



June 2019

## Are Healthy Bones Important?

### Background for Facilitators

The following background information is for facilitators. The information should not be printed and distributed to participants.

#### Osteoporosis

[NIH overview of osteoporosis](#)

#### Calcium

[NIH calcium fact sheet for health professionals](#)

[Calcium supplements MUSC Health.org](#)

#### Falls Prevention

[CDC information on hip fractures](#)

[Iowa Falls Prevention Coalition 2018 Policy Brief](#)

#### Move Your Way

[Health.gov Move Your Way videos](#)

#### Behavior Goals

Participants will:

1. Identify at least three risk factors for osteoporosis.
2. Learn how to protect their bone health.
3. Become more aware of their individual risk for osteoporosis.

### Meeting Preparation

1. Review newsletter content. Send questions or concerns to your coordinator.
2. Check out your local farmer's markets and what's available in June. Pick a produce item to taste that is lower in cost and qualifies for the Senior Farmer's Market Program. Make it easy! It can be a delicious strawberry.
3. Identify local places that provide smooth surfaces, easy access and good lighting for walking. Make note of walking clubs or classes that help seniors stay active and independent.

### Props

- Every person needs a pencil or pen that will write easily on the newsletter.
- **Optional:** Purchase one item that supports safe walking to use as an incentive during the action step. (reflective wrist band or tape)

**!** The suggested wording for the presentation is in regular font and the *facilitator directions are in bold, dark red italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

## Conversation

Follow up to last month's meeting (May 2019)

*Ask individuals to raise their hands if they ate cruciferous veggies since you last met. Read names of veggies aloud and ask for a show of hands for each one: arugula, broccoli, Brussels sprouts, bok choy, cauliflower, cabbage, collard greens, kohlrabi, radishes, rutabagas or turnips.*

## Introduction

Here are some hard facts that should concern all of us. *Use comparisons in purple to make the numbers more relatable.*

- In the United States, more than **53 million people** either already have osteoporosis or are at high risk due to low bone mass. *This equals the combined population in California, New Mexico, Oregon and Washington.*
- One in two women and one in four men over the age of 50 will break a bone because of osteoporosis.
- Each year, over **300,000 older people**—those 65 and older—are hospitalized for a hip fracture. *You can fill Yankee Stadium over five and half times with the same number of people.*
- Over **50 billion dollars** are spent on medical treatments related to osteoporosis. *You can fly to the moon and back 67 times.*
- But there is good news...it's usually preventable and it's also very treatable. Spread the word!

Similar to cancer, which we talked about last month, a variety of things increase your risk of developing osteoporosis. Some we can't control, like age. Some we can.

## Nutrition Discussion

Let's focus on what you **can** do to take care of your bones. Everyone have a pencil? Turn to **page 2** and we'll learn more about **calcium and vitamin D**.

*Set a timer for 3 minutes. Ask individuals to read the article and circle five pieces of information in the article that are new to them or they find interesting. Set the timer again for 2 minutes and ask them to compare and share what they circled with their neighbor. Note: Be prepared to use volunteers who can read paragraphs aloud should you have participants who are unable read/see the printed material.*

Review key messages:

1. Eat or drink calcium-rich dairy products including milk, yogurt, and cheese, and plant sources of calcium such as leafy greens and almonds.
2. Not many foods naturally provide vitamin D. It's important to check your vitamin D blood levels.
3. Check the Nutrition Facts Label on foods to find out if they're good sources of calcium or vitamin D. Some may surprise you! (fortified orange juice or cereals)
4. Discuss benefits/risks of supplements with your healthcare provider.

It's important to know if you're at high risk for a fracture. The article on **page 3** offers critical advice that I'd like you to pay attention to. Pencils ready? Read the three bullets and circle any that apply to you!

**Note to facilitator: The updated Nutrition Facts Panel includes vitamin D and calcium. 1300 mg of calcium is the amount used for the Daily Value.**

## Tasting Activity

Our tasting today is super simple because we need more time to be active. During June, Area Agencies on Aging pass out coupons for the farmer's market. Do you have a favorite market? **Allow just a few responses and taste produce item that is available at a local farmer's market—your choice. Describe why you chose the item.**

## Physical Activity

I have one more sobering fact to share: One out of three people 65 and older fall each year. Those are pretty good odds, unfortunately. Let's push back and beat the odds.

Inactivity leads to bone loss and recent studies suggest that weight-bearing exercise, like walking, may reduce bone loss. The "Keep Moving" article on page 3 tells you more about this.

If you want to walk more this summer, it helps to work on **balance, strength and flexibility.**

**Demonstrate an exercise for balance, strength and flexibility (total of 3). Suggestions can be found at <https://go4life.nia.nih.gov/exercises/> Share information on local classes, such as Matter of Balance and Tai Chi.**

## Take Action

Two options:

1. What is your favorite walking spot in the summer? How often will you go there?
2. How could you walk just a little more each day? Every minute counts. It all adds up.

**Be prepared to adapt this activity to individuals who are unable to walk.**

**Option: Put the names of people who share an action step in a bowl and draw for a winner. Provide a reflector or another item to support safe walking.**



# FRESH CONVERSATIONS



## Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Iowa Nutrition Network  
Iowa Department of Public Health  
(515) 281-6047

What is the  
conversation  
about?

## June Conversations

- What are your risk factors for bone loss?
- Do calcium and vitamin D matter?
- Taste farm-fresh food!

## When?

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## Where?

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Living Your Dreams • Be Active, Be Strong

**JOIN US FOR  
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions  
ISU AnswerLine 1-800-262-3804