

MANUAL VI

HOUSEHOLD IODIZED SALT SURVEY

(Integrated with Susenas 1999)

ENUMERATOR'S MANUAL

CENTRAL BUREAU OF STATISTICS

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I PREFACE

A. General

Iodine is one of an important micronutrient for the human body. Deficiency of this substance may cause various disturbances which is known as *GAKY* (*Gangguan Akibat Kekurangan Yodium = Disturbances Caused by The Deficiency of Iodine*). The deficiency of iodine causes the swelling of the Goiter glands, but the defects causes greater disturbances such as mental disturbances and intellectuality. This can effect the productivity and the potential of the development of this country.

The efforts have been undertaken through supplementing iodine (through injections or capsules) to the group of community that is of need. As a long period program it is very costly, so a cheaper and continuous strategy is done through fortifying food and in order to prevent iodine deficiency, salt is fortified.

The government has launched a universal iodized salt program and is aimed to end by the end of 1999. One of the efforts that have to be put in order is the supply and distribution of the iodized salt so that it can be easily obtained. The Integrated Survey on Household Iodized Salt (SGY) 1999 into Susenas 1999 is a medium to measure and evaluate the level of accomplishment on the iodized salt program. As in the previous survey (SGY 1998), SGY 1999 is a collaboration between the Central Bureau of Statistics and the Ministry of Health with a loan from the World Bank which is distributed through the Project on Intensification of GAKY under the coordination of the Ministry of Health.

B. Objectives

The main objective of SGY 1999 is to obtain the data on the proportion of households/community that consumes iodized salt. Unlike the SGY 1998, for this year the data collection also includes the weight of Under-Fives and measuring The Upper Arm Circumference (LILA) of women aged 15-49 years old. The data collection on household salt may give the indication on the access of iodized salt in the community in order to visualize the attained level of the iodized program that is being launched. Data collection on LILA may give a visualization on the nutrition status of women, specifically pregnant women that has a risk on giving birth to low birth babies (BBLR). Data collection on the weight of Under-Fives can visualize the nutrition development specifically those that chronically lack energy (KEK) to be a target program of the food supplement program (PMT).

C. Sample

SGY 1999 is conducted through all areas of Susenas 1999. The chosen households of this survey are all household samples of Susenas 1999, which is a total of 208,672 households.

The salt sample that will be tested is the salt used for cooking at households (usually in kitchens) and other salts that are directly consumed by the households. Other salt is used to add taste in food that is cooked in the household or ready-made food (usually in top of a table and is namely table salt).

The respondents for the measurement of the Upper Arm Circumference (LILA) are all women aged 15-49 years old and for the weight of Under-Fives are the Under-Fives of all chosen households in Susenas 1999.

D. Survey Officers

The Head of the Provincial/Regency/Municipality Central Bureau of Statistics Office determines the officers for SGY 1999, which is either the enumerator or the supervisor of Susenas 1999. The choice is based on the load of work of an officer also the distance of location. The SGY officers are preferably the supervisor of Susenas for locations in the urban and rural areas that are relatively easy to reach. The Susenas enumerator preferably does the enumeration of SGY locations that are hard to reach where supervision is difficult. The enumeration of VSEN99.GY List Page 1 may be conducted

concurrently with the core enumeration and core + module. Specifically for weighing the Under-Fives and measuring the Upper Arm Circumference (LILA) of women aged 15-49 years (filling in VSEN99.GY Page 2), is preferably conducted by a female officer. The SGY officers hopefully can ask the Village Midwife of Posyandu Cadres that are familiar to their field, especially on measuring the upper arms of women where in some areas are not mannerly done by men.

E. Work Mechanism of Field Workers

The SGY officers before implementing their duties have to write down the names of all eligible respondents that fulfill the criteria into the VSEN99.GY List Page 2, which are all women aged 15-49 years old and Under-Fives that are in Block IV VSEN99.K List. If in a chosen household there are no women or children that fulfill the above criteria, the household serial number is still written down but the next columns are filled in with a dash (-). Therefore in each VSEN99.GY of Page 1 and Page 2 there will be 16 chosen households.

After copying the names as above, the SGY officers enumerates using the VSEN99.GY List Page 1 (including conduct the household salt test) and ask the assistance of Village Midwives or Posyandu Cadres to fill in VSEN99.GY Page 2 (or fill it together). The SGY officers are responsible towards the completeness and the accuracy of VSEN99.GY Page 1 and Page 2.

II. TESTING IODIZED SALT AT THE HOUSEHOLDS

The iodized salt can not be compared with the non-iodized salt, except it is declared contains iodine. The indication can only be through a laboratory test and several departments (Health, Industry and Trade) have conducted this, as an attempt for quality testing. A simple testing device (tester) has been produced for use in the field and can be used to test iodized salt directly anywhere, including in the kitchen. PT Indofarma manufactures the tester used in this survey, but this tester cannot detect the iodine contained in salt that is alkalis or mixed with an alkalis free flow agent such as the tasty salt with the brand namely *Miwon*.

Although the production of salt has been iodized, that does not guarantee the consumption of the salt. This is influenced by the awareness of the community on the importance of iodized salt, the acknowledgement of label package and the supply of iodized salt in the market. The most recent method to understand how high is the level of iodized salt consumption in the community is by directly testing it at the households.

Several important matters on the use of the tester:

1. Pay attention on directions for use
2. The bottle dilution has to be closed tightly after each usage
3. Although the color gradation shows the iodine level the figures are only estimation. To obtain the precise number, a laboratory test has to be done.

III. PROCEDURES ON FILLING IN THE VSEN99.GY LIST SHEET 1

This list consists of 6 blocks: Block I Identification of Location, Block II Summary, Block III Characteristics of Enumerator, Block IV Household List and Consumption of Iodized Salt, Block V Directions on the Usage of the Tester and Block VI. Notes. A set of list is used for enumerating all households in the chosen segment groups (16 households).

Block I. Identification of Location

Question 01 – 10: Fill in the name and code of province, regency/municipality, sub-regency, village/urban, enumeration area number, segment group number, segment number, code sample number and classification of Susenas village based on the Block I VSEN99.K List .

Block II. Summary

Question 01: Number of Households

The contents of this detail are taken from the VSEN99.GY Page 1, which has already been filled in.

Question 02: Number of Households based on the Iodized Salt Level

The contents of this Question is taken from Block IV VSEN99.GY List Page 1 and consists of 2 sections which is the box **for cooking**, the salt used for cooking is taken from Column 16 and the contents of the box **other salt** is taken from Column 17. The contents of Question 2a, Question 2b and Question 2c are the number of Code 1, Code 2 and Code 3 in each column.

Question 03: Number of Households that Use Salt at Home

The contents of this detail are the total contents of Question 2a, Question 2b and Question 2c. The Questions are classified based on the number of households that use salt for cooking and other salt.

Block III. Characteristics on Enumerator

Question 01-04: Fill in the name and the Number of Official Identification (NIP) of the enumeration officer, enumeration's official function, date of enumeration and signature of enumerator.

Block IV. Household List and Consumption of Iodized Salt

The block is to record each household and several characteristics on the consumption of iodized salt. How to fill in:

Column 1: Household Serial Number

This column is written based on the household serial number 1 till 16. The household serial number has to be based on Question 10 Block I, VSEN99K List or Block IV, Column 1, VSEN99.DSRT List.

Column 2: Name of Respondent

Write the name of the interviewed respondent. Meet the household member that understands the usage of salt in the household (usually housewives). The names have to be clear and not shorten.

Column 3: Relationship of respondent with Head of the Household

Ask the relationship of respondent with head of the household. Fill in the appropriate code into the provided boxes.

Column 4: Do you know the Use of Iodized Salt?

This question is to understand if the respondent understands the use of iodized salt. Fill in **Code 1** if the respondent understands and **Code 2** if does not understand. If the respondent understands the use of iodized salt, continue to the next question in **Column 6**.

Note: If the respondent only knows that iodized salt is available, fill in **Code 2** (no)

Column 5: Do you use salt at home?

Column 5 is asked if Column 4 is coded 2, which is if the respondent does not understand the use of iodized salt. Fill in **Code 1** if "yes" and **Code 2** if "No". If Code 1 is filled in continue the question to Column 9, if Code 2 is filled in, the question is over for the related household.

Column 6: Where did you obtain the information for the first time?

This column is asked if Column 4 is coded 1, which is the respondent know the use of iodized salt. Ask where did they obtain the information for the first time. Fill in Code 1 if obtained from neighbors/family or relatives, Code 2 from the Head of PKK (Household Welfare Group), Code 3 from the radio/TV/newspaper. Code 4 from the health advisor, Code 5 from education (example: during at school there was a class on the knowledge of iodized salt) and Code 6 from other sources.

Column 7: Do you use iodized salt at home?

This column is asked for respondents that know the use of iodized salt. Fill in Code 1 if the respondent uses iodized salt as home, Code 2 if the respondent uses non-iodized salt and Code 3 if the respondent does not use salt at home. If the respondent uses iodized salt at home (filled in code 1), the question is continued to

Column 9, if Codes 2 continue to Column 8 and if Code 3 is filled in the question is over for the related household.

Column 8: The Purpose of not using Iodized Salt

Fill in Code 1 if the stall/shop/market does not sell iodized salt, Code 2 if they dislike the taste, Code 3 if the price is more expensive and Code 4 if the purpose is other than Code 1 till 3.

Column 9: Where do you buy salt?

Fill in Code 1 if the respondent purchase salt at the market, Code 2 at the stall/shop, Code 3 from the remote vendor and Code 4 other than mentioned above.

Column 10: Salt product purchased

Fill in Code 1 if the salt purchased is a local product, Code 2 if non-local and Code 3 if don't know. Local product is if the consumed salt is a production of the regency/municipality where the chosen household lives.

Example:

Zulkarnaen's household lives in the Regency of Bandung and purchases salt produced in the regency of Cirebon, so fill in the contents of Column 8 for the household of Zulkarnaen with Code 2 (non-local).

<p style="text-align: center;">COLUMN 11 TILL 16 ARE QUESTIONS FOR SALT USED FOR COOKING</p>

If the household does not use salt for cooking, Column 11 till 16 is empty, but Column 17 still has to be asked.

Column 11: Type of salt consumed by the household

The type of salt used refers to when the salt was purchased

1. Fine/table is the type of fine salt, which are in plastic packages.
2. Coarse is the type of coarse salt like crystals
3. Brick is the type of salt in the form of a cube (brick) with a certain size.

Column 12: Brand of salt

Write down the brand of purchased salt also the production area of the salt. Example: salt branded Dolphin made in Surabaya is written as "Dolphin/Surabaya". If the purchased salt does not have a brand fill in a dash (-), and if does not remember the brand fill in "does not know".

Column 13: Container of salt storage

Container here is the tool/medium used as a temporary-storing place before the salt is used/consumed. Fill in Code 1 till 5 based on the respondent's answer.

Code 1: Ceramic → if the container is made out of ceramic

Code 2: Plastic → if the container is made out of plastic

Note: if the respondent purchases salt in a plastic package and still stores it in the plastic package

Code 3: Glass: if the container is made out of glass

Code 4: Metal: if the container is made out of metal

Code 5: Others: if others than mentioned above

Column 14: How is the salt stored

Fill in Code 1 if it is stored closed, Code 2 if opened.

Column 15: Location of salt storage

Fill in one of the codes 1 till 3

Code 1: Above/near the stove if the location is above/around the stove

Code 2: Inside a cabinet if the salt is stored inside a cabinet

Code 3: On top of a table/shelf, if the salt is put on top of the table/shelf

Code 4: Others then mentioned above

Column 16: Level of Iodized salt used for cooking

After asking various information in Column 1 till 15 the officer has to do a salt test. The test is classified into 3 classifications that are enough, not enough and does not contain iodine. Fill in Code 1 if the tested salt contains enough iodine, Code 2 if the iodine is not enough and Code 3 if does not contain iodine. The directions on how to test and analyze the results are in Attachment 4, VSEN99.GY List, Page 1.

Column 17: Level of other iodized salt

This column is specifically to record the test results of other iodized salt. Fill in Code 1 if the tested salt contains enough iodine, Code 2 if the iodine is not enough and Code 3 if does not contain iodine and Code 4 if the household does not use other salt or only uses salt for cooking.

**Directions on how to use test the Iodized salt at the household
is in the last page of VSEN99.GY List Page 1**

Block V: Notes

This block is used to write down events or other matters found by the enumerator VSEN99.GY List during testing the household salt

IV. PROCEDURES ON HOW TO FILL IN VSEN99.GY LIST, SHEET 2.

This list consists of 5 blocks: Block I Identification of Location, Block II Summary, Block III Characteristics of Enumerator and Supervisor, Block IV Characteristics of Women Aged 15-49 years Old and Under Fives also Block V. Notes. A set of list is used for enumerating all 16 households where the household members fulfill the criteria of one segment group.

A. Block I. Identification of Location

Consists of 10 Questions that has to be filled in by the SGY officers Page 1 by copying the contents of Block I VSEN99.GY List Page 1.

B. Block II. Summary

Consists of Questions that has to be filled in by the SGY officers Page 2 by copying the contents of Block IV VSEN99.GY List Page 2.

Question 01: Number of Households

The contents of this detail is taken from Block IV Column 1 VSEN99.GY List Page 2, which is the number of filled in rows in Column 1.

Question 02a: Number of Women Aged 15-49 Years

The contents are taken from Block IV VSEN99.GY List Page 2, which is the number of filled in rows in Column 2.

Question 02a1: Number of pregnant women aged 15-49 years

The contents are taken from Block IV Column 1 VSEN99.GY List Page 2, which is the number of filled in rows in Column 6.

Question 02a2: Number of women not pregnant aged 15-49 years

The contents are taken from Block IV Column 7 VSEN99.GY List Page 2, which is the number of Column 6 which is Coded 2.

Question 03: Number of Under-Fives (household member aged 0-59 years)

The contents are taken from Block IV Column 9 VSEN99.GY List Page 2, which is the number of Column 9 that are filled in.

C. Block III. Characteristics on Enumeration and Supervision

This block is to record information on who did the enumeration also who is responsible in filling and checking the list and, time of implementing the enumeration and supervision/checking

Question 1-4: Characteristics on Enumeration

Write the name and 5 last numbers of the Number of Official Identification (NIP) of the enumeration officer, circle the enumeration's official function write down the date of enumeration and signature of enumerator. If the enumerator is a hired worker, the box in D.01 do not have to be filled in.

Question 5-8: Characteristics on Supervisor/Investigator

Write down the name and NIP of the supervisor/investigator, circle the code of the supervisor/investigator official function, and write down the date of supervisor/investigator and signature of the supervisor/investigator.

D. Block IV. Characteristics of women aged 15-49 years and Under-Fives

This list consists of 4 similar pages; the contents for Column 1 – 5 are taken from VSEN99.K List Block IV.A.

Column 1 till 7 : asked to women aged 15-49 years old

Column 8 till 13: asked to Under-Fives (household members aged 0-59 months).

If in 1 segment group the number of women aged 15-49 years old and under-fives are not enough to be filled in 4 pages, use an additional page or questionnaire. Write "continued" in the right hand corner of the questionnaire and write "continuation" in the right hand corner of the additional questionnaire. Besides the characteristics on the identification of location in the additional VSEN99.GY List Page 2 also put the following serial number in Column 1 Block IV.

How to fill in:

1. If in the chosen household there are:
 - a. A women aged 15-49 years old and Under-Fives then Column 1 till 13 are filled in, Column 1 has to be the same as Column 8.
 - b. Women aged 15-49 years old, then Column 1 till 7 is filled in, and Column 8 till 13 is empty.
 - c. Under-fives (household members aged 0-59 months) then Column 1 till 7 is empty, and Column 8 till 13 is filled in.

2. Number of filled in rows in Block IV for one household has to be the same number as the quantity of women aged 15-49 years or under-fives that are household members of the household.

Column 1: Household Serial number

This column has to be filled in the household serial number, beginning from number 1 till 16 based on the VSEN99.K List, either in the household has respondents that fulfill the criteria or respondents that do not fulfill the criteria (women aged 15-49 years and or there are under-fives). If in a household there are no respondents that fulfill the criteria then after filling in household serial number in Column 1 then put a dash (-) for the next column.

Column 2 till 7 are asked only to women aged 15-49 years old

Column 2: Household Serial Number

This column is filled in beginning from the smallest household serial number till the largest. The contents are taken from Column 1, Block IV.A, VSEN99.K List for women aged 15-49 years old.

Column 3: Names of household members

Write the name of respondents based on the contents of Block IV.A Column 2 VSEN99.K List

*If in one household there are more than 1 household member aged 15-49 years old or under-fives (household member aged 0-59 months) then write in the row beneath it.
The household serial number samples are only written once (on the first row)*

Column 4: Age (years)

The contents has to be the same as the contents of Column 5 Block IV.A, VSEN99.K List which is filled in 15 till 49.

Column 5: Marital status

The contents are taken from Column 6, Block IV.A, VSEN99.K List

Column 6: If Column 5 = 1, pregnancy status

This is filled in based on the results of interview of the respondents by SGY officers using the VSEN99.GY List Page 2.

Column 7: Measurement of Upper Arm Circumference (LILA in centimeters)

Is filled in by the officers based on the results of measurement with the level meticulous of 1 decimal behind the comma.

Example on how to measure the Upper Arm Circumference (LILA) is on page 6 of VSEN99.GY List, Page 2.

Column 8 till 13 is specifically for under-fives (household members aged 0-59 years old)

Column 8: Household Sample Serial Number

The contents are the same as written in Column 1 for the same household sample

Column 9: Household Serial Number

This column is filled in beginning from the smallest household serial number till the largest. The contents are taken from Column 1, Block IV.A, VSEN99.K List for women aged 15-49 years old.

Column 10: Names of household members

Write the name of respondents based on the contents of Column 2, Block IV.A, VSEN99.K List.

Column 11: Sex

The contents has to be the same as the contents in Column 4, Block IV.K, VSEN99.K List.

Column 12: Age (in months)

The content has to be the same as the contents in Column 7, Block V, Question VSEN99.K List.

Column 13: Weight (in kilograms)

The contents are based on the results of measuring the weight of under-fives with the level of meticulous of 1 decimal behind the comma.

The measuring of LILA of women aged 15-49 years old and the weighing of under-fives should be conducted as soon as the enumeration of VSEN99.K List is finished.

ATTACHMENTS

THE PROCEDURES ON MEASURING UPPER ARM CIRCUMFERENCE (LILA)

The measuring of Upper Arm Circumference (LILA) is one of the simplest method to understand the nutrition status of a fertile-aged woman and could be conducted by anyone.

Th objectives of measuring LILA:

- a. To learn the nutrition status of a fertile-aged woman, who is pregnant or a mother to be, also to identify women that has a risk of giving birth to low birth weight babies.
- b. Increase the awareness of community also the system of health services on the nutrition of women
- c. Direct the health services on the high risk target group
- d. Develop new initiatives in the community that aims to increase the health and welfare of women.

How to measure the LILA:

The measuring uses a colored ribbon, which is marked in centimeters with the limit of 23.5 cm and/or has a border, between the red and white parts. If a LILA ribbon is not available, an ordinary tailor tape can also be used.

The arm has to be in a free position meaning the arm muscles are not in tense. The measuring tape is in a good condition, not tangled or folded that causes creases.

The limit of the LILA of a fertile-aged woman in Indonesia is 23.5cm.

If it is below 23.5 cm and/or inside the red part indicates that the woman suffers from Chronic Lack of Energy (KEK). Particularly if the woman is predicted will give birth to a low birth weight baby, so additional care is needed from the community also the health services system.

The community can conduct the measuring of LILA themselves, by cadres and various field workers (health field worker, family planning).

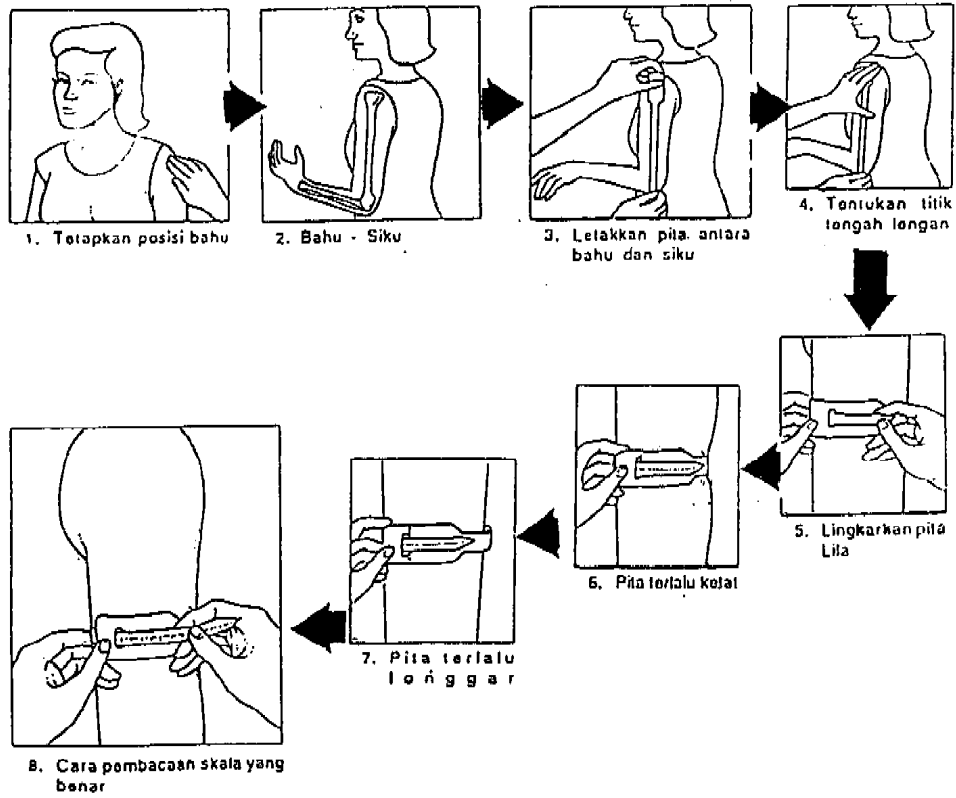
Measuring the LILA should be conducted to a Fertile Aged Women (15-49 years old), Pregnant Women, Women who are Breastfeeding and Eligible Couples

Measuring the LILA could be conducted anytime, but has to be done several times. The measuring is done 1-2 times a year.

Measuring the LILA could be conducted anywhere, such as at home, at a women's meeting, Posyandu (Integrated Health Services), Pondok Bersalin Desa (Village Maternity Huts), Puskesmas Pembantu (Community Health Center) and Puskesmas.

Picture on the procedures of measuring LILA :

Gambar Pengukuran LILA



Pengukuran dilakukan di bagian tengah antara bahu dan siku lengan kiri.

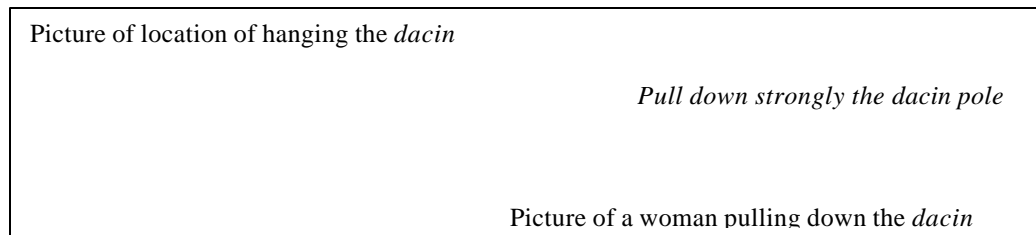
PROCEDURES ON WEIGHING UNDER-FIVES

The weight of a *Balita* (*Bawah Lima Tahun* = Under Five Years Old) is weighed by using a balanced scale (*dacin*) and is written in kilograms till one figure behind the comma (example 12.7 kg). Weighing will be a problem if the Balita that needs weighing lives far away. To ease this problem several Balita should be weighed at one respondent's house, at the house of a *Posyandu* (*Pos Pelayanan Terpadu* = Integrated Health Posts) cadre or at the *Posyandu*. The weighing should be conducted by the enumerator and coordinated by the supervisor. Weighing should be based on the Balita's parent schedule. It is advised that the officer should weigh the Balita during the *Posyandu* is open nearby the sample location by asking a selected household sample to bring their Balita to the *Posyandu*. Therefore the work of the officer would be easier.

How to weigh a child's weight:

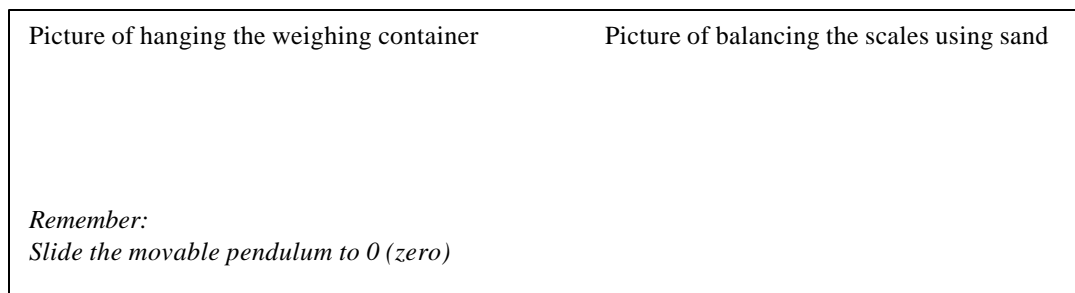
- a) The balance of the *dacin* has to be checked. In the condition of using no weight, the *dacin* has to point to the number 0 (zero). Also check the scale weights using 1 kg and 100 grams. When using the *dacin*, it has to be hanged and tied with rope very securely to prevent it from falling when weighing a child (try testing by pulling down strongly the *dacin* pole that is hanging downwards make sure the tied rope does not fall off or break). The *dacin* can be hung on a strong branch of a tree; a house crossbeam or a three legged support and try to hang the scale pole at the height of the eye level.

Picture Dacin 1



- b) In order to ease the weighing, first hang the container of where the child will be placed for weighing (weighing pants, weighing box or weighing sarong). Then balance the scales by putting weight on the weighing pole using sand or something else, the movable pendulum has to point to zero. In order to understand the balance see the *dacin*'s 'knives' (two pointed shaped indicator). The *Dacin* always has to be in a balanced condition with the movable pendulum showing the number 0 (zero) each time a child will be weighed.

Picture Dacin 2



- c) The results of weighing could be observed on the scales written along the weighing pole, observe from the front of the *dacin*. If the pendulum is located between 2 lines of weighing scales the number should be rounded downwards. Read to the nearest 100 grams scale. At a certain period such as after weighing 50 children the *dacin* has to be checked once more, including the scale weight of 1 kg and 100 grams.

When weighing a child please pay attention on the following:

- 1) Try weighing a child in a calm condition (not struggling)
- 2) Place the child carefully to avoid falling
- 3) Make sure the child is not holding on to the mother/something that can effect the weighing results.
- 4) A child should wear minimum clothing such as without a hat, shoes, thick clothes, bracelet/foot bracelet and others that could influence the results of weighing

V. NOTES

Procedures on the Usage of the Tester for Iodized Salt at the Households

The tester is a diluted solution used for testing iodine in salt qualitatively. The solution is packed in a small plastic bottle of 10 ml that can be used for approximately 75 times of testing.

Procedures:

1. Take ½ teaspoon of salt and put on a plate/thick paper and flatten the surface
2. If the salt is the cube/brick type, before testing grind the salt
3. Put 2-3 drops of solution test on the surface of the salt
4. Observe the change of color that happens after the solution is on the salt

Reading the results:

1. If the color is dark purple, which is the same color as that is on the label of the bottle, indicates that the salt contains enough iodine based on the criteria (30-80 ppm).
2. If the purple color is brighter than the color that is on the label of the bottle indicates the salt contains iodine less than 30ppm.
3. If there is no change of color indicates that it does not contain iodine.

Notes:

1. The testing solution lasts for 2 years, pay attention on the date of manufacture on the bottle label.
2. The tested salt has to be discharged and not consumed
3. Be careful not to spoil clothes with the solution
4. Keep the solution out of reach of children
5. The tested salt is cooking salt
6. The household serial number Column (1) has to be the same as serial number of Core household
7. If the salt after being tested (give solution) the salt is not white, grey/light blue and dark purple, report to the Head of the Statistic Office at the Regency/Municipality through the supervisor.

Level of Color	Estimation of Iodine Level
White	Does not contain iodine
Grey/light blue	Low
Dark purple	Enough