ABSTRACT

Osteoporosis is a grave condition involving the thinning of bones, often starting off furtively and if adept measures are not taken, it can lead to excruciating pain accompanied by fractures and varying forms of disability. Risk factors that cause osteoporosis comprise of increasing age, smoking, drinking, lower bone mass, lack of exercise, deficient calcium intake, decreased level of sex hormones caused during menopause and due to intake of some medicines.

Five hundred (250 each of osteoporotic and non-osteoporotic) post menopausal women aged 50-70 years were selected through purposive sampling method. They were studied for their demographic characteristics, anthropometric measurement, food consumption, life style pattern, reproductive health history, health condition and medication. Difference in frequency distribution has been analyzed using chi-square and the difference in mean scores of the comparative group has been analyzed through 'z' test statistically. Obtained results reveal that the education, occupation, caste, income group were found significantly different while there was no significant difference in age and marital status. The mean height, weight and BMI were found non- significantly different. Food belief, number of meals, time gap between meals, food preferences, eating time, was found significantly different. Intake of missi chapati, bread, dosa, chole, rajmah, other vegetables, tea and coffee was found insignificantly different in both the groups. Significant difference was found in the intake of stuffed paratha, upma, poha, moong dal, tuar dal, masoor dal ,green leafy vegetables, mixed vegetables, fruit juices, egg, fish, meat, chicken, milk products, soya milk, soya bean dal, soya badi, nuts and oil seeds. Intake of energy, carbohydrate, protein, fat, dietary calcium, phosphorus was found. Significantly different and intake of magnesium was found insignificantly different in both the groups. There was no significant difference found between both the groups for alcohol, smoking, tobacco chewing, exposure to sunlight and its duration. Significant difference was found between both the groups for exercise, type of exercise and consumption of aerated drinks. Abortion and menopausal age was found significantly different while no significant difference was seen in menarche age and parity. Highly significant difference was found between both the groups for health problem after menopause, type of health problem like B.P., arthritis, asthma, diabetes, heart disease, joint pain, kidney disease and history of fracture. There was no significant difference found between both the groups for hormone replacement therapy.