

Community-based nutrition education shown to be successful in increasing calcium intake

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Today at the International Osteoporosis Foundation's Asia-Pacific Osteoporosis Meeting, researchers from the National Institute of Nutrition in Hanoi presented a new research study that showed the benefits of educational intervention in increasing calcium intake and retarding bone loss in postmenopausal women.

Researchers carried out a controlled trial in the Red [River Delta](#) in Vietnam involving a total of 140 women. The women, aged 55 years, had been postmenopausal for at least 5 years, and had low [dietary calcium](#) intake (less than 400 mg/day). An intervention group was given nutrition education counselling over 18 months to improve calcium intake.

After 18 months, the women in the intervention group had increased their calcium intake significantly. Testing showed that the intervention group's bone mass had remained stable. In comparison, the bone mass of the control group which had not received [nutrition education](#), had decreased by 0.5 % (p

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