

**List of mothers and their UIE from Sindhupalchowk District Hospital**

S.N.	Name of the interviewee	Age (years)	Urinary Iodine Excretion(UIE)
1	Gopini Thakuri	29	151.242
2	Rama Tirwa	21	54.405
3	Mira Acharya	26	120.295
4	Laxmi Mahat	20	325.312
5	Radhika Bhujel	29	177.675
6	Binita Nepali	21	248.994
7	Ganaga Neupane	23	403.402
8	Sabina Thapa	21	398.643
9	Sharmita Gadraj	21	30.200
10	Laxmi Shrestha	24	212.126
11	Kumari Shrestha	22	26.654
12	Shova Basnet	24	480.430
13	Sujata Dulal	22	517.050
14	Nirmala Devi Das	21	130.916
15	Sushila Shrestha	21	261.671
16	Pan Maya Lama	23	93.073
17	Mana Ghale	19	498.479
18	Kalpana Rana	23	160.368
19	Saru Shrestha	21	179.420
20	Sita Basnet	32	319.692
21	Tul Maya Shrestha	31	226.028
22	Mina Nepali	35	101.572
23	Laxmi Shrestha	27	109.597
24	Nirmala Giri	30	122.466
25	Beli B.K.	26	160.368
26	Saru Basnet	24	510.700
27	Sushma Lama	24	122.466
28	Kamala Tamang	30	150.938
29	Anita Shrestha	?	142.435
30	Nirmala B.k.	24	173.573
31	Karishma Shrestha	19	123.810
32	Suntali Tamang	25	250.779
33	Rita Shrestha	19	335.964
34	Sabitr Giri	26	223.034
35	Arpana Thapa	25	332.047
36	Nisha Tamang	21	63.133
37	Bal Kumari Giri	21	37.248
38	Sima B.K.	22	507.607
39	Rita Shrestha	19	141.437
40	Sita B.K.	23	355.603
41	Poonam Shrestha	24	292.329
42	Kabita Bhandari	20	400.575
43	Sarsawati Thapa	22	161.546
44	Sharada Neupane	22	196.840
45	Sarita Dnagol	23	384.320
46	Sushma Tamang	23	348.251

47	Anju Thapa	20	413.339
48	Yasoda Shrestha	34	178.654
49	Bel Kumari Shrestha	??	164.230
50	Maya Tamang	17	201.460
51	Suntali Bhujel	22	220.297
52	Radhika Ghora Saini	19	150.869
53	Anjana Dhungel	20	256.493
54	Kewoti Lama	20	254.211
55	Nir Maya Lama	25	211.863
56	Manju Thapa	26	354.283
57	Bimla Kafle	28	220.297
58	Rama Tirwa	21	145.840
59	Pushpa Lamsal	20	417.450
60	Aasmaya Tamang	21	225.816
61	Sushma Dahal	23	112.638
62	Nirmala Giri	22	448.943
63	Kamala Giri	25	251.916
64	Rani Nepal	22	20.725
65	Sunita Shrestha	25	248.523
66	Sita Lamsal	25	272.014
67	Salina Thapa	20	367.762
68	Chameli Giri	21	197.809
69	Sita Kunwar	20	178.267
70	Man Kumari Chuwan	26	384.382
71	ChiniMaya Tamang	25	442.248
72	Sita Maya Shrestha	20	30.830
73	Anu Tamang	22	155.887
74	Reena Tamang	25	203.164
75	Nirmala Dangal	22	240.386
76	Shreejana Tamang	30	331.928
77	Maiya Puri	24	561.492
78	Rojena Ghatani	24	117.657
79	Sabita Pariyar	17	449.431
80	Sita Shrestha	24	89.314
81	Sun Maya Lama	24	100.276
82	Ranju Magrati	26	323.057
83	Binda Dhital	23	234.416
84	Shreejana B.K.	29	123.932
85	Radhika Sapkota	19	228.446
86	SunMaya Tamang	25	41.742
87	Anju Basnet	21	443.543
88	Dil Kumari Tamang	16	90.459
89	Ambika Acharya	22	264.368
90	Sita Shrestha	23	155.744
91	Indira Ghale	29	249.423
92	Dewaki Sharma	25	255.133
93	Pratikshya K.C.	22	422.260
94	Sushila Oli	20	64.390
95	Sangita Shrestha	29	116.706

96	Sunita Shrestha	20	439.435
97	Pramila Shrestha	23	133.755
98	Laxmi Tamang	20	386.456

**WHO classification of iodine deficiency disorders (IDD) on the basis of urinary iodine excretion for pregnant women**

Median Urinary Iodine ( $\mu\text{g/L}$ )	Iodine intake	Iodine status
<150 $\mu\text{g/L}$	Insufficient	Severe iodine deficiency
150-249 $\mu\text{g/L}$	Adequate	Adequate iodine nutrition
250–499 $\mu\text{g/L}$	Above requirements	Risk of iodine induced hyperthyroidism
$\geq 500$ $\mu\text{g/L}$	Excessive	Risk of adverse health consequences

Using above mentioned criteria, among the 98 urine samples analyzed at Department of Biochemistry, BPKIHS, Dharan,

28.6% (28 women) had severe iodine deficiency.

32.6% (32 women) had adequate iodine nutrition.

34.7% (34 women) had risk of iodine induced hyperthyroidism.

4.1% (4 women) had risk of adverse health consequences.