

Knowledge, Attitude and Practice (KAP) on Osteoporosis among Females (Aged 30-50 Years) in Delhi-NCR Region

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Abstract—Osteoporosis is a skeletal disorder, characterized by low bone mass. It is a major public health problem as many people, majorly women are been susceptible group of this silent disease. Important modifiable risk factor include calcium and Vitamin D deficiency, sedentary lifestyle, smoking, excessive alcohol and caffeine consumption. Knowledge of osteoporosis risks preventive behaviors as well as importance of early diagnosis is the focus of many studies which results in good preventive programs and decreasing the prevalence of this silent disease.

OBJECTIVE

To evaluate knowledge, attitude and practice on osteoporosis among females (aged 30-50 years) in Delhi-NCR region.

METHODOLOGY

The data was collected by convincing people to fill a 15 question, structured and pre coded questionnaire. It consisted of four domains which included demographics-age and occupation, knowledge, attitude and practice.

RESULT

A pilot study was done to know the KAP on osteoporosis among females in Delhi NCR region, which included 316 participants. The findings showed that the participants have low knowledge (60.62%), attitude (59.80%) and practice (55.32%) about osteoporosis. The main source of information was family, friends or a resourceful person such as doctor (54.40%). The difference was observed between the age group and occupation and knowledge, attitude and practice of osteoporosis, in which the women grouped between 30-35years (30.69%) and were housewives (40.82%) having higher level of knowledge, attitude and practice.

CONCLUSION

There is a generalized low knowledge, attitude and practices among females towards osteoporosis. Friends, family and a resourceful person was the major source of information to them. Age group 30-35 years and housewives had higher KAP level. Health education and awareness programs should be held for women and should incorporate knowledge about regular health checkups.