

# 社区人群对骨质疏松症的认知调查与影响因素分析

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**摘要:**目的 调查社区人群对骨质疏松症的认知状况并分析其影响因素, 为针对性护理干预提供依据。方法 采用横断面调查方法, 于 2011 年 6—12 月对江苏省南京地区 9 049 例 40 岁以上社区人群进行调查, 内容包括一般资料、对骨质疏松的认识和骨质疏松性骨折史。共发放问卷 9 983 份, 收回有效问卷 9 049 份, 有效回收率 90.6%。结果 社区人群中只有 30.7% 曾经听说过骨质疏松症, 18.5% 听说过骨质疏松性骨折。所有被试者中 52.9% 有意识地补充牛奶, 补充钙剂者 16.0%, 补充维生素 D 者 7.1%, 47.2% 进行规律的体育锻炼。回归分析结果显示, 性别、年龄、教育程度对于骨质疏松的认知有显著影响。是否发生过脆性骨折对除喝牛奶以外的其他因素均有影响。结论 社区人群的骨质疏松症总体认知水平较低。建议采取 3 级防治的干预措施, 特别应加强对文化程度低、年轻、男性人群的教育。

**关键词:**社区人群; 骨质疏松症; 认知

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**Awareness about osteoporosis in community population and its influence factors** (*The First Affiliated Hospital with Nanjing Medical University, Nanjing 210029, China*)

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**Abstract: Objective** To investigate the awareness about osteoporosis in community population and its influence factors, and then provide a basis for targeted nursing intervention. **Methods** From June to December 2011, a total of 9 983 participants aged more than 40 years in communities about Nanjing were enrolled. They were investigated with self-designed questionnaire about the awareness of osteoporosis. 9 049 effective questionnaires were taken back. **Results** Of the subjects, only 30.7% had heard about osteoporosis, and 18.5% had heard about osteoporotic fracture. 52.9% consciously drank milk, 16.0% took calcium, 7.1% took vitamin D, and 47.2% took physical exercises. The regression analysis showed that gender, age and education background significantly influenced the awareness about osteoporosis. The history of osteoporotic fracture had influence on the factors except milk drinking. **Conclusion** The awareness about osteoporosis in community population is very low. The tertiary prevention should be implemented, especially the education for the young men with lower education.

**Key Words:** Community population; Osteoporosis; Awareness

骨质疏松症 (osteoporosis, OP) 是以低骨矿物质密度及骨组织的微结构破坏为特征, 导致骨折风险增加的一种常见疾病<sup>[1]</sup>。任何骨折都和死亡率增加有关, 特别是髌部骨折是长期死亡率增加的一个强有力的预

测因子<sup>[2]</sup>。骨质疏松症及骨质疏松性骨折 (脆性骨折) 已成为全世界范围内导致沉重经济负担的公共健康问题<sup>[3]</sup>。而中国随着人口老龄化速度的加快, 目前已拥有全世界最多的骨质疏松症患者, 同时每年新发髌部骨折 68.7 万<sup>[4]</sup>。因为骨质疏松症的灾难性影响, 必须采取预防措施以减少骨质疏松性骨折的发生。西方国家 10 年前发起一项提高国民对骨质疏松症认知的倡议指出, 提高认知的第一步是了解大众对骨质疏松症的知晓程度<sup>[5]</sup>。本次大样本横断面调查目的是了

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