

Women and Osteoporosis: A Brief Demographic Study on ASHA Workers and Municipal Workers - Observational Study

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Abstract

Background: ASHA workers and municipal workers are crucial for India's public health system. Worldwide, *Osteoporosis* is estimated to affect 200 million women- approximately one third aged 60, one fifth aged 70, two third aged 80 and two fifth aged 90. This study seeks to understand if the nature of these women activities and their socioeconomic background influences their BMD (Bone Mineral densityDensity) and aims to shed light on potential correlations between age, BMD values, blood pressure, blood sugar.

Objective: This study aims to analyze factors influencing *osteoporosis* in ASHA workers and municipal workers.

Methodology: A community camp was conducted for ASHA workers and municipal workers Female female participants aged from 30 to 60 years on the occasion of International international Womens women's Day day 2023 who met inclusion and exclusion criteria were included in study. The data collected was subjected to statistical analysis.

Results: The study included 56 female participants in age group of 30 to 60 years, tThe mean age of all participants was 43.2 (± 7.24) years. The Mean mean systolic BP, diastolic BP, blood sugar levels and Bone mineral Mineral density Density (BMD) were 126.39 (± 11.2), 80.45 (10.9), 131.49 (± 44.66), and 0.158(± 14.6) respectively.

Conclusion: In-view of younger women having greater prevalence of osteopenia and osteoporosis, this study suggests early screening, improved fitness, and education about *osteoporosis* symptoms for women aged 30-40 due to its prevalence in this group.

Keywords: ASHA Workers; Bone Mineral Density (BMD); *Osteoporosis*; *Osteopenia*