

**OSTEOPOROSIS KNOWLEDGE, BELIEFS,  
AND PREVENTION AMONG TEACHERS IN  
PRIMARY SCHOOLS AT BANDAR  
MAHARANI**

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## ABSTRACT

Osteoporosis is a silent disease until a fracture occurs. It has been identified as one of the most serious public health threat in this century. The main purpose of this study was to determine the knowledge, beliefs, and prevention of osteoporosis among teachers in primary schools at City Centre of Bandar Maharani, Johor. This descriptive cross-sectional and quantitative research study was conducted among 356 subjects from 19 primary schools. The Osteoporosis Research Instrument that included Osteoporosis Questionnaire and Food Frequency Questionnaire (FFQ) were developed to assess subjects' osteoporosis knowledge, beliefs, prevention behaviours, and daily calcium intake. All statistical analyses were performed by using SPSS Version 15.0 for Windows. The results showed that the subjects' mean score for knowledge of osteoporosis was  $59.4 \pm 26.0\%$  and nearly half of them fell in average category. Besides, the subjects' mean score for beliefs towards osteoporosis was  $53.1 \pm 30.4\%$ , where nearly half of them were in relatively low category, and prevention against osteoporosis was  $44.4 \pm 20.1\%$ , where most of them fell in relatively low category. The mean daily calcium intake of subjects was  $793.29 \pm 209.73$  mg/day and only 14% of them had achieved the daily recommended intake ( $\geq 1000$ mg/day). Female subjects, older adults (51-59 year-old), and subjects who graduated from high-school and from teachers training college had significantly higher mean scores of osteoporosis knowledge, beliefs, and prevention than other groups ( $p < 0.05$ ). Significant correlations were found between knowledge, beliefs, prevention, and daily calcium intake ( $p < 0.05$ ). Thus, these findings suggest that the development and implementation of osteoporosis programs or workshops is essential to raise population awareness of osteoporosis.

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