

The relationship between health promotion lifestyle and preventive behaviors of osteoporosis in women in Torbat Heydariyeh, study based on health belief model

Fatemeh Feizi¹, Nafiseh Nasri¹, Alireza Jafari¹, Hadi Alizadeh¹, Elaheh Lael-Monfared^{2*},

1. Student Research Committee, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran
2. General Health Department, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

Corresponding author: Elm.monfared@gmail.com

Abstract

Background & Aim: In all societies with increasing age, reduced bone mass. Osteoporosis is a common disease in middle-age and older persons, especially women. Therefore the necessity of implement strategic plans to prevent osteoporosis is important. This study was designed to determine the health promoting and preventive behaviors of osteoporosis and their relationship in women in Torbat Heydariyeh.

Methods: This is a cross-sectional study among 191 women; with a multi-stage cluster sampling was performed in Torbat Heydariyeh in 2018 years. The data collection was a questionnaire consistent with the structures of health belief model and Health Promotion Behavior Questionnaire. Data were analyzed using the software SPSS16 and Descriptive analysis (frequency, percentage, mean \pm SD) and analysis correlation coefficient. The significance level was 0/05.

Results: The mean age of women was 38.33 ± 8.5 years old. The mean of perceived severity structures was 12.24 ± 4.9 , perceived sensitivity was 9.9 ± 9.9 , perceived barriers were 30.9 ± 7.4 , and perceived barriers were 36.9 ± 4.40 . There is a significant relationship between health beliefs and nutrition structures, physical activity.

Conclusion: Considering the relationship between health belief model and health promotion behaviors, it can be used in educational programs to prevent the prevalence of osteoporosis in women.

Keywords: Health belief model, Health promoting behavior, Osteoporosis, Torbat Heydariyeh

How to Cite this Article: Feyzi F, Lael-Monfared E, Nasri N. The Relationship between Health Promotion Lifestyle and Preventive behaviors of osteoporosis In Women in Torbat Heydariyeh, Study based on Health Belief Model. Journal of Student Research Committee (JSRC) of Torbat Heydariyeh University of Medical Sciences. 2019; 1(1):45-51.

*آدرس نویسنده مسئول: مرکز رشد و فناوری، دانشکده پزشکی، دانشگاه علوم پزشکی قزوین.

© 2019 Torbat Heydariyeh University of Medical Sciences. All rights reserved.