Title: Factors influencing life style-related osteoporosis preventive behaviors: a cross-sectional study among female staff

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Abstract: Introduction: Osteoporosis is a serious metabolic bone disorder. It is a silent disease that causes a debilitating loss of bone mass. Osteoporosis is a major health problem in women, and affects their life quality. This disease is largely prevented with lifestyle changes. Considering the fact that investigation of life style-related osteoporosis preventive behaviors in health promotion planning is necessary, this study was done to determine Factors influencing life style-related osteoporosis preventive behaviors in female staff.

Materials & Methods: This study was a descriptive-analytical cross-sectional study. About 172 staff were randomly chosen by stratified sampling in female staff of Tehran university of medical sciences. Data were collected using three questionnaires: 1) demographic questionnaire, 2) osteoporosis related food habits questionnaire, and 3) other preventive behaviors questionnaire (Physical Activity and cigarette smoking). Data were analyzed using student t-test, one-way analysis of variance, kruskal-wallis, man-n-whitney and tukey tests.

Results: Mean score of life style-related osteoporosis preventive behaviors in female staff was 14 out of a possible 24 maximum attainable score. Significant relationships were found between life style-related osteoporosis preventive behaviors and educational level, menopause status, number of pregnancies, age, information sources, kind of faculty and knowledge (P<0.03 and less).

Discussion & conclusions: According to the findings, these staff demonstrated average level of life style-related osteoporosis preventive behaviors. The authors recommend development and implementation of educational programs especially for Pharmacy faculty staff, middle aged staff and staff with diploma grade, offering educational booklets, reduce consumption of tea and allocate places and facilities for physical exercise.

Osteoporosis, Life style, Staff

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