

## **Goitrogenic food consumption pattern and Iodine Deficiency Disorder (IDD) among women in Kota Belud, Sabah**

### **Abstract**

In some areas of Sabah, Iodine Deficiency Disorder is a problem due to low iodine content in foods consumed. This study was conducted to examine risk factors of goiter and IDD among women in Kota Belud, northern Sabah. Methods: This study was carried out on 66 women respondents that consisted of 29 goitre subjects and 37 normal subjects. The study was conducted through interviews, questionnaires and food frequency questionnaire. Results: Age, socio-economic status and knowledge about goitrogenic foods were the major risk factors of goiter. There was a significant relationship ( $p < 0.05$ ) between frequency of goitrogenic food intake and goitre status. There was no significant association between frequencies of goiter and living area. Conclusions: The presence of goitre indicates that universal salt iodination in this area has probably not reached all at-risk individuals. Health workers should educate people about goitrogenic foods.