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**RISK FACTORS, HEALTH BELIEFS AND PREVENTIVE BEHAVIOURS OF OSTEOPOROSIS AMONG WOMEN OF A SELECTED COMMUNITY OF ASSAM**

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**ABSTRACT**

**BACKGROUND:** Osteoporosis is a slowly progressive disease and becoming public health problem in Asian countries. A descriptive study was undertaken among women of a selected community of Assam, with the objectives of assessing risk factors, health beliefs and preventive behaviours of osteoporosis among women.

**METHODS:** A non-experimental survey approach was adopted. 185 subjects were selected by using purposive sampling technique. Predesigned and validated tools were used i.e.structured interview schedule was used for demographic variables, risk factors of osteoporosis and preventive behaviours of osteoporosis and Modified OHBS was used for assessing health beliefs of osteoporosis. SPSS statistics version 17 (2008, SPSC Inc, Chicago, Illinois, USA) software is used for statistical analysis.

**RESULTS:** 61% of women had mild risk of osteoporosis. The most predominant risk factors among women were consumption of tea or coffee (89%), smoking or consumption of smokeless tobacco (81%).They had highest level of perception towards health motivation (75%) and lowest level of perception towards barriers of preventive behaviours (48%). Most frequently practiced positive behaviours were consumption of calcium rich food, performance of physical activities and exposure to sunlight and most frequent negative behaviours were consumption of tea or coffee and smoking and smokeless tobacco. Significant correlation between health beliefs with preventive behaviours was found. Significant association found between risk status of osteoporosis with selected socio-demographic variables.

**CONCLUSION:** Based on their health beliefs women were practicing preventive behaviors. So awareness of women about risk factors and ways of prevention is very much essential to increase the practice of preventive behaviours.

**Keywords**: health beliefs, osteoporosis, preventive behaviors, risk factors