

Housing conditions and occurrence of osteoporosis

J-J. WU, B-J. LIANG, Z-W. CHEN. **Association between housing conditions and occurrence of osteoporosis among the elders aged 60 and above in Beijing, China.** *Gerontechnology* 2014; 13(2):310; doi:10.4017/gt.2014.13.02.066.00 **Purpose** Osteoporosis is one of the major public health problems facing aging individuals of both sexes¹. OP would induce fracture², which do poses a negative effect on the elders' life quality and causes financial and care burden to the patients' families and to society³. It is important to track risk factors associated with osteoporosis so that interventions to prevent osteoporosis can be done in a timely manner. Most of the existing literatures about risk factors of osteoporosis focus on demographic variables, socio-economic status, and lifestyle and environment variables. However, very few studies have looked at the association between housing type and osteoporosis. **Method** Data from tracking research about the urban and rural elders in Beijing, China in 2010, comprising 3,168 samples, is used to test the hypothesis whether housing conditions satisfaction is negatively associated with the occurrence of osteoporosis among elders by multivariable logistic regression. **Results & Discussion** After controlling for confounding variables, housing conditions satisfaction is found to be significantly associated with osteoporosis (OR=0.60, 95%CI 0.46-0.78). Efficient intervention of osteoporosis among elders should consider housing factors. In order to modify the house to meet the senior adults' need, further qualitative research is needed.

References

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Table1. Adjusted Odds Ratio (OR) and its 95% confidence interval (CI) for osteoporosis

Characteristic	OR (95%CI)	p
Housing satisfaction: satisfied	0.60 (0.46-0.78)	<0.001
Unsatisfied	Referent	
Household financial status: Well off	Referent	
Make ends meet	2.16)	>0.05
Financial difficulty	3.56)	<0.01
Electric radiator: Have	0.66 (0.50-0.86)	<0.01
Not have	Referent	
Gender: Male	0.48 (0.35-0.65)	<0.001
Female	Referent	
Education: Illiterate	Referent	
Elementary school	1.55 (0.98-2.45)	>0.05
Middle school	1.96 (1.21-3.17)	<0.01
High school and above	2.37 (1.45-3.88)	<0.01
Location: Urban	2.18 (1.38-3.42)	
Rural	Referent	
Diabetes: Yes	1.86)	<0.05
No	Referent	
Hypertension: Yes	2.03)	<0.01
No	Referent	
Heart disease: Yes	2.56)	<0.001
No	Referent	
ADL: Independent	Referent	
Dependent	2.98)	<0.001