

Knowledge and practices on prevention of osteoporosis among women attending well women clinics in the Colombo Municipal council area

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This cross sectional descriptive study was carried out for four months starting from August 2006 and the sample size was calculated to be 422 according to the WHO guidelines published in Sample Size Calculation in Health studies. A convenient sampling technique was adopted to recruit study participants to the study. Information was obtained through an interviewer administered questionnaire with four components. First component obtained data on the socio- demographic features of the study participants. The second component Overall knowledge on osteoporosis was low among the participants. It was associated with level of education ($p < 0.01$) and Sinhalese ethnicity (OR=2.6; $p < 0.01$). Those who had an education of G.C.E ordinary level or more had a higher had a satisfactory level of knowledge compared to there less educated counterparts (19.8 percent , $n=84$). Those who had an education of G.C.E ordinary level or more had a higher had a satisfactory level of knowledge compared to there less educated counterparts (19.8percent; $n=84$). Those who were of Sinhalese (22.2 percent ; $n=94$), ethnicity had a satisfactory level of knowledge compared to their counterparts belonging to other ethnicities (22.2 percent; $n=94$), age religion and marital status were not significantly associated with the satisfactory level of knowledge. Calcium supplementation intake (59,2 percent ; $n=251$) was commonly related to supplementation during pregnancy hormone replacement therapy (HRT) following cessation of ovarian activity was (3.3 percent) and prevalence of vitamin D intake was 00 percent. As for nutrition 91.7 percent ($n=389$) of the study participants had a balanced diet rich in calcium. In the domestic setting , level of physical activity was associated with age (Or=2.5; $p < 0.01$) and level of education (OR=2.95; $p < 0.01$). Woman who were 45 years were less active in the domestic setting compared to their older counterparts (36.8 percent) : $n=156$). Those who had an education of G,C,E ordinary level of more also lead a less active life at home (13 percent ; $n=55$). In the employment setting level of physical activity was associated with level of education (OR =0.2; $p < 0.01$) and religion (OR =0.2; $p, 0.04$). The commonest source of information on osteoporosis along these women was the television (37 percent ; $n=157$) . In this backdrop, it is recommended that promotion of life style modifications such as taking part in physical exercise, intake of a balanced diet rich in calcium, intake of calcium supplementation at an appropriate age and hormone replacement therapy under medical supervision cessation of ovarian activity by the WWCs.