



Iodine Deficiency Disorder

Iodine is a mineral that is an essential component of thyroid hormones. Thyroid hormones are essential to development and metabolism.

Iodine deficiency disorder refers to the abnormalities that result when the body does not get enough iodine. Iodine deficiency can lead to inadequate production of thyroid hormones from the thyroid gland (hypothyroidism). Thyroid hormones prevent mental retardation, growth restriction, physical deformities, miscarriage, and stillbirths.

Causes

- Lack of iodine-rich foods in the diet and the presence of goitrogens (i.e., cassava and cabbage), which interfere with the absorption of iodine in the body
- Increased requirement of iodine during adolescence, pregnancy, and lactation, which can also cause iodine deficiency



Sign

Goiter

Identified Target Groups for Iodine Supplementation

- **Women of reproductive age**
Among pregnant women, iodine deficiency

may be associated with complications, such as hypothyroidism, gestational abortion, increased first trimester abortions, abnormal fetal positions, and stillbirths.

- **Children of school age**

These children have been shown to have increased demand for iodine because of growth spurts during this period. It is also among this population group that intake of iodine sources from food could be very poor.

Treatment/Prevention

- Use iodized salt in preparing or cooking food.
- Eat foods rich in iodine, like dilis, pusit, kuhol, lato (seaweeds), talaba, tahong, alamang, shrimps, crab (WHEN THERE IS NO RED TIDE BAN).
- In endemic areas where more than 30% of the population has goiter, take iodine supplement as prescribed by a physician.

References

- Department of Health Philippines. Administrative Order No. 119 s. 2003. "Updated Guidelines on Micronutrient Supplementation (Vitamin A, Iron, and Iodine)."
- DOH Philippines. (2005). Health Advisory on Iodine Deficiency Disorder.
- World Health Organization. (2011). Micronutrient Deficiency. Retrieved from www.who.int/nutrition/topics/idd/en/

Images from:

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