Abstract

Abstract No.: ABS-0082

THE IODINE STATUS OF FIRST TRIMESTER PREGNANT WOMEN AND ITS ASSOCIATION WITH HOUSEHOLD COVERAGE WITH ADEQUATELY IODIZED SALT IN SARAWAK

Abdul Aziz Harith[1], Kuang Kuay Lim[1], Mohd Shaiful Azlan[1], Nur Azna Mahmud[1], Fatanah Ismail[2], Nurul Shahida Mohd Amin[2], Atonia Dedo[2], Jumainah Isa[2]

1: Institute For Public Health Malaysia, Malaysia, 2: Sarawak State Health Department, Malaysia

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 g/L were considered to have insufficient, adequate, more than adequate, or excessive iodine levels, respectively (WHO/UNICEF/ICCIDD, 2007). Chi-square test was use 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 123.9µg/L (IQR 56.5-192.1µg/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 µg/L to 145.4 µg/L

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