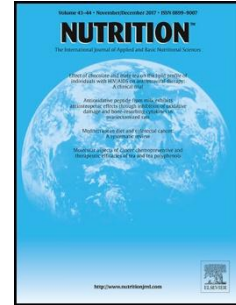


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Title: “Efficacy of educational intervention to improve awareness of the importance of iodine, use of iodized salt, and dietary iodine intake in north-eastern Italian schoolchildren”

Author: Sara Watutantrige-Fernando, Susi Barollo, Loris Bertazza, Elisabetta Cavedon, Simona Censi, Jacopo Manso, Federica Vianello, The Food Hygiene and Nutrition Services SIAN, Caterina Mian



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1 **TITLE PAGE (manuscript reference NUT 10151)**

2 “Efficacy of educational intervention to improve awareness of the importance of iodine,
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7 Caterina Mian

8

9 **Corresponding Author:** Professor Caterina Mian, MD, e-mail: caterina.mian@unipd.it

10

11 **Keywords:** iodine; educational programs; iodized salt; milk; sodium-rich food; eating habits.

12

13 Highlights

- 14 • Iodized salt intake is significantly associated with a better iodine status.
- 15 • Cow’s milk confirms its fundamental influence on urinary iodine concentration.
- 16 • The foreign-origin SAC have different dietary habits from their Italian counterparts.

17

18

19 Abstract: Objective: an educational program was conducted among school-age children to improve their
20 knowledge about iodine prophylaxis, their iodine status, and their dietary habits.

21 Research Methods & Procedures: at the baseline (T0), and after 6 months (T1), participants (970 at T0, and
22 949 at T1) answered questionnaires testing their knowledge about iodine prophylaxis and their eating
23 habits. Urine samples were collected from a randomly selected subgroup of participants (313 at T0, and
24 312 at T1).

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