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Preventive Life-Style for Osteoporosis and Vitamin D status in Nursing Students

Sedighe Pakseresht, Farzane Pourshaban and Zahra Bostani khalesi
Guilan University of Medical Sciences, Rasht, Iran

Osteoporosis is the most common and important metabolic bone disease. This study aimed to determine Preventive Life-Style and Vitamin D in Nursing Students. This is an analytical cross-sectional study on 484 nursing students by stratified random sampling method in Guilan University 2016. Data collection questionnaire was used, the questionnaire on lifestyle included three dimensions; Habits, FFQ and IPAQ-SF Questionnaire. Blood sampling for 25-hydroxy vitamin D was performed. The collected data were analyzed by descriptive and analistic statistics.

The mean age of students was 22.1 ± 3.1 years. The total score of dietary diversity of students equaled 4.60 ± 1.37 . The highest score dedicated to meat group (1.31 ± 0.49). The results showed 4.86% of students smoked cigarettes, 31.4% never used sun protection products and 4.9% used calcium supplements, 8.1% used vitamin D supplements, 44.9% of students had low physical activity. There was a significant correlation between physical activity score and sex.

This study suggestion that vitamin D prevalent in nursing students and using hookah is more common. So optimal strategy need.

Biography

Sedigheh pakseresht has completed her PhD at the age of 48 years from Delhi University, India University. She is Associate Professor, Women Health Promotion, Community Health, Obstetric Dept. Member of Reproductive Health Research Center & Social determinants of health research center, Guilan University and Medical Science, Rasht, Iran. She has published more than 28 papers in Persian journals and 7 papers in ISI about breast cancer and published a book about breast cancer (in English). She is chief in editor in holistic nursing and midwifery journal in Guilan, Iran for 19 years.

pakseresht@yahoo.com.

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