ESTIMATION OF IRANIAN FEMALE ADOLESCENTS' OSTEOPOROSIS PREVENTION BEHAVIOR

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AIM: Osteoporosis is a metabolic disease and a health problem that primarily affects women and result in fractures. Approximately 32.4% of 20- to 29-year-old Iranian females suffer from osteoporosis. Osteoporosis is most effectively prevented duringadolescence. The purpose of this study was to determine high school female students' osteoporosis prevention behavior.

METHOD: This study included a randomized sample of 1000 adolescent girls from 6 public high schools in Tehran. A questionnaire containing 27 questions was designed and filled out by the students. Students' prevention behavior scores were calculated by summing the obtained score from questions. Scores exceeding the 75th percentile were defined as optimal and less than percentile 25 as poor prevention behavior.

RESULTS: Among all the students, 14.9% had never consumed milk compared with 10.6% per week for cheese, and 10.5% per week for soft drinks. We observed that 21.8% used to drink less than 1 glass of milk per week and 65.7% experienced being under direct sun exposure for more than 5 hours per week. Unfortunately, 3.8% of the students never exercised. A significant relationship between mothers' education and students' behavior was observed (p=0.002).Also, there was a significant relationship between family income and student's behavior (p = 0.008).

CONCLUSION: Because high school girls are at a high risk of osteoporosis, the government should pay more attention to this group. This study showed that consumption of dairy products is more favorable than milk and fish for Iranian adolescents. Increasing mothers' knowledge levels and family income will improve students' behavior.

Key word: osteoporosis, adolescent female, behavior