

Vigilancia epidemiológica del enriquecimiento de la sal para prevenir deficiencia de yodo, La Pampa.

Cepeda, L.P.¹; Elicegui, A.²; Gauna, V.; Aguilera, M.P.¹; Toledo, A.³; Limbozi, C.⁴; Arrese, F.⁴; Villarreal, M.⁴; Ramírez Stieben, L.A.⁴ y Olivares, J.L.¹⁻⁴

¹Ministerio de Salud de la provincia de La Pampa

²Colegio Primario N° 45 de A Roca

³Municipalidad de A. Roca

⁴Proyecto PIB52 Universidad Nacional de La Pampa

cepedalaurapamela@gmail.com

RESUMEN

La Dirección de Epidemiología (Ministerio de Salud de La Pampa) participa del Programa de vigilancia de enriquecimiento de yodo en sales provenientes de la industria y de boca expendio. El yodo previene trastornos en el desarrollo y crecimiento infantil. Nos propusimos detectar porcentajes de enriquecimiento con yodo en sal de mesa procedente de los hogares de niños de 6 a 12 años de una comunidad agrícola-ganadera. Además, como objetivo, se planteó informar y educar a las familias. Se analizó la concentración de yodo en 69 muestras de sal empleando tiosulfato de sodio. Se clasificó en ausente, deficiente, exceso y adecuado (24.7-41.2 ppm), según marcas de sal. Se realizó una reunión informativa y educativa con las familias luego de obtener los resultados.

Palabras clave: vigilancia, enriquecimiento de los alimentos, niños, enriquecimiento con yodo, sal.

Epidemiological surveillance of salt fortification to prevent iodine deficiency, La Pampa

ABSTRACT

The Epidemiology Directorate (Ministry of Health of La Pampa) participates in the surveillance program for iodine enrichment in salts from industry and retail outlets. Iodine prevents disorders in child development and growth. We set out to detect the percentage of iodine enrichment in table salt from the homes of children aged 6 to 12 years from an agricultural-livestock community. Furthermore, the objective was to inform and educate families. The iodine concentration in 69 salt samples was analyzed using sodium thiosulfate. It was classified as absent, deficient, excess and adequate (24.7-41.2 ppm), according to salt brands. An informative and educational meeting was held with the families after obtaining the results. Results: 85.5% (59) of the samples had adequate enrichment, 7.2% insufficient (in 2 cases it was industrial salts), 7.3% in excess. The different brands had: adequate iodine in 82.7% of the samples, insufficient

iodine in 4.3%, 4.3% without iodine and 8.7% in excess. 19 families attended the meeting. Conclusions: 85.5% of the salts analyzed were adequately enriched with iodine. About 30% of the families attended the information meeting.

Keywords: monitoring, food fortification, children, iodine enrichment, salt