross sectional study to determine the salt consumption at household level was carried out in Sukabumi District. Two hundred households with children 1-5 years were selected randomly. This study consisted of interviews of the mothers, observation of iodized salt usage and analysis of the iodine content in iodized salt.

The results showed that all households in the study area have used iodized salt but they were not aware that they used iodized salt.

The average salt consumption at household level was 4.8 gr per day per capita with majority iodine intake (71 %) less than 100 µg. Using iodometry test, 47 % of households had iodine content in iodized salt was less than 30 ppm. In general, all cooked food used salt except for rice as staple food, but not all of food prepared with salt were consumed by children 1-5 years.

According to mothers' perception, the mother with better knowledge had higher percentages on using iodized salt and also had better educational level.

These findings showed that the recommended iodine intake by WHO of 100-300 µg per day per capita was not fulfilled, mainly because of the low quality of iodized salt, as well as improper ways of salt storage and food preparations. Lack of knowledge due to low educational level of mother was worsening this condition.