

Nutritional Program and its Implication for Prevention of Osteoporosis among Childbearing Women at Zagazig city

Abstract

This study was undertaken to evaluate the impact of nutritional program and its implication for prevention of osteoporosis among childbearing women. **Setting;** the study was conducted in MCH centers and family planning clinic at Zagazig city. **Study Sample;** 500 woman in child bearing period aged 18-45, were selected randomly from woman in childbearing age who attending MCH and family planning services, fulfilling the inclusion criterions. **Research Design;** a Quasi-experimental study. **Data collection tool;** tools were used to collect data mainly Interviewing questionnaire sheet, Anthropometric measurements sheet, and blood calcium measuring sheet. **Results;** revealed that only a minority of women had satisfactory knowledge pre intervention assessment, and had improved after the intervention educational program. Also their was an improvement in dietary intake of calcium and a decreases of risky dietary habits. Conclusion; it can be concluded that women had a limited knowledge regarding osteoporosis before educational program and improved after implementation program, but still more stress is needed on this vulnerable group. **The study recommended that;** osteoporosis prevention should start before young adulthood with focus on female and adolescent girls to increase their awareness by this late silent disease , further study in other places about how to prevent the occurrence of osteoporosis.

Keywords: osteoporosis, osteoporosis education, counseling, risk factors, Body mass index, bone mineral density