

IMPLICATION OF THE STUDY

Summary of the key findings	Implications
Part 1: Pregnant Mothers	
<ol style="list-style-type: none"> 1. Mild to Moderate deficiency exists amongst Pregnant mothers in all the three districts of Uttarakhand. 2. As the trimester of pregnancy increases the median UIC level decreases because of the increased requirement of iodine as the trimester progresses. 3. Low consumption of adequately iodized salt. 4. Iodized salt is not enough to have adequate status of iodine of pregnant mothers 	<ol style="list-style-type: none"> 1. Screening of all pregnant mothers during early gestation using median UIC level and TSH which can result in identifying pregnant mothers who may be at risk for developing hypothyroidism. 2. The government should take initiative in implementation of the screening of pregnant mothers. 3. As the universal salt iodization may not be adequate during pregnancy, we need to prepare pregnant mothers with multi vitamin containing iodine. 4. Pregnant mothers should be given awareness about the importance of iodine during pregnancy and adverse affects associated with iodine deficiency.
Part 2: Neonates	
<ol style="list-style-type: none"> 1. High prevalence of iodine deficiency amongst neonates of three districts of Uttarakhand state using WHO cut-off. 2. Presence of two cases of neonatal hypothyroidism 	<ol style="list-style-type: none"> 1. Need for neonatal screening programme in India for early detection of children with Iodine Deficiency. 2. Introduce a surveillance system for screening inborns for hypothyroidism and for suspected cases of iodine induced thyrotoxicosis including provision of management guidelines.
Part 3: School age children	
<ol style="list-style-type: none"> 1. Iodine deficiency is well on its way to be eliminated amongst school age children in all the three districts of Uttarakhand. 2. All the three districts are in transition phase from iodine deficiency to iodine sufficiency. 3. Low consumption of adequately iodized salt. 	<ol style="list-style-type: none"> 1. The national iodine deficiency disorder control programme needs to : improve the monitoring of the salt at the production and whole sale level/retail levels throughout Uttarakhand state.
Part 4: Adolescent Girls	
<ol style="list-style-type: none"> 1. All the three districts of Uttarakhand districts are in transition phase from iodine deficiency to iodine sufficiency. 2. Low consumption of adequately iodized salt amongst population residing at three districts of Uttarakhand. 	<ol style="list-style-type: none"> 1. Monitor and supervise the programme more intensively and increase the awareness of the community regarding usefulness of iodized salt. 2. Educating adolescent girls about the importance of iodine as they are the future mothers.