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15.00 – 15.15

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KNOWLEDGE AND ATTITUDE REGARDING IODIZED SALT AND IODINE DEFICIENCY DISORDERS AMONG PREGNANT MOTHERS FROM JAFFNA DISTRICT IN SRI LANKA

Iodine deficiency is one of the most common deficiencies in the world, with almost one billion of people affected. Numerous studies have shown that children and pregnant & breast feeding mothers are at high risk. Objective of this study is to determine the knowledge and attitude among pregnant mothers regarding the usage of iodized salt and iodine deficiency disorders (IDD) from Jaffna District in Sri Lanka. In this study, systematic sampling technique was used and 477 pregnant mothers were selected from six Medical Officers of Health (MOH) divisions in Jaffna District. In different antenatal clinics, mothers in third trimester of gestation were interviewed by an interviewer administered questionnaire about knowledge and attitude of iodized salt & IDD. The educational levels of mothers were categorized as non formal, up to grade 5, grade 6-11, grades 12-13 and graduates & above (Table 1). The mean age of pregnant mothers was 28.92(±5.46) years and ranged from 17.0 to 44.0 years. Table 2 summarises the type of salt used by mothers. Among the mothers 17.5 % lack knowledge on iodized salt, whilst 53.5 % know about both the IDD & iodized salt (Table 3). Among the mothers 55.9, 15.1 and 14.1 % had knowledge on goitre, mental retardation and growth retardation, respectively (Table 4). Based on this study, even though the majority (55.9%) of mothers had the knowledge on goitre, they had poor knowledge on iodine deficiency and its impact on brain development & growth of the foetus. Thus, it is important to educate not only the mothers but also the entire community to prevent IDD.

Educational level (Sri Lankan Standard)	Number of mothers % (Number)
No-formal	0.2 (1)
Gr 1-5	9.6 (46)
Gr 6-11	58.9 (281)
Gr 12-13	23.9 (114)
Degree and above	7.3 (35)
Total	100 (477)

Table 1: Mothers educational attainment level

Type of Salt Used by Mothers	Number of mothers % (Number)
Iodized salt only	82.5 (n407)

Iodized & normal salt	2.5 (n12)
Unaware of iodized salt	15.0 % (n73)

Table 2: Number of mothers using different types of salt

Knowledge of Mothers regarding iodized salt & IDD	Number of mothers % (Number)
Do not know about iodized salt & IDD	15.5 (n76)
Only know about IDD	0.8 (n4)
Only know about iodized salt	30.2 (n148)
Know about both (IDD & iodized salt)	53.5% (n262)

Table 3: Number of mothers and their knowledge regarding iodized salt & IDD

Knowledge of mothers regarding the IDD	Number of mothers % (Number)
Knowledge on Goitre	55.9 (n274)
Knowledge on Mental retardation	15.1 (n74)
Knowledge on Growth retardation	14.1 % (n69)

Table 4: Number of mothers and their knowledge regarding IDD