



## The Oslo Health Study: Is bone mineral density higher in affluent areas?

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Abstract: ABSTRACT: BACKGROUND: Based on previously reported differences in fracture incidence in the socioeconomic less affluent Oslo East compared to the more privileged West, our aim was to study bone mineral density (BMD) in the same socioeconomic areas in Oslo. We also wanted to study whether possible associations were explained by socio-demographic factors, level of education or lifestyle factors. METHODS: Distal forearm BMD was measured in random samples of the participants in The Oslo Health Study by single energy x-ray absorptiometry (SXA). 578 men and 702 women born in Norway in the age-groups 40/45, 60 and 75 years were included in the analyses. Socioeconomic regions, based on a social index dividing Oslo in two regions - East and West, were used. RESULTS: Age-adjusted mean BMD in women living in the less affluent Eastern region was 0.405 g/cm<sup>2</sup> and significantly lower than in West where BMD was 0.419 g/cm<sup>2</sup>. Similarly, the odds ratio of low BMD (Z-score

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