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**Association of inadequately iodized salt use with underweight among young children in India**

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**Abstract**

This article explores the association between use of inadequately iodized cooking salt and underweight among young children in India. Considerable variation was found in the use of non-iodized salt (0 parts per million) across regions, economic status, and social groups. Results show that economic status and social affiliation of the households were the important predictors of non-iodized salt usage. Moreover, results from the multinomial logit model show that use of inadequately iodized salt is significantly associated with lower weight-for-age Z score, after adjusting for potential confounding variables. Nonuse of adequately iodized (15+ parts per million) salt is statistically associated with moderate underweight (relative risk ratio [RRR] = 1.09; 95% confidence interval [CI] = 1.07-1.11) and with severe underweight (RRR = 1.18; 95% CI = 1.15-1.21). Concerted effort is needed to correct the inequity in the access to iodized salt to improve the nutritional status of children in India.

**Keywords:**India; iodine deficiency disorder; iodized salt; malnutrition; underweight.