

Iodine nutrition in school age children of four censorial areas of Chile

Nutrición de yodo en escolares de cuatro zonas censorias de Chile

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Background: Although endemic goiter is an easily controlled chronic disease, it continues to be a serious global public health problem. **Aim:** To study iodine nutrition in school age children from different areas of Chile. **Subjects and methods:** Thyroid gland was palpated in 4181 school age children from Calama, Santiago, Temuco and Punta Arenas. Urinary iodine excretion was measured to 9% of these children and iodine concentration in salt for human consumption obtained in each of these areas was determined. **Results:** A 9% goiter prevalence in boys and 11% prevalence in girls was detected. The prevalence of goiter Ia was 6.5% and the figure in different geographic areas was similar. Iodine concentration in salt for human consumption was adequate according to Chilean legislation (82.6, 95.7, 96.8 and 93.2 $\mu\text{g } \mu\text{g/l/g}$ salt in Calama, Santiago, Temuco and Punta Arenas respectively). Urinary iodine excretion in boys and girls was 1695 and 1802 $\mu\text{g l/g creatinine}$ in Calama, 680 and 732 in Santiago,