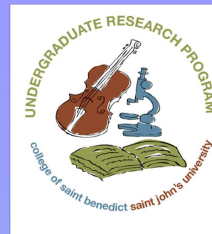


Iodized Salt is good for you! Why iodine is important for college-aged women

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Introduction

- U.S. public health initiative to reduce sodium intake and blood pressure by cutting table salt from diet
- Iodized salt is main dietary source of iodine
- Iodine deficiency may appear as lethargy, a depressed mood, or trouble concentrating
- Iodine deficiency during pregnancy may lead to impaired fetal neurocognitive development
- Recommended Daily Allowance: 150µg
- Insufficient if less than 100µg

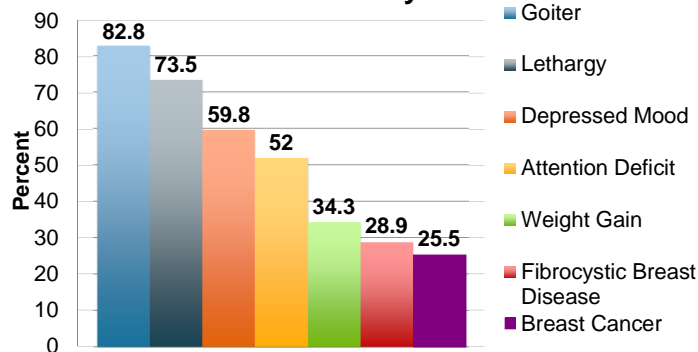
Purpose

- To examine iodine consumption and knowledge to ultimately determine if college-aged women are getting adequate amounts of iodine

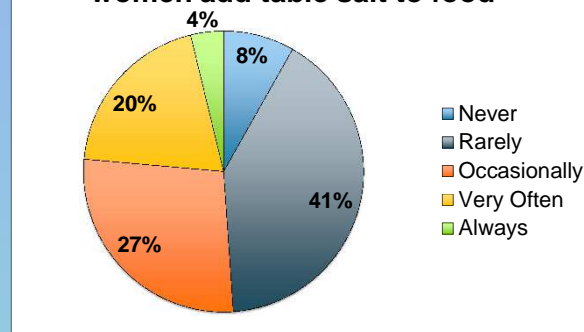
Methods

- Received IRB approval
- Survey link including the informed consent was sent through email to 980 College of Saint Benedict juniors and seniors
- 195 students completed survey – 19.9% response rate
- Iodine knowledge, dietary intake questions, use of iodized salt, multivitamin and supplement usage
- SPSS used for statistical analysis
 - One-Way ANOVA
 - Descriptive Statistics
 - Post Hoc Test

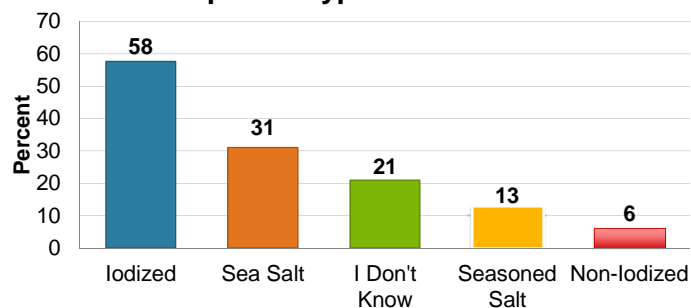
Percentage of women who correctly identified conditions related to iodine deficiency



Frequency that college-aged women add table salt to food



Self-Reported Types of Salt Owned



Pregnancy rec. (µg)	General rec. (µg)	Insufficient level (µg)	Iodine intake (µg)	Iodine intake with MV (µg)
250	150	100	147±107	170±122

Results

- Only 38.1% met RDA without multivitamin (n=76)
- Only 46.6% met RDA with multivitamin (n=88)
 - 25.6% (n=50) reported taking a multivitamin
- No statistical correlation between diet and knowledge (p=0.083)
- Nutrition & nursing majors know more about iodine than other majors (p=0.004)
- Milk was the major source of dietary iodine (40.7±47.2µg)
- Seaweed is best source yet rarely eaten (n=8)

Conclusions

- Less than 50% of women are iodine sufficient
- Respondents reflected pressure to cut back on table salt use to reduce sodium levels
- Although 58% of women self-report owning iodized table salt, only 24% reported more than occasional use
- Women could meet requirements through consuming milk, yogurt, and eggs (3 cups of milk needed to meet RDA)
- A greater knowledge about iodine does not translate to adequate dietary iodine
- Women are unable to identify many of the conditions related to iodine deficiency
- Not all multivitamins are created equal; some vitamins contain 150µg while others, such as gummies, provide a smaller amount (38-40µg)
- Requirement increases with pregnancy so inadequacy will become more severe

Acknowledgements

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