

Bone Health in Men: Influencing Factors

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Objective: To describe osteoporosis health beliefs, osteoporosis risk factors, and lifestyle habits that affect bone health in men. **Methods:** Data were collected from 272 men using the Bone Health in Men questionnaire. **Results:** The majority of participants reported that they were unlikely to develop osteoporosis, that osteoporosis in men is less serious than in women, and that osteoporosis is preventable. Few

osteoporosis risk factors were reported. The lifestyle habits reported were below the suggested recommendations. **Conclusions:** Increasing men's awareness of osteoporosis risk factors, changing their beliefs, and encouraging them to adopt healthy lifestyle habits are necessary strategies to promote bone health.

Key words: bone health, men, beliefs, habits

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