

New Iodine Nutrition Survey Toolkit

A Survey Toolkit for Nutritional Assessment has been developed by the U.S. Centers for Disease Control and Prevention (CDC)'s International Micronutrient Malnutrition Prevention and Control Program (IMMPaCt) to provide epidemiological support to countries that want to assess and monitor the elimination of micronutrient malnutrition. The toolkit can be accessed at: <http://www.micronutrient.org/nutritiontoolkit/index.htm>

The kit provides a set of tools collected from many sources, including public health specialists from the CDC and other agencies. New tools have been created where gaps existed. The toolkit provides:

- Public online access
- A search function that enables the user to identify the tools needed for a specific task or to work through the stages of survey planning and implementation step by step
- Examples of how the tools have been used in the field
- A collection of resources that will be updated as research and best practices evolve

Purpose

The Survey Toolkit for Nutritional Assessment obviates the need for survey planners to create various tools anew for each survey. It offers many specific benefits:

- Standardized tools that will enhance the likelihood of more reliable data collection, as well as a better comparison of results across different surveys
- Free software and macros that can assist in the entry and analysis of survey data
- Tools to inform planning, implementation of surveys, and dissemination of results
- Tools which have been utilized in multiple sites, in all regions of the world

- Potential capacity building of survey managers and people involved in planning and implementing surveys, and for using the data for program planning
- Potential cost reduction of surveys, as the need for external assistance during some phases of the survey may not be necessary
- Standardized tools and best practice guidelines, so data can be compared across countries and populations

Toolkit structure

The aim of the toolkit is to provide a set of resources that people can utilize as needed. It is structured in the sequence through which survey planning and implementation generally progress, but a menu system and search function can easily enable the user to select a particular phase of a survey or to identify a particular tool or resource.

Each module of the toolkit is divided into the following four sections:

1. **Overview** – provides a brief description of the purpose of the module and the variety of information it contains.
2. **Tools** – contains the generic tools and templates available in the module.
3. **Examples** – contains examples of tools used in other countries (i.e., different examples illustrate how tools can be adapted to fit different contexts).

4. **Resources** – contains useful resources related to the topics in the module.

Examples related to iodine are shown in *Table 1*.



Slide on goiter palpation from the Powerpoint presentation: "Clinical signs of micronutrient disorders" available in the toolkit

Target users

The toolkit is intended for use by governments, non-governmental organizations, independent research consultants, and United Nations agencies that conduct surveys. Ideally users will have some expertise in conducting surveys, as many of the materials contained in the toolkit will need to be adapted depending on the complexity of the survey and the specific context. Although most of the materials contained in the toolkit are nutrition related, there are some tools (specifically in the sampling module) that may be useful for other survey workers.

Technical assistance

Remote technical assistance for any aspect of the survey toolkit is available if needed via phone or e-mail:

Attn: IMMPaCt Program, Division of Nutrition, Physical Activity, and Obesity Centers for Disease Control and Prevention
Email: cdcinfo@cdc.gov

Telephone: +1 800-CDC-INFO (800-232-4636)

TABLE 1 Iodized salt

Criteria for assessing adequacy of salt iodization at the household level*		
Variable	Indicator	Household
		Non-iodized salt 0 ppm (titration) No color change (field test)
Household use of iodized salt	Iodine content of household salt	Iodized salt ≥ 0 ppm (titration) Color change (field test)
		Adequately iodized salt >15 ppm (titration)

* WHO/ICCIDD/UNICEF. Assessment of iodine deficiency disorders and monitoring their elimination: a guide for programme managers. 3rd edition. Geneva: WHO; 2007