

B31 Knowledge and attitude on iodine and iodine deficiency among Malaysian adults in Klang Valley, Malaysia

Siew JX¹, Lee CY¹, Chong MHZ² and Tan KL²

¹Division of Nutrition and Dietetics, School of Health Sciences, International Medical University

²Department of Community Nutrition, School of Medicine, International Medical University

Prevalence of iodine deficiency was reported to be high amongst Malaysian adults. Nevertheless, information regarding knowledge on iodine and iodine deficiency is limited locally. This study aimed to assess the knowledge and attitude on iodine and iodine deficiency amongst Malaysian adults. A cross-sectional study was conducted using convenience sampling in Klang Valley. A pretested online questionnaire was administered to a total of 134 Malaysian adults recruited. Pearson's Chi-square was used to determine association between sociodemographic factors with knowledge and attitude. 44.8% of the participants in the study had poor knowledge with mean knowledge score of 6.39 out of 10. More than half of the participants could not identify dietary sources of iodine. In addition, the participants also demonstrated a more negative attitude towards iodine intake and iodine deficiency with mean score of 30.89 out of 40. Despite the more negative attitude, more than two-thirds of the participants had awareness on the health consequences resulting from low iodine intake. There is no correlation found between the knowledge and attitude towards iodine and iodine deficiency in this study. Only knowledge score was found to be significantly associated with age, education, and income ($p < 0.05$). Knowledge on iodine and iodine deficiency amongst the participants were poor. Nutrition education and health promotion activities are required to address the poor knowledge on iodine and to increase positive attitude and awareness towards iodine deficiency among Malaysian population.