

# COMMENT ON THE POPULARIZATION OF IODINE SALT EDUCATION IN COMPULSORY EDUCATION

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**Abstract:** Based on prevention and control situation of iodine deficiency disorder in China , the paper points out the existing problems and makes the corresponding countermeasures, which the country should carry out compulsory education about iodized salt for children in primary and secondary schools so that they can hold knowledge of iodized salt. The three main indicators including goiter rate, median urinary iodine and salt iodine qualified rate need to reach or approach the national standards to eliminate iodine deficiency disorders. Although the prevention and control of iodine deficiency disorders in China has got remarkable progress, but there are still many problems. Hence, the paper proposes a direction for future work in the end.

**Key words:** Iodine deficiency disorders; Compulsory education

It is well known that as the saying goes in Chinese, "woods, rice, oil, salt, sauce, vinegar and tea", which can explain salt is necessity of ordinary living. Sushi, a litterateur in the Song dynasty, has write the poem: Do not people forget the taste of spring shoot, that people cannot eat salt in three month". Salt is not only the important condiment, but also the essential material for people's normal development. It can adjust the balance of water distribution in the body, keep the osmotic pressure balance between internal and external cell, induce gastric acid and digestive juice secretion, and improve appetite; meanwhile, it can hold the level of acidity-alkalinity for protease, keep the balance of acidity-alkalinity in the body and body fluid circulated normally. The phenomenon on iodine deficiency (KIO<sub>3</sub>) prevails in the most area of our country, which can lead to iodine deficiency disorders (though iodine is trace element). Since salt(NaCl) has a wild application and connects with people's live, the country

forces to add potassi.um iodate (KIO<sub>3</sub>) into salt(NaCl). The day that is May, 15 is prescribed as China prevention & control day for iodine deficiency disorders, in order to make good propaganda for iodine salt and prevent iodine deficiency disorders.

## 1. Carry out compulsory education for iodated salt according to Chinese education characteristic

According to legal provisions, compulsory education, which the teenagers of children of the right age must all accept, is the national education that the country, society, family must guarantee. In essence, it is the system that the country is in according with legal provisions to force the teenagers of children of the right age to accept education. Chinese compulsory education law specifies that the durable years of compulsory education is 9 years, which adapts to the national conditions of our country. At present, it is the actual situation that Chinese compulsory education system adapt the dominant role of "six-three system" (that is

six-year system in primary school and three-year system in secondary school respectively) and the subsidiary role of several education systems. However, few areas do still adapt eight-year compulsory education system that is five-year system in primary school and three-year system in secondary school respectively, which accelerate transition from eight-year education system to nine-year education system. On the situation of Chinese education system, nine-year or eight-year compulsory education each includes two stages that is primary compulsory education stage and second compulsory education stage. The teenagers of children of the right age can reach the junior-middle-school level when they have a completion of nine-year or eight-year compulsory education. Due to the characteristics of compulsory, popularization, public and free in the compulsory education country, it is essential for iodated salt propaganda work to put iodated salt education work into compulsory education system.

## **2. Make a good education for iodated salt according to self-characteristics of primate and second school students**

For primate school student especially primary grades student, they often have disorderly, unsystematic, aimless observation and study basically according to the demand of teacher and parents. Since primary grades students have little knowledge, they are easy to make obscure observations on things especially similar things. Although teacher and outer environment have influence on them, primate school student will try to recognize things according to the cumulative message with increasing age and enriching knowledge. Hence it is important to carry out the iodated salt education to make them recognize the harm of iodine deficiency disorder. With further study, they can be active and conscious for the understanding of iodated salt.

Primate school students have characteristics of group and imitativeness. They are live with other partners; if honor to those who eat iodated salt, and shame on those who don't, and choose good example for iodated education, all the things can make faith and criterion in the primate school

students to drive study on iodated salt.

The cognitive structure of second school students has a great development. With the knowledge ability improving continually, thinking ability-the core cognitive parts-affected by primate school education becomes mature. Basically, thinking manner has been changed to theoretical thinking manner, abstract logic thinking has dominance and dialectic thinking and creative thinking have great development. With theoretical thinking and self-consciousness growing, they start to express society message knowledge; hence the iodated salt education in the second school will have a great influence on society.

Based on the primate and second school student as carrier, we can give full play to primate and second school student-family-society effect ①. It is unprecedented to recognize the harm of no-iodated salt. Meanwhile, the right recognition can to some extent prevent smuggled salt circulating; hence, it has an important role in containment on smuggled salt.

## **3. Reinforce every propaganda work in the compulsory education.**

Except for social propaganda, compulsory education about iodated salt should be carried out as follows:

### **(1) Student curriculum**

Add "reading materials for iodated salt" into student curriculum and make arrangement of one or two class for student. It is necessary to make students understand the knowledge of iodated salt radically via word analysis and case explanation in class. Make sure that they can understand the harm of smuggled salt.

### **(2) Student social investigation activity**

For a social practice subject, it is necessary to organize student to take practices in society at regular intervals and investigate the social understanding of iodated salt. It can not only improve the student social practice ability and enrich the knowledge of iodated salt, but also make them understand the case of iodated salt in society. If we can analyze and summarize the investigation report, it can give great contribution to society.

### **(3) Carry out public-spirited activity**



For every school, especially the school at remote region, it is necessary to set up propaganda exhibition and organize free consultation activity to make students understand iodated salt further in the real life.

(4) Organize knowledge contest for iodated salt

It is necessary to organize knowledge contest by iodated salt propaganda (such as drawing and address), which can arouse the students' initiative for studying iodated salt knowledge and make the compulsory education work for iodated salt integrated into future generation life.

#### **4. Unify the compilation of compulsory education reading material for iodated salt**

In according with the characteristics of students, the experts in education department and salt policy department should work together and compile the reading materials about education compulsory for iodated salt in time, which can make students study the knowledge of iodated salt according to the expounding and propaganda on it

In order to improve physical quality of the adolescent and future generations, it is necessary to popularize the knowledge of iodated salt and advocate the consumption of iodated salt to eliminate the phenomenon of iodated salt disorders. In the end, we should

take effort to popularize the knowledge of the iodated salt all over the country.

It is far from enough only to be dependent on propaganda on the propaganda day every year and strict enforcement in order to make people understand the effect of iodated salt radically and keep the normal potassium iodate (KIO<sub>3</sub>) intake. If we want to eliminate the underground sales of un-iodated salt, it should start from the consumer. In according with the characteristics of our country education, adding iodated salt education into compulsory education, whether it is in remote area, can impart the iodated knowledge to relieve the case of omission of iodated salt education propaganda in remote area. It is imperative to compile a unified reading material for iodated salt in the primary and second school education.

①primary and second school student-family-society: it is center on primary and second school education and has effect on family. Meanwhile, it makes student study the knowledge of iodated salt from the description in school and imparts the whole society.

②Iodated salt reading material: it has no reference and need to be compiled by both the salt experts and the education experts.

# SALT AND HEALTH

The relationship between salt and health is a complex one, involving both physiological and psychological factors. While salt is essential for life, excessive consumption can lead to various health problems, particularly hypertension and cardiovascular disease. The body requires a certain amount of sodium to maintain fluid balance and nerve function, but modern diets often provide far more than needed. This overabundance can strain the heart and blood vessels, leading to long-term damage. Furthermore, salt intake is linked to kidney health and bone density. Understanding the balance between necessary and excessive salt consumption is crucial for maintaining overall health and preventing chronic diseases.

Research indicates that reducing salt intake can significantly lower blood pressure, which in turn reduces the risk of heart attacks and strokes. Many processed foods are high in sodium, making it difficult to maintain a low-salt diet without careful food selection. Public health campaigns often encourage individuals to read food labels and limit their consumption of salty snacks and fast food. While some argue that salt is a necessary preservative and flavor enhancer, the health benefits of a low-sodium diet are well-documented. For those with existing health conditions, such as hypertension, strict sodium control is often recommended by medical professionals. The key is moderation and awareness of one's dietary habits.