

INADEQUATE IODINE INTAKE

(427G)

PARTICIPANT TYPE.....PREGNANT, BREASTFEEDING WOMEN
HIGH RISK.....No

RISK DESCRIPTION:

Consumption of less than 150 mcg of supplemental iodine per day by pregnant and breastfeeding women

ASK ABOUT:

- Multivitamin and prenatal vitamin use and iodine content
- Attitude and knowledge about dietary supplements
- Barriers to obtaining a supplement (e.g., health beliefs, religious or cultural practices, finances)

NUTRITION COUNSELING/EDUCATION TOPICS:

- Explain how iodine requirements are sharply elevated during pregnancy (220 mcg) and lactation (290 mcg).
- Severe iodine deficiency during pregnancy can cause cretinism and adversely affect cognitive development in children. Even mild iodine deficiency may have adverse effects on the cognitive function of children.
- The iodine content of prenatal vitamins in the United States is not standardized or mandated, therefore not all prenatal vitamins contain iodine. Encourage her to review the iodine content of her prenatal vitamin and discuss the adequacy of the iodine level with her health care provider.
- Recommend taking a prenatal vitamin containing 150 mcg of iodine daily during pregnancy and lactation.
- Discuss strategies for remembering to take the prenatal vitamin daily.

POSSIBLE REFERRALS:

- If she is unsure about the iodine content of her prenatal vitamin, refer to her primary care provider to discuss adequate iodine intake.