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### Urinary Iodine Status of Adolescent Children in Baramati, Pune District, Maharashtra

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#### ABSTRACT

*Estimation of urinary iodine is a surrogate measure for iodine intake as almost all ingested iodine excreted in the urine. Measurement of urinary iodine is considered a sensitive marker of current iodine intake and can reflect recent changes in iodine status. Estimation of urinary iodine is cost-efficient and easily obtainable indicator for iodine status. Therefore, urinary iodine measurement affords a biological indication of iodine deficiency disorders (IDD). The present cross-sectional study assessed the iodine status of adolescent (N=82), by estimating urinary iodine using Sandell-Kolthoff reaction. The results revealed that 32.93% of school-children (12-16 year old) have optimum iodine intake, 26.83% have risk of iodine induced hyperthyroidism, 24.40% have risk of hyperthyroidism and autoimmune thyroid disease, 8.54% have mild deficiency, 4.87% have moderate deficiency and 2.43% have severe deficiency respectively.*

**Keywords:** Iodine Deficiency Disorder (IDD), Urinary Iodine.

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