

Table 5. The distribution of urinary iodine excretion values ($\mu\text{g/l}$) according to iodine status, as defined by Epidemiological criteria of assessing iodine nutrition in school-age children¹ as well as the expected risk for thyroid disorder.

<20 $\mu\text{g/L}$ (severe iodine deficiency)		20-49 $\mu\text{g/L}$ (moderate iodine deficiency)		50-99 $\mu\text{g/L}$ (mild iodine deficiency)		100-199 $\mu\text{g/L}$ (optimal iodine nutrition)		200-299 $\mu\text{g/L}$ (more than adequate iodine intake)***		>300 $\mu\text{g/L}$ (excessive iodine intake)****	
N*	%**	N*	%**	N*	%**	N*	%**	N*	%**	N*	%**
8	0.7	54	4.5	180	15.1	535	44.9	317	26.6	97	8.1

* Number of examinees, ** Percentage of examinees, *** Risk of iodine-induced hyperthyroidism within 5–10 years following introduction of iodized salt in susceptible groups, **** Risk of adverse health consequences (iodine induced hyperthyroidism, autoimmune thyroid diseases)