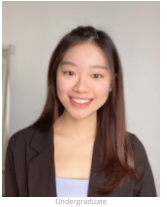


Knowledge and Attitude on Iodine and Iodine Deficiency among Malaysian Adults in Klang Valley, Malaysia

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INTRODUCTION

- Overall iodine status in Malaysia was reported as 109µg/L in UIC, which is just on the borderline adequacy of iodine.^[1]
- Iodine deficiency disorders (IDD) is the most common cause of preventable mental impairment worldwide which can happen in every age group especially pregnant and lactating women.^[2]
- Even mild-to-moderate iodine deficiency in pregnant women may pose reproductive risks, including abortions, stillbirths, and impaired neurodevelopment and irreversible effects on offspring.^[3,4]
- Lack of nutritional knowledge and awareness is one of the most important obstacles hindering successful elimination of iodine deficiency. Hence, it is important to strengthen the evaluation system for knowledge and attitude on the iodine nutrition and iodine deficiency in public to eradicate iodine deficiency.

OBJECTIVES

- To assess the knowledge and attitude on iodine and iodine deficiency amongst Malaysian adults in Klang Valley.
- To determine the association between sociodemographic characteristics with knowledge and attitude.
- To determine the association between knowledge and attitude on iodine and iodine deficiency.

METHODOLOGY

Study Design	Sampling Method	Setting	Study Population	Study Tools	Statistical Analysis
Cross-sectional study	Convenience purposive	Klang Valley, Malaysia	Malaysian adult, aged ≥18 years old residing in Klang Valley (N=134)	Self-administered Online Questionnaire	SPSS version 28.0 Descriptive statistics (frequency, percentage) Pearson's Chi-square test (95% CI)

RESULTS

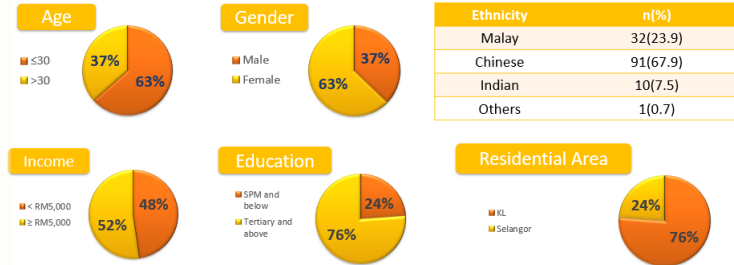


Figure 1: Sociodemographic characteristics of respondents (N=134).

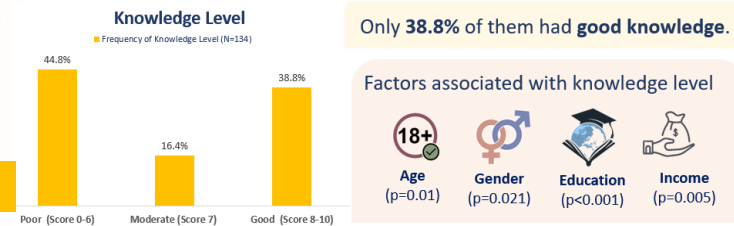


Figure 2: Distribution of iodine and Iodine Deficiency Knowledge (N=134).

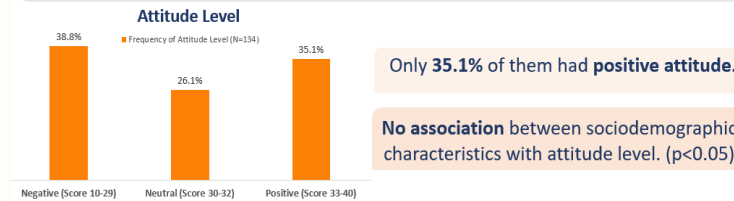


Figure 2: Distribution of iodine and Iodine Deficiency Attitude (N=134).

Table 1: Pearson Correlation between Knowledge and Attitude.(p≥0.05)

Variables	Attitude
Knowledge	0.064

DISCUSSION

- Unsatisfactory knowledge and attitude of the study respondents was consistent with studies in South African, Australia, Tehran and Norway.^[5-8]
- Younger respondents had better knowledge. (p<0.05)
- Female respondents had better knowledge (p<0.05)
- Respondents with higher education level had better knowledge. (p<0.05)
- Individuals with lower socioeconomic level had more exposure to insufficient iodine intake and iodine deficiency disorder.^[5,9]
- Consistent findings - Older participants were found to be more vulnerable to low UIC level.^[7]
- Women are more health conscious than men.^[9]
- People with higher level of education would be better able to identify IDD.^[7]

CONCLUSION

- Overall, the knowledge and attitude of Malaysian adults on iodine nutrition and iodine deficiency was unsatisfactory.
- The knowledge of the respondents showed a significant association with the sociodemographic characteristics (age, gender, education level, income).(p<0.05)
- No association was observed between attitude and sociodemographic factors (p≥0.05) and knowledge and attitude (p≥0.05)
- In general, more effective IDD awareness programs should be conducted in the community level to eliminate the lack of knowledge and awareness on iodine and IDD.

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