

# Effect of Health Education Program to Improve Awareness about Vitamin D Deficiency on Preparatory School Students in Port-Said City, Egypt

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## ABSTRACT

**Aim:** to increase awareness about Vitamin D deficiency.

**Methods:** a pre and post-intervention study design were performed using a health education program among 428 students from eight public preparatory schools in Port Said City.

**Results:** Regarding the students' general knowledge and nutritional knowledge was positively increased from 74% to 84%. We found that there is a statistically significant between pre-test and post-test of general knowledge of vitamin D deficiency, in addition to nutritional knowledge ( $p \leq 0.05$ ). But there isn't statistically significant in practice toward Vitamin D deficiency ( $p \geq 0.05$ ). The general knowledge and practice of vitamin D deficiency after intervention have a statistically significant linear relationship ( $p < 0.001$ ). The direction of the relationship is positively correlated tend to increase together.

**Conclusion:** The health education program was effective to increase both the general, nutritional knowledge and practice toward a better lifestyle..

**Keywords:** Vitamin D Deficiencies; Health Education; Nutrition; Port Said; Knowledge; Practice.

## Retraction Note

The article entitled "Effect of Health Education Program to Improve Awareness about Vitamin D Deficiency on Preparatory School Students in Port-Said City, Egypt" has been accepted for publication in the Journal of Bone Research considering the statements provided in the article are personal opinion of the author which was found to be not having any conflict or

biasedness towards anything. As the article was a perspective one, the information provided by the author was considered as an opinion to be expressed through publication. Publishers took the decision to make the article online solely based on the reviewer's suggestion. However, due to some unavoidable issues and concerns on behalf of the authors, the article is being retracted from the journal.

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