



Health literacy: an Effective Component in Prevention of Osteoporosis in Women

ARTICLE INFO

Article Type

Letter to Editor

Authors

Panahi R.¹ PhD,
Kazemi S.S.*¹ MSc

How to cite this article

Panahi R, Kazemi S.S . Health literacy: an Effective Component in Prevention of Osteoporosis in Women. International Journal of Musculoskeletal Pain Prevention. 2018;3(3):69-71.

ABSTRACT

This article has not abstract.

Keywords This article has not keyword.

¹Health Education & Promotion Department, Medical Sciences Faculty, Tarbiat Modares University, Tehran, Iran

*Correspondence

Address: Tarbiat Modares University, Nasr Bridge, Jalal-Al-Ahmad Highway, Tehran, Iran.

Postal Code: 1411713116

Phone: +98 (21) 82880000

Fax: +98 (21) 82884555
somayeh.kazemi7@gmail.com

Article History

Received: May 23, 2018

Accepted: June 05, 2018

ePublished: September 22, 2018

CITATION LINKS

[1] The effect of education based on health belief model on the improvement of osteoporosis preventive nutritional behaviors of second grade middle school girls in Isfahan [2] The impact of an educational intervention on nutritional preventive behaviors in osteoporosis among adolescent girls [3] Prevalence of osteoporosis and its related factors in women referred to Fasa's densitometry center [4] Evaluation of health literacy of pregnant women in urban health centers of Shahid Beheshti Medical University [5] Health literacy and preventive behaviors [6] Relationship between health literacy and female cancers preventive behaviors [7] The relationship of health literacy with health status, preventive behaviors and health services utilization in Baluchistan, Iran [8] Associations between health literacy and preventive health behaviors among older adults: Findings from the health and retirement study [9] Relationship between health literacy, health status, and healthy behaviors among older adults in Isfahan, Iran [10] The relationship between media literacy and health literacy among pregnant women in health centers of Isfahan [11] Health literacy and women's health: Challenges and opportunities [12] The relationship between health literacy and self-efficacy physical activity in postpartum women

Dear editor,

One of the chronic diseases that affect the lives of a community, especially women and girls, is Osteoporosis [1]. According to studies, more than 200 million people worldwide have osteoporosis [2]. The latest study in Iran showed that 34.1% of women had osteoporosis [3]. Women are at the risk of osteoporosis approximately four times more likely than men and their lifespan loses about 40% of their skeletal calcium [2].

On the other hand, identification of effective factors on the prevention of osteoporosis and determining the exact effect of each of these factors, including health literacy, can be effective in preventing and reducing the incidence of this disease. Health literacy (HL), [4] is defined as the capacity of a person to acquire, interpret, and understand basic information and health services that are necessary for proper decision making. Some researchers believe that HL is a stronger predictor of health as compared to variables such as age, sex, income, employment status, education level, and race [5]. HL can be an effective factor in increasing health behaviors such as adoption of preventive behaviors [6]. Studies on the relationship between HL and the adoption of preventive behaviors have concluded that a low level of HL are related to the adoption of less preventive behaviors such as screening tests [7], performing less Pap smear and breast self-examination [6], less involvement in mammography, doing less physical activity and smoking [8], and performing less screening of prostate and colorectal cancers [9].

Given the role of HL in engaging women in health-promoting activities and adoption of preventive behaviors [10], the role of HL on women's knowledge and its effect on women's ability to follow clinical care plans [11], effective role of HL in promoting individual's personal responsibility for maintaining their health and improving attitude of people towards health [5], the relationship between HL and knowledge and attitudes [5] and with regard to the relationship between HL and preventive behaviors [6-8] and as well as exist an inadequate or marginal level of HL in a wide range of women [4, 12], it seems that increased HL in women can maybe increase prevention of osteoporosis between them.

In this case, it can be added that HL is a set of skills, abilities, and capacities in a variety of dimensions. These skills and capacities sometimes occur in the aspect of obtaining and acquiring medical and health information, sometimes in the dimension of reading, sometimes in terms of their understanding, sometimes in the dimension of their processing and interpretation, and sometimes in the dimension of decision making and application of this information [5]. In other words, HL by improving the understanding, perception, and evaluation of the benefits of diagnostic and preventive behaviors [6],

can be one of the most important factors in the prevention of osteoporosis in women.

Acknowledgements: This manuscript is a part of a Ph.D. thesis in the school of medicine, Tarbiat Modares University. The authors wish to express their special thanks to all of the participants and respected authorities of dormitories supervised by Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Ethical permissions: This study was presented at the Ethics Committee of the Tarbiat Modares University, Tehran, Iran, and was approved (ID: IR.TMU.REC.1394.172).

Conflicts of interests: The authors declare no conflict of interest.

Authors' Contribution: Panahi R. (First author), Article author/ Original researcher (75%); Kazemi SS. (Second author), Assistant researcher (25%)

Funding/Support: This study was supported by the school of medicine, Tarbiat Modares University, Tehran, Iran.

References

- 1- Ghaffari M, Tavassoli E, Esmailzadeh A, Hasanzadeh A. The effect of education based on health belief model on the improvement of osteoporosis preventive nutritional behaviors of second grade middle school girls in Isfahan. *Health Syst Res.* 2011;6(4):714-23. [Persian]
- 2- Amini A, Tavousi M, Niknami Sh. The impact of an educational intervention on nutritional preventive behaviors in osteoporosis among adolescent girls. *Payesh.* 2014;13(5):609-19. [Persian]
- 3- Khani Jeihooni A, Hidarnia AR, Kaveh MH, Hajizadeh E, Babaei Heydarabadi A, Nobakht Motlagh BF, et al. Prevalence of osteoporosis and its related factors in women referred to Fasa's densitometry center. *Sci J Ilam Univ Med Sci.* 2013;21:150-8. [Persian]
- 4- Ghanbari Sh, Majlessi F, Ghaffari M, Mahmoodi Majdabadi M. Evaluation of health literacy of pregnant women in urban health centers of Shahid Beheshti Medical University. *Daneshvar Med.* 2012;19(97):1-13. [Persian]
- 5- Panahi R, Ramezankhani A, Tavousi M. Health literacy and preventive behaviors. *J Res Health.* 2018;8(2):93-4.
- 6- Mahdavi Zh, Ramezankhani A, Ghanbari Sh, Khodakarim L. Relationship between health literacy and female cancers preventive behaviors. *Payesh.* 2017;16(5):613-25. [Persian]
- 7- Izadirad H, Zareban I. The relationship of health literacy with health status, preventive behaviors and health services utilization in Baluchistan, Iran. *J Educ Community Health.* 2015;2(3):43-50. [Persian]
- 8- Fernandez DM, Larson JL, Zikmund-Fisher BJ. Associations between health literacy and preventive health behaviors among older adults: Findings from the health and retirement study. *BMC Public Health.* 2016;16:596.
- 9- Javadzade SH, Sharifirad G, Radjati F, Mostafavi F, Reisi M, Hasanzade A. Relationship between health literacy, health status, and healthy behaviors among older adults in Isfahan, Iran. *J Educ Health Promot.* 2012;1:31.
- 10- Akbarinejad F, Soleymani MR, Shahrzadi L. The relationship between media literacy and health literacy

among pregnant women in health centers of Isfahan. J Educ Health Promot. 2017;6:17.

11- Corrarino JE. Health literacy and women's health: Challenges and opportunities. J Midwifery Womens

Health. 2013;58(3):257-64.

12- Peyman N, Abdollahi M. The relationship between health literacy and self-efficacy physical activity in postpartum women. J Health Lit. 2016;1(1):5-12. [Persian]