

RECOMMENDATIONS

1. Need for neonatal screening for early detection of children with iodine deficiency.
2. The present study found that the consumption of adequately iodized salt is low in Uttarakhand state. Thus regular monitoring and evaluation of iodine content in the salt consumed by the population, salt supply and its production should be done under National Iodine Deficiency Disorder Control Programme in Uttarakhand state. And the population should also be educated on use and storage of salt.
3. Since the most vulnerable group for ID for health consequences is the fetus and hence the assessment of ID status of the PMs should be included in the monitoring of IDD control program

SCOPE FOR FUTURE STUDIES

1. Studies on prevalence of neonatal hypothyroidism need to be carried out with more emphasis on plain and hilly areas.
2. Studies on iodine deficiency covering all the vulnerable groups can be done to have wholesome data from each state.
3. Studies on iodine nutritional status of pregnant mothers and neonates of the same mother could be done on a large sample size.