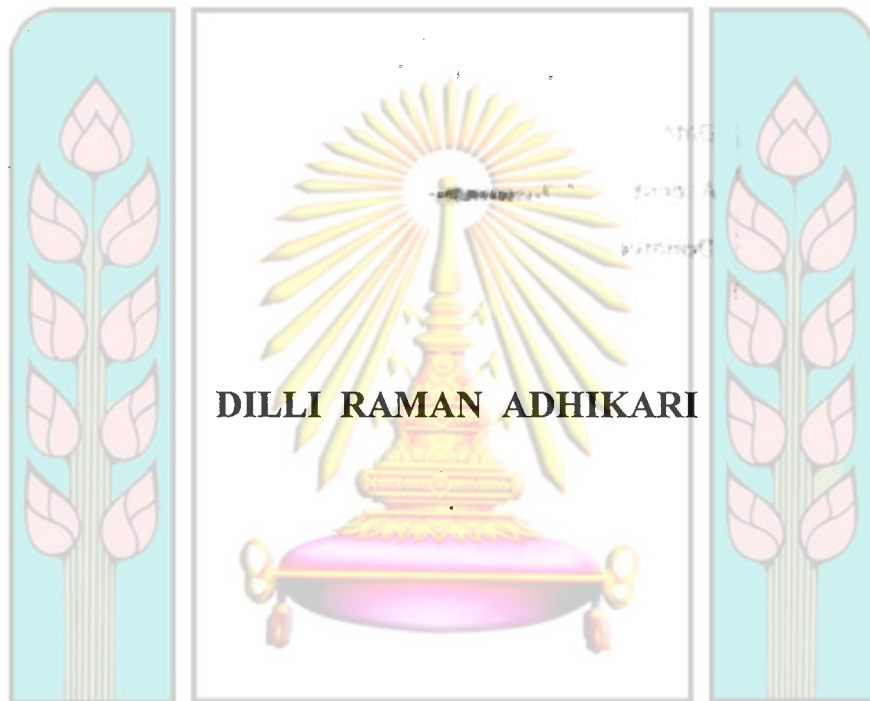




**THE TEACHERS CHILD TO PARENTS APPROACH :  
AN INTERVENTION TO IMPROVE  
IODISED SALT CONSUMPTION PRACTICES  
FOR REDUCING IODINE DEFICIENCY DISORDERS  
IN NEPAL**



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## ABSTRACT

Iodine deficiency disorders (IDD) is the serious public health problem in Nepal. The existing prevalence of IDD was 40 % in the country and 23 % prevalence of goiter in the Nuwakot district. Main underline causes of iodine deficiency is the people's salt washing and storing behavior. The aim of this pilot study is to findout the ways to increase the consumption of iodised salt in the Rautbesi village of Nuwakot district.

This Thesis comprises mainly three parts; the essay, the proposal, and the data exercise. In the essay I have identified the problems related to iodine deficiency in Nepal and found that iodine deficiency disorders is very high in comparison to other developing countries and the developed countries.

Iodine deficiency disorders is the serious public health problem in Nepal because of several factors, such as bio - chemical, geo - physical, socio - cultural, econo - political, and informational - technological factors. Among them this study is concentrated about the salt consumption behavior of people. People's salt washing and storing behavior lacks the iodine in their diet which has developed the iodine deficiency disorders in Nepal.

To reduce the IDD problem, I have discussed about the possible alternative solutions (iodised oil injections / capsules, iodination of food, iodination of water, and iodization of salt) and found that iodised salt is the only feasible, sustainable, equally acceptable, accessible, more effective method than the others.

To improve people's salt consumption behavior I have proposed teachers - child - to parents approach, by which people's knowledge and awareness about iodine will increase and their salt consumption practices also be improved.

The proposal is focussed on the implementation of teachers training program in Rautbesi village of Nuwakot district. The teachers training program is further discussed in three phases; teachers training, teachers activity in class, students activity at home and ongoing evaluation process.

To test the instrument of data exercise, I have conducted a focuss group discussion. I will use the same questionnaire in the study area to know about the salt consumption practices, knowledge and consequences of iodine.

The findings of this study can be used by the Nutrition section, Child Health Division, Department of Health Services under the Ministry of Health and Salt Trading Corporation to focus problem solving activities to the other specific areas to increase the salt consumption practices for reducing iodine defcency disorders from the country.