EXPANDED NATIONAL NUTRITION SURVEY

What does the 2018 data say:
Are we IN or OUT?

IODINE CONTENT OF HOUSEHOLD SALT

DISSEMINATION FORUM
July 28, 2020
DOST-FNRI, Taguig City
IODINE DEFICIENCY

a lack of the trace element iodine, an essential component of the thyroid hormones involved in the regulation of various enzymes and metabolic processes.

(IOM-FNB, 2001)
Iodine deficiency disorders (IDD) include:

- Goiter
- Mental retardation
- Hypothyroidism
- Cretinism
- Increased morbidity and mortality of infants
- Impaired cognitive development

Source: https://www.primehealthchannel.com/wp-content/uploads/2013/05/Iodine-Deficiency-Picture.b197b0.webp
STRATEGIES IN COMBATING IODINE DEFICIENCY IN THE PHILIPPINES
Salt iodization

Use of iodized salt in processed foods

Iodization of drinking water
What is ASIN Law?

Republic Act No. 8172

“An Act for Salt Iodization Nationwide”
Enacted in 1995, seeks to contribute to the elimination of micronutrient malnutrition in the country, particularly iodine deficiency disorders, through the cost-effective preventive measure of salt iodization.
SALT IODIZATION IN THE PHILIPPINES

FDA Circular No. 2013-007 dated 05 March 2013

- 2008 NNS
  - 80.97% of salt at the household level is positive for iodine but only 25.2% is adequately iodized at the WHO recommended level of 15 ppm (mg/Kg)
RESULTS
Household Response Rate

- **ELIGIBLE**: 27,943
- **RESPONSE**: 20,801
- **RESPONSE RATE (%)**: 74.4%
Distribution of Households by WYD test results for salt by Place of Residence: Philippines, 2018

- **<5ppm**
  - All: 43.0%
  - Rural: 44.5%
  - Urban: 41.0%

- **5-14.9ppm**
  - All: 19.8%
  - Rural: 20.9%
  - Urban: 18.5%

- **≥15ppm**
  - All: 37.2%
  - Rural: 34.6%
  - Urban: 40.5%
Distribution of Households by WYD test results for salt by Wealth Quintile: Philippines, 2018

- **<5PPM**
  - Poorest: 42.1%
  - Poor: 45.1%
  - Middle: 42.6%
  - Rich: 43.7%
  - Richest: 40.7%

- **5-14.9PPM**
  - Poorest: 25.9%
  - Poor: 21.8%
  - Middle: 20.1%
  - Rich: 16.3%
  - Richest: 14.1%

- **≥15PPM**
  - Poorest: 32.0%
  - Poor: 33.1%
  - Middle: 37.2%
  - Rich: 40.0%
  - Richest: 45.2%
Type of Salt used by Households by Place of Residence: Philippines, 2018

- **Rock salt**
  - All: 62.5%
  - Rural: 65.2%
  - Urban: 59.7%

- **Fine salt**
  - All: 28.9%
  - Rural: 29.0%
  - Urban: 28.8%

- **Both**
  - All: 8.5%
  - Rural: 5.7%
  - Urban: 11.4%
Type of Salt used by Households by Wealth Quintile: Philippines, 2018

- **Rock Salt**
  - Poorest: 74.6%
  - Poor: 69.1%
  - Middle: 64.1%
  - Rich: 44.9%
  - Richest: 22.5%

- **Fine Salt**
  - Poorest: 57.3%
  - Poor: 29.0%
  - Middle: 25.6%
  - Rich: 31.9%
  - Richest: 36.7%

- **Both**
  - Poorest: 2.9%
  - Poor: 5.2%
  - Middle: 6.9%
  - Rich: 10.8%
  - Richest: 18.3%
### Source of Salt

<table>
<thead>
<tr>
<th>Type of Salt</th>
<th>Sari-sari store</th>
<th>Market/talipapa</th>
<th>Supermarket/grocery</th>
<th>Ambulant vendors</th>
<th>Health centers/hospitals</th>
<th>Give-free</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock salt</td>
<td>45.9%</td>
<td>54.5%</td>
<td>6.2%</td>
<td>2.0%</td>
<td>0.04%</td>
<td>0.5%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Fine salt</td>
<td>29.2%</td>
<td>38.6%</td>
<td>34.8%</td>
<td>1.4%</td>
<td>0.6%</td>
<td>1.9%</td>
<td>0.9%</td>
</tr>
</tbody>
</table>
Are Filipino households aware of iodized salt?

65.1%

Source: https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSquyzd3WsQpYofVhpQIsrAxFUbjSWDWm3CAg&usqp=CAU
Perception of Meal Planners on Iodized Salt: Philippines, 2018

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleaned/Refined</td>
<td>47.6</td>
</tr>
<tr>
<td>Prevent goiter</td>
<td>30.1</td>
</tr>
<tr>
<td>Added with iodine</td>
<td>18.6</td>
</tr>
<tr>
<td>Good for the body</td>
<td>15.4</td>
</tr>
<tr>
<td>Good for the brain</td>
<td>5.8</td>
</tr>
<tr>
<td>Others</td>
<td>5.3</td>
</tr>
<tr>
<td>Good for pregnant mother</td>
<td>1.1</td>
</tr>
</tbody>
</table>

Note: These are verbatim answers
Are Filipino households using iodized salt?

61.6%

Source: https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSquyzd3WsQpYoVhpQIsrAXFUbISWDWm3CAg&usqp=CAU
Households who claimed using Iodized Salt by Place of Residence: Philippines, 2018

<table>
<thead>
<tr>
<th>Place of Residence</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>RURAL</td>
<td>56.8</td>
</tr>
<tr>
<td>URBAN</td>
<td>65.7</td>
</tr>
</tbody>
</table>
Households who claimed using Iodized Salt by Wealth Quintile: Philippines, 2018

Percentage (%)

- POOREST: 45.4
- POOR: 52.4
- MIDDLE: 58.1
- RICH: 66.9
- RICHEST: 77.8
Trends in Iodized Salt Awareness and Usage

![Graph showing trends in iodized salt awareness and usage from 1998 to 2018. The percentage of awareness and users is indicated for each year.]

- **Awareness**
  - 1998: 67.3%
  - 2003: 79.5%
  - 2008: 78.5%
  - 2013: 71.5%
  - 2018: 65.1%

- **Users**
  - 1998: 24.8%
  - 2003: 38.1%
  - 2008: 41.9%
  - 2013: 47.5%
  - 2018: 61.6%
Proportion of iodine status among those who are using salt adequately iodized (≥15 ppm) by population groups

- School aged children, 6-12 y/o
- WRA, NPNL
- Pregnant women
- Lactating mothers
- Elderly

<table>
<thead>
<tr>
<th>Category</th>
<th>Not Iodine Deficient</th>
<th>Iodine Deficient (UIE &lt; 50 µg/L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>School aged children</td>
<td>35.0</td>
<td>26.8</td>
</tr>
<tr>
<td>WRA, NPNL</td>
<td>37.6</td>
<td>27.1</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>34.4</td>
<td>32.7</td>
</tr>
<tr>
<td>Lactating mothers</td>
<td>35.7</td>
<td>34.9</td>
</tr>
<tr>
<td>Elderly</td>
<td>37.0</td>
<td>28.7</td>
</tr>
</tbody>
</table>

*INDICATES IODINE DEFICIENT (UIE < 50 µg/L)
SUMMARY

- Households who use adequately iodized salt (> 15ppm) was lowest among the poorest and highest among the richest.
- Majority of households were aware and were users of iodized salt.
Households who claimed using iodized salt was highest among the richest households.

There was a decline in iodized salt awareness from 2003 to 2018 but there was an increasing trend in the usage of iodized salt.
Among those who are using salt adequately iodized, there was a significantly lower iodine deficiency among population groups such as school-aged children, 6-12 years old, women of reproductive age, non pregnant non lactating women and among the elderly
thank you