

Abstract

This work deals with the iodine literacy of pregnant women, which means the knowledge of these women about the role of iodine in their diet. Iodine is an element whose intake is essential to produce thyroid hormones. Its deficiency has an adverse effect on the health of vulnerable groups, such as pregnant women and their children. This deficit is a problem in our country and increasing iodine literacy could help reduce it.

The aim of this bachelor's thesis is to verify whether there is a relationship between the iodine literacy of pregnant women and the frequency of inclusion of foods containing iodine in their diet. Another goal is also to find a connection between the level of this literacy and the level of information of women and to find out from which sources women most often draw information. The work also includes an analysis of the use of dietary supplements and their composition.

95 women participated in the research. All of them received a questionnaire in which they answered questions about not only iodine literacy itself, but also information about nutrition, the way they eat, nutritional supplements and other topics. The frequency of consumption of certain foods was also analyzed. Half of these women visited outpatient clinics for both physiological and high-risk pregnancies of the Gynecology and Obstetrics Clinic of the 1st Faculty of Medicine of the Charles University and General Faculty Hospital in Prague. The other half of the women responded via social media via an online questionnaire.

The results of this work showed that iodine deficiency is still an actual problem in our country, and pregnant women are the most endangered population group, as low iodine saturation has consequences not only for the mother, but also for her child. The iodine literacy level of these women is lower than would be desirable. The relationship between iodine literacy and the frequency of consumption of certain foods, but also between literacy and factors that influence it, such as the source of nutrition information, was revealed.

The data from the questionnaire survey indicate that an effort should be made to improve the iodine supply of pregnant women and to educate them about the importance of iodine and the effects of its deficiency. The relationship between the level of iodine literacy and women's awareness of the role of iodine in nutrition was also proven. Improving the iodine literacy of pregnant women should positively affect the overall health of the population and help reduce the risk of health problems associated with iodine deficiency.

Key words: iodine, iodine literacy, pregnancy, thyroid gland, nutrition

