



The Prevalence of Iodine Deficiency (IDD) among Vulnerable Populations in Ethiopia

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ABSTRACT

Objectives: IDD is a common cause of preventable mental retardation and brain damage in the world. In Ethiopia, there are no data which reflect the current status of IDD at the national or regional levels. The 2014 Ethiopia National Micronutrient Survey (ENMS) will estimate the national and regional prevalence of IDD among children 5-14 years of age and non-pregnant women 15-49 years of age in Ethiopia.

Methods: The ENMS is a cross-sectional household survey designed to produce national and regionally representative estimates of iodine deficiency. Urine samples will be collected from children aged 5-14 years of age and from all non-pregnant women of reproductive age. Approximately 10 ml of urine will be stored at -20°C until analyzed for urinary iodine excretion by the Sandell-Kolthoff reaction. WHO/UNICEF/ICCIDD urinary iodine criteria (among school-age children and non-pregnant women of reproductive age) will be used to interpret the findings.

Results: The national and regional iodine status will be presented based on median urinary iodine levels for children 5-14 years old and non-pregnant women 15-49 years of age in Ethiopia.

Conclusions: This survey will provide national and regional data for monitoring the progress toward the elimination of IDD in Ethiopia.

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