

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

\*Aida A. Abd El\_Rahman, †Howyida S , Abd El\_Hameed , ‡Souad A. Ramadan

**Abstract:** Osteoporosis is a serious and preventable disease that affects a large population of women., therefore the aim of this study was implement and evaluate the impact of these programs. The goals of each program were to increase knowledge about oestoporosis , assess health beliefs , and to increase the frequency of oestoporosis preventing behaviors. This study was conducted to the faculties of Arts ,Commerce and law in Zagazig and El Monofya university as the as well as the Maternal and Child health centers in Benha and shebin Elkôm. 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 assignad into the intense educational program group or Intermediate program group or brief program group according to their background about osteoporosis and its management. Results show that program improved the knowledge and behavior of women therefore , 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 program are needed to change womens 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 25 million Americans, 80% 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.<sup>1</sup> 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 age group is 20.5%, 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 2030.<sup>2</sup>

Faculty of Nursing of Monofya University & Benha Branch Zagazig University