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**Iodized Salt Consumption and its Association with Intelligence Quotient (IQ) Among 6-12 years Age Group Children in Bihar**

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**Abstract**

**Objectives:**To estimate the proportion of households using adequately iodized salt, total goitre rate and intelligence quotient (IQ) and to assess association, if any, between consumption of iodized salt and intelligence quotient of children aged 6-12 y in the selected districts of Bihar.

**Methods:**Community based cross-sectional study was conducted in three districts of Bihar by using cluster sampling technique.

**Results:**Consumption of iodized salt was 73.5% out of 1263 households surveyed and the prevalence of goitre among children was 2.9%. The mean IQ of study population was 82.6 and it was 9 points lower in children consuming inadequately iodized salt in comparison to children consuming adequately iodized salt. Presence of goitre, inadequately iodized salt consumption and increasing age were the factors which were significant predictors of low IQ level.

**Conclusions:**The prevalence of goitre has declined from the past but the target of iodized salt consumption has not yet achieved in these districts. This study reinforces the belief that IQ in children is linked to iodine.

**Keywords:**Bihar; Intelligence quotient (IQ); Iodized salt consumption; Total goitre rate.

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