

00031 Current Level of Knowledge on Osteoporosis Prevention Amongst Women Aged 21 – 64 in an Urban-dwelling Asian Society

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Aims: This study was conducted to find out the level of awareness and knowledge about osteoporosis amongst the female population in Singapore.

Methodology: Women aged 21-64 years old (n=415) in a local Polyclinic were approached for an interviewer-administered survey. The survey included the validated questionnaire Facts on Osteoporosis Quiz (FOOQ), which assessed identification and understanding of risk factors and preventive lifestyle measures for osteoporosis.

Result: 71% of the population had heard of osteoporosis before, however only 3.6% knew that screening should commence at 65 years of age. Most had heard about osteoporosis from the media, or from family and friends. The FOOQ scores obtained ranged from 0 -18 out of a total score of 20, with a mean score of 9.

Only 6.3% (n=26) were assessed to have adequate knowledge with score $\geq 80\%$. Postmenopausal women and more educated women were more likely to score better on the FOOQ (OR 3.785, $p < 0.001$; OR 4.319, $p < 0.001$). Knowledge about risk factors varied: 62.2% recognised the negative effects of a high caffeine and low calcium diet, while 38.6% were aware of the benefits of high impact exercise, and only 16.9% identified low weight as a risk factor.

Conclusion: With increased life expectancy rates in Singapore, osteoporosis is quickly becoming the new chronic disease for family physicians to address. Awareness amongst younger women can be improved through education and greater exposure to the condition, to promote a healthier lifestyle for themselves, and their families.