

Asupan Yodium ibu hamil

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ASUPAN IODIUM IBU HAMIL DI DAERAH PERTAMBANGAN EMAS SKALA KECIL KECAMATAN BRANG REA KABUPATEN SUMBAWA BARAT TAHUN 2019

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ABSTRAK. Defisiensi iodium masih merupakan masalah kesehatan masyarakat di seluruh dunia. Dari pemeriksaan iodium yang diekskresikan melalui urine dalam suatu komunitas yang rentan mengalami defisiensi didapatkan prevalensi 35,2 % pada penduduk di seluruh dunia dan 39,8 % di Asia Tenggara. Nusa Tenggara Barat adalah provinsi dengan cakupan konsumsi garam iodium yang rendah di seluruh Indonesia. Kondisi lain yang terkait dengan fungsi iodium adalah pertambangan emas skala kecil yang menggunakan air raksa dapat mempengaruhi metabolisme iodium di dalam tubuh manusia. Tujuan penelitian ini adalah untuk mengetahui epidemiologi defisiensi iodium pada ibu hamil dan factor risiko yang didapatkan pada daerah pesisir yang terdampak pertambangan emas skala kecil di kecamatan Brang rea. Desain penelitian ini adalah potong lintang dengan responden penelitian adalah ibu hamil di kecamatan Brang Rea pada periode bulan Juli 2019 sebanyak 51 ibu hamil dilakukan pengambilan sampel urin sewaktu. Pemeriksaan Urine Iodine Excretion dilakukan dengan menggunakan spektrofotometer dengan metode Acid Digestion dan kadar UIE dinyatakan dalam $\mu\text{g/L}$. Hasil yang didapatkan rerata UIE ibu hamil yaitu 172,98 $\mu\text{g/L}$, median UIE ibu hamil 163 $\mu\text{g/L}$. Proporsi ibu hamil dengan defisiensi iodium (UIE <150 $\mu\text{g/L}$) adalah 47,06 %, ibu hamil dengan asupan iodium normal (150-249 $\mu\text{g/L}$) adalah 35,29 %, asupan iodium berlebihan (250-499 $\mu\text{g/L}$) yaitu 17,65 %. Kesimpulan status iodium ibu hamil di kecamatan Brang Rea adalah kadar iodium yang defisiensi.

Kata kunci: Ibu hamil, asupan iodium, Urine Iodine Excretion, pertambangan emas skala kecil, pesisir

ABSTRACT. Iodine deficiency is remains a public health problem worldwide. Iodine deficiency identified from iodine excreted in urine in a community, a prevalence of 35.2% is found in populations worldwide and 39.8% in Southeast Asia. West Nusa Tenggara is a province with a low coverage of iodized salt consumption in Indonesia. Another condition related to iodine function is that small scale gold mining using mercury can affect iodine metabolism in the human body. The purpose of this study was to determine the epidemiology of iodine deficiency in pregnant women and risk factors found in coastal areas affected by small-scale gold mining in Brang rea sub-district. The design of this study was cross-sectional, participants were 51 pregnant women in Brang Rea sub-district in the period of July 2019. Urine Iodine Excretion examination was performed using a spectrophotometer by using the Acid Digestion method and UIE levels expressed in $\mu\text{g/L}$. The results obtained by the mean UIE of pregnant women were 172.98 $\mu\text{g/L}$, the median UIE of pregnant women was 163 $\mu\text{g/L}$. The proportion of pregnant women with iodine deficiency (UIE <150 $\mu\text{g/L}$) was 47,06%, pregnant women with normal iodine intake (150-249 $\mu\text{g/L}$) was 35.29%, excessive iodine intake (250-499 $\mu\text{g/L}$) was 17.65%. The conclusion of iodine status for pregnant women in Brang Rea sub-district is deficient iodine levels.

Keywords: pregnant women, iodine intake, Urine Iodine Excretion, artisanal small scale gold mining, coastal area.

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