
Environmental Iodine Deficiency and Goiter Prevalence in a Block Area of The North Eastern Region: A Retrospective Analysis

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ABSTRACT A study was conducted in a Community Development Block area, a valley between the offshoots of the Chilarai Hills, situated at a distance of 45 Km from Guwahati city. Eight villages were selected in the block for the study and family members of every 4th family of each village was interviewed and clinically examined for goiter. Total numbers of individuals examined were 1424. Overall goiter prevalence (TGR=Total goiter rate) was 33.84% of which visible goiter rate was 5.82% (WHO 1979 and PAHO 1984 classification). Age prevalence of the goiter was highest in 14-<19years with female preponderance. Single case each of Cretinism, Hypothyroidism and Hyperthyroidism showing correlation with the results of circulatory thyroid hormone was detected in the target population. 97.3% of the head of the families were not aware of salt iodisation. Majority (91.49%) of the head of the families did not consider goiter as a health problem. Mean urinary iodine excretion level was 48.03 microgram/g of Creatinine in the sampled population. Average water iodine level in the study area was 0.745 microgram/L of drinking water. Mean iodine content of soil in the study area was 1 ppm. Assessment of current iodine nutrition status of the population is essential to know the effective implementation of salt iodisation in the locality.

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