

ABSTRACT

A cross-sectional descriptive study to assess knowledge, perception and practice on iodized salt consumption among household members and to measure iodine content in salt at household level was conducted in Deemawsoe Township, Kayah State during October to November 2014. In the study, 216 household members aged 18 to 65 years and prepared main meal at home were face to face interviewed using pretested questionnaire and iodine content in salt currently used at home was tested by rapid test kit. It was found that 49.5% of respondents had high knowledge level, 42.1% had good perception level and 64.8% had good practice level on iodized salt consumption. Knowledge level was significantly associated with race ($p = 0.016$), religion ($p = 0.004$), education level ($p < 0.001$), current occupation ($p = 0.010$) and monthly family income ($p = 0.004$). Perception level was significantly associated with race ($p = 0.033$), religion ($p < 0.001$), education level ($p < 0.001$) and number of household members ($p = 0.021$). Practice level was significantly associated with religion ($p=0.008$) and education level ($p = 0.034$). Knowledge level on iodized salt consumption was significantly associated with perception ($p < 0.001$) and practice ($p < 0.001$) levels. Perception level was also significantly associated with practice level ($p = 0.043$). According to test result, 96.3% of salt samples contained iodine adequately ($>15\text{ppm}$), 3.2% contained iodine inadequately ($<15\text{ppm}$) and 0.5% did not contain iodine (zero ppm). All respondents reported that they utilized iodized salt. The verbal reports of respondents were consistent with test results. In the study, 99.5% of households used iodized salt (either $<15\text{ppm}$ or $>15\text{ppm}$) and 96.3% of households used adequately iodized salt ($>15\text{ppm}$). Since only iodized salt was available in study area, respondents consumed only iodized salt regardless of sociodemographic characteristics and level of knowledge, perception and practice on iodized salt consumption. The finding points out that universal salt iodization (USI) and quality assurance of iodized salt from the production stage to the distribution or selling stage are most important in raising iodized salt consumption and USI may be successful in areas where there are no small scale local salt producing sites which usually produce non-iodized salt and are non-licenced. **KEY WORDS:** Iodized Salt Consumption, Knowledge, Perception, Practice, Household Level