Abstract

Objective: Characterize the magnitude and severity of iodine deficiency in Cuba. Methods: Characterization of the magnitude and severity of iodine deficiency in Cuba was based on determination of iodinuria and the prevalence of goitre by inspection and palpation. A cross-sectional epidemiological study was conducted using complex two-staged cluster sampling of three selected strata: urban, rural and mountainous, including 67 municipalities and a total of 2,101 schoolchildren aged 6-11. Results: Deficient iodinuria was found in 6.4% of the children evaluated, with a predominance of the mountainous stratum. Excessive iodine intake was present in all strata. Goitre was classed as moderately endemic, with a prevalence of 27.3% and a predominance in the mountainous stratum and the female sex. Findings revealed the impact of salt iodization, which was evaluated through examination of urinary excretion as an indicator of recent salt intake. Conclusions: Endemic goitre continues to be a nutritional problem in the population, pointing to the need to conduct more profound studies to identify possible causal relationships.

Keywords

Iodine, iodine deficiency, iodized salt, endemic goitre.