

## CHAPTER 5

### RECOMMENDATIONS

As a result of the study, the following recommendations were made;

1. Future research could replicate the study with a larger sample to increase sensitivity, and following subjects for a longer period of time to have a better understanding of the long term impacts of the program.
2. Future study may also emphasis on educating teachers who can apply osteoporosis information to the curriculum and promote osteoporosis prevention for both female adolescence and adults.
3. The osteoporosis prevention program should be applied also to both young men and old men. Even men develop osteoporosis less than women, one in every eight men over 50 years will have an osteoporosis related fracture.