

## POSTER SESSION

### ABSTRACT CONSUMPTION OF IODIZED SALT AT HOUSEHOLD LEVEL AND ITS SUSTAINABILITY

Djoko Kartono and Sunarno Ranu Widjojo  
Center for Research and Development in Food and Nutrition, MOH, Indonesia

**Background.** Sea salt is the only salt manufactured in Indonesia. Small-scale Farmers of people's salt is the majority of salt producers. The state owned salt enterprise is only produce around 20% of total salt production. Iodine deficiency disorders (IDD) is one of nutritional problem in the country and iodized salt has been the long term strategy to control the problem for over 3 decades. Monitoring on the use of iodized salt is conducted annually by Central Bureau of Statistics (BPS) and Ministry of Health. **Objective.** To study consumption of iodized salt at household level and its sustainability. **Method.** The study was conducted at 30 districts/cities selected using "stratified random sampling" from all districts/cities throughout the country and consisting 1.300 census blocks. Salt sample was taken from two households in every census block. Iodine content in salt was determined using iodometric titration. The type of salt sample consumed by household was also noted. **Results.** There are 3 types of salt available in the market and retailer that is granule (raw salt), bricked and powder. As much as 20,8% of salt consumed by household were bricked type, 35,8% were granule type and 43,4% were powder type. In urban areas, 33,3% of household consume granule type, 18,9% consume bricked type and 47,8% consume powder type. Meanwhile, in rural areas, 37,1% of household consume granule type, 21,9% consume bricked type and 41,0% consume powder type. The mean value of iodine content was lowest (15,9 ppm) in granule type, followed by bricked type (18,0 ppm) and the highest was powder type (28.3 ppm). Using titration method, 7,8% of salt samples contained less than 5,0 ppm of iodine, and only 24,5% salt contained above 30 ppm. As high as 14,2% salt samples contained between 5,0 – 9,9 ppm iodine, 27,8% contained 10,0 – 19,9 ppm iodine and 25,7% contained between 20,0 – 29,9 ppm iodine. There were 0,2% salt sample contained no iodine and 1,1% salt samples contained over 80 ppm iodine. **Conclusion.** Consumption of powder salt was slightly higher in urban than in rural and granule salt was slightly lower in urban than in rural areas. Powder salt is best for salt iodization.

**Key words:** consumption, iodine, salt, household, sustainable