Osteoporosis education programs, changing knowledge and behaviors among 20–60 years old females

Abstract: Osteoporosis is a serious and preventable disease that affects a large population of women. Therefore, the aim of this study was to implement and evaluate the impact of these programs. The goals of each program were to increase knowledge about osteoporosis, assess health beliefs, and to increase the frequency of osteoporosis-preventing behaviors. This study was conducted in the faculties of Arts, Commerce and Law in Zagazig and El Mansoura universities as well as the Maternal and Child Health centers in Benha and Debwan. However, a sample of 150 young college and adult women were chosen randomly from the previous settings. Women were divided into 3 groups. Each group consisted of 50 participants. Women were assigned into the intensive educational program group or intermediate program group or control program group according to their background about osteoporosis and its management. Results show that the program improved the knowledge and behavior of women therapists. It was concluded that effective community-based educational programs can improve knowledge and health behavior related to osteoporosis and its care. Therefore, it was concluded that osteoporosis prevention programs are needed to change women’s health beliefs.

INTRODUCTION

Osteoporosis is a disease of major public health importance which affects over one-third of all postmenopausal women causing severe pain, disability, and even mortality. Osteoporosis affects more than 26 million Americans, 90% of whom are women. Because osteoporosis is a "silent disease" that can progress undetected for decades, early screening can identify women at risk, which may help to avert the escalation of this health problem. In the Arab Republic of Egypt, menopausal women constitute a considerable sector of the whole population. Percentage of women at menopausal age to all women at age group is 26.8%, their percentage to the whole population is 10.7%. Recent statistics that were done in Egypt proved that about 4.7 millions of women at age of 45 years or more have osteoporosis. This number is expected to increase to 7.7 millions by year 2010 and to 13 millions by the year 2020.