Abstract:
Osteoporosis is a worldwide silent epidemic. The aim of this study was to evaluate the efficacy of two educational models for improving knowledge and practice of mothers.

Methods
This study was an interventional study that conducted in 17th District of Municipality of Tehran in 2007. Two public secondary schools were selected by random sampling for two training models (booklet group and children group).

In this study two training models as well as a control group were taken into consideration.

In training model 1, mothers of students were trained with the use of training manuals (booklet group); and, in model 2, mothers were trained indirectly in such a way that the students were trained in school in the form of groups in one hour in week meeting trains in 10 weeks duration and then they transferred the materials gained to their mothers (children group).

In order to evaluate the effect of such trainings, mothers were asked to complete the pre-training and post-training questionnaires (valid questionnaire). Data obtained from the questionnaires were finally analyzed by SPSS software and statistical methods.

Result
There was significant difference between after and before mean score of knowledge and nutritional activity in all groups. There was significant difference between after and before Mean score of source of calcium knowledge in model 2. Mean score of after and before physical activity and use of sun light in all objects were difference. Mean score of after study knowledge in (control group and model 1) and in (control group and model 2) were significant.

Conclusion
Our study showed that using of students power as an educator in transferring information to mothers and improving nutritional activity is effective.

Osteoporosis, indirect training, knowledge, practice, woman

Presentation: Poster