

Session #269

# Active Bones & Calcium

*Osteoporosis prevention youth nutrition program*



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Utah State University

Extension and Department of Nutrition, Dietetics, and Food Sciences



# OUTLINE

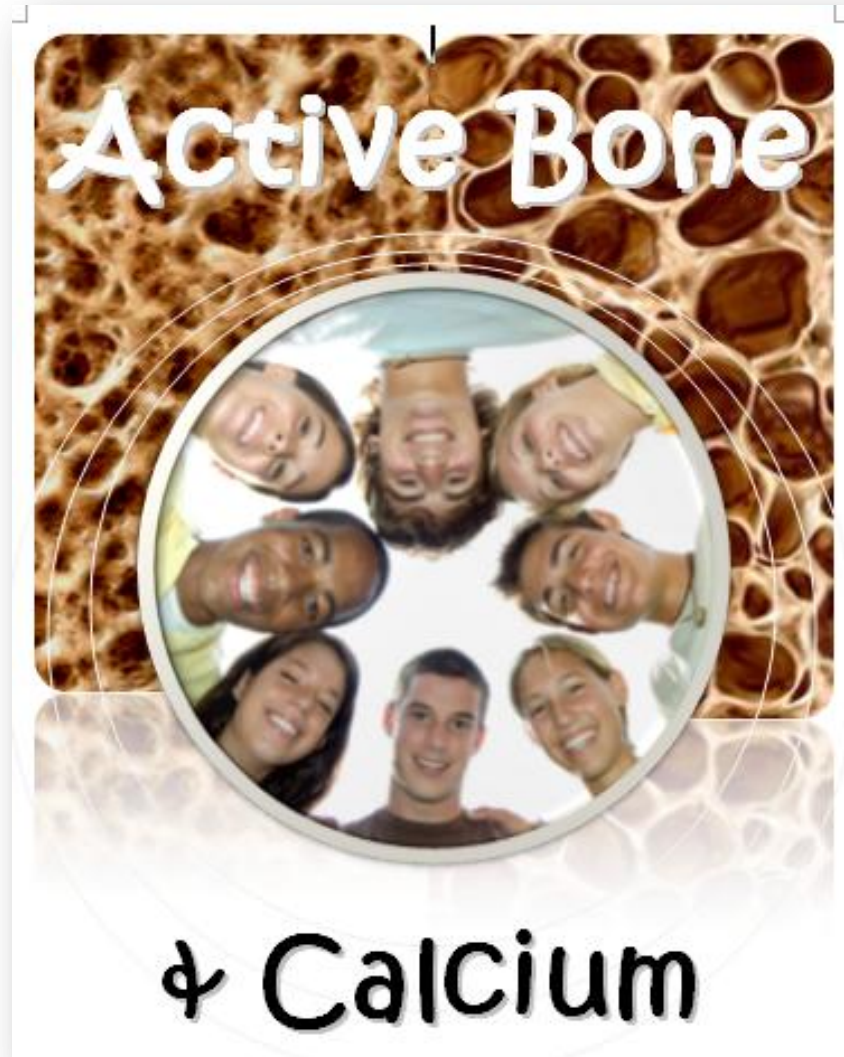
1. Programs Overview
2. Lesson 1 – Complete lesson
3. Highlights from Lessons 2, 3, and 4 with Q&A

Game sets for sale



# 1. Programs Overview

2<sup>nd</sup> edition





# Acknowledgements

Siew Ngan Wong, Stacy Bevan, Maiya Slusser,  
Natalie Fabricius, Amy Lofley, Andrew Diamond,  
Xu Buck, Chet Lo

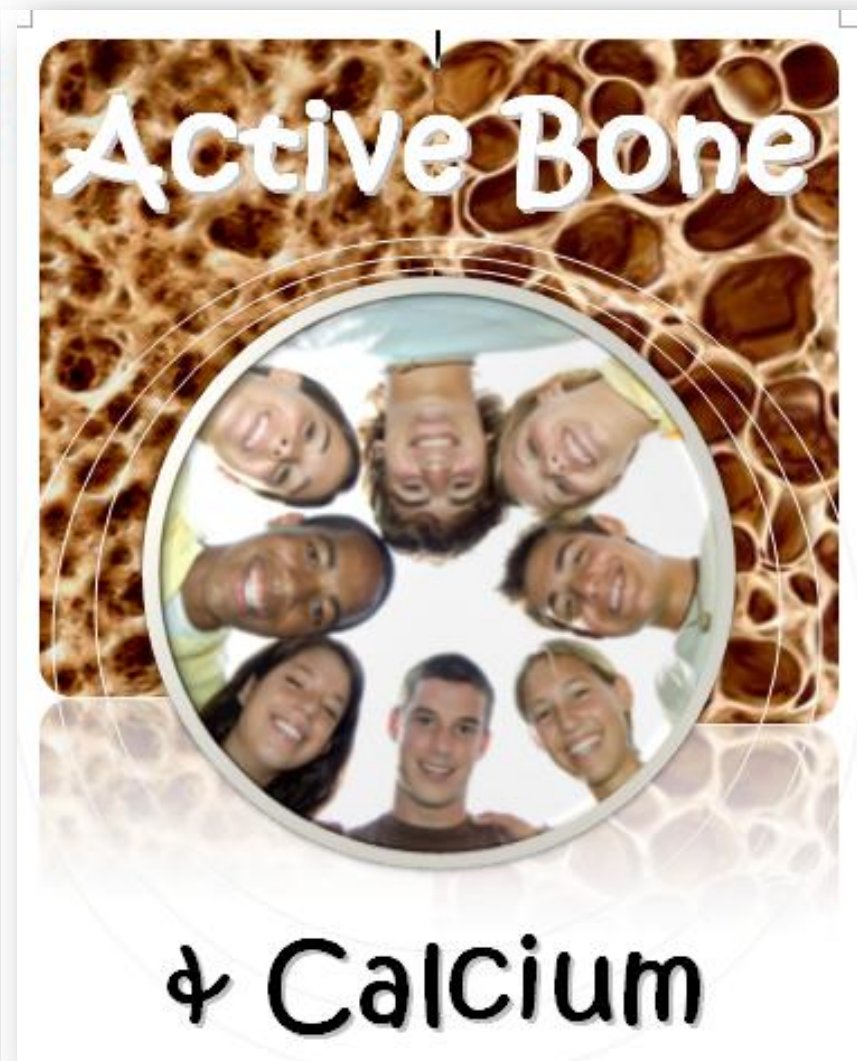
USU Technology & Commercialization Office

Pilot Study Sites: Kane, San Juan, Grand, Wayne,  
Weber, Washington Counties

Utah Expanded Food & Nutrition Education  
Program (EFNEP)

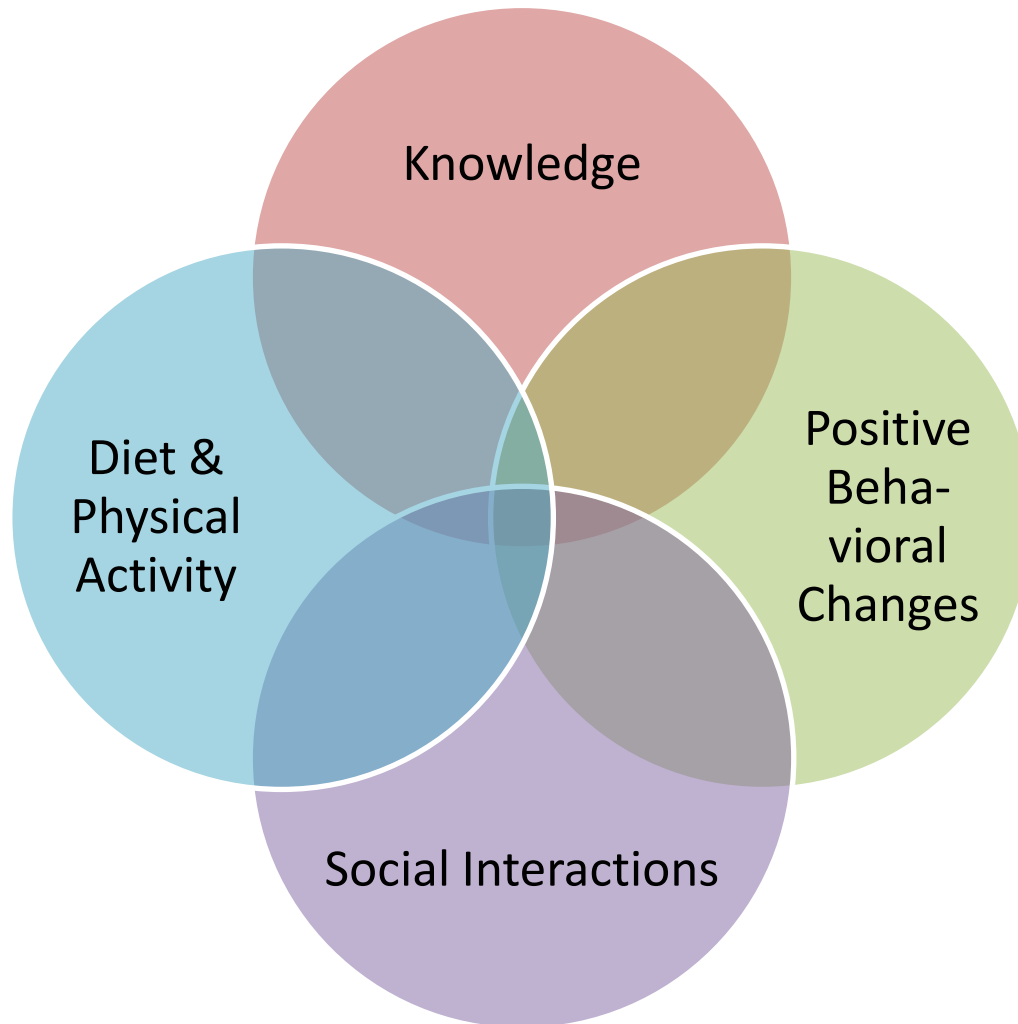
Michael Priddis, Kathy Hardman from Utah-Idaho  
Supply/Map World

# WHI-Can Youth Nutrition Program



for 8-18 years old

# Emphases



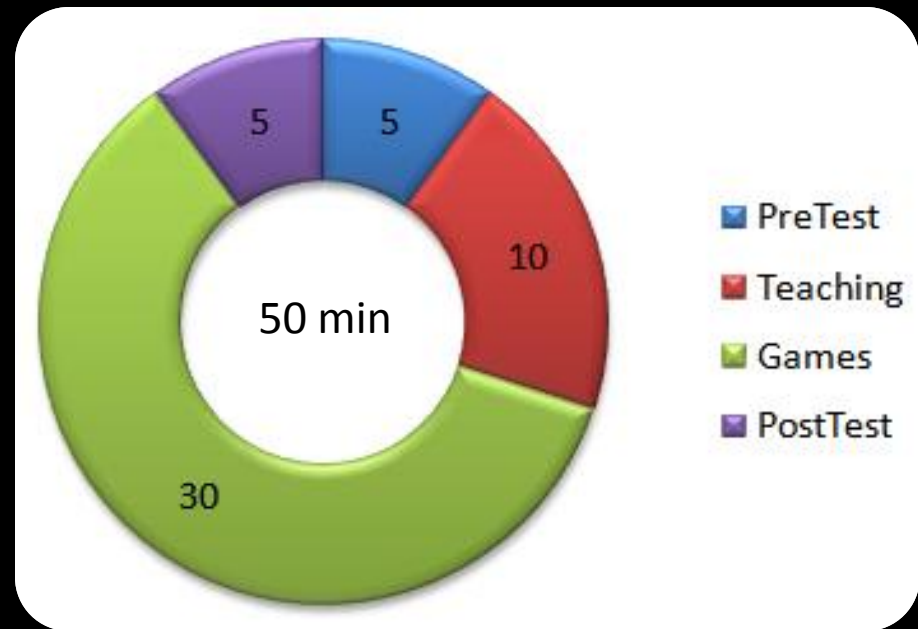
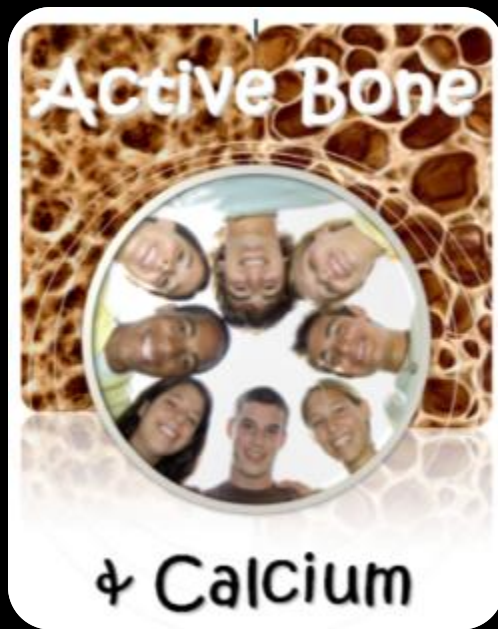
# Utah State Office of Education Objective

## ***Food and Nutrition II. STANDARD 20.0118-03.***

Objective 20.0118-0302. Classify common food and nutrition related health concerns.

National Standard 14.2.3 (The emphasis is on understanding the relationship of diet in the prevention, control and maintenance of these health concerns. A doctor should always be consulted regarding any of these concerns)

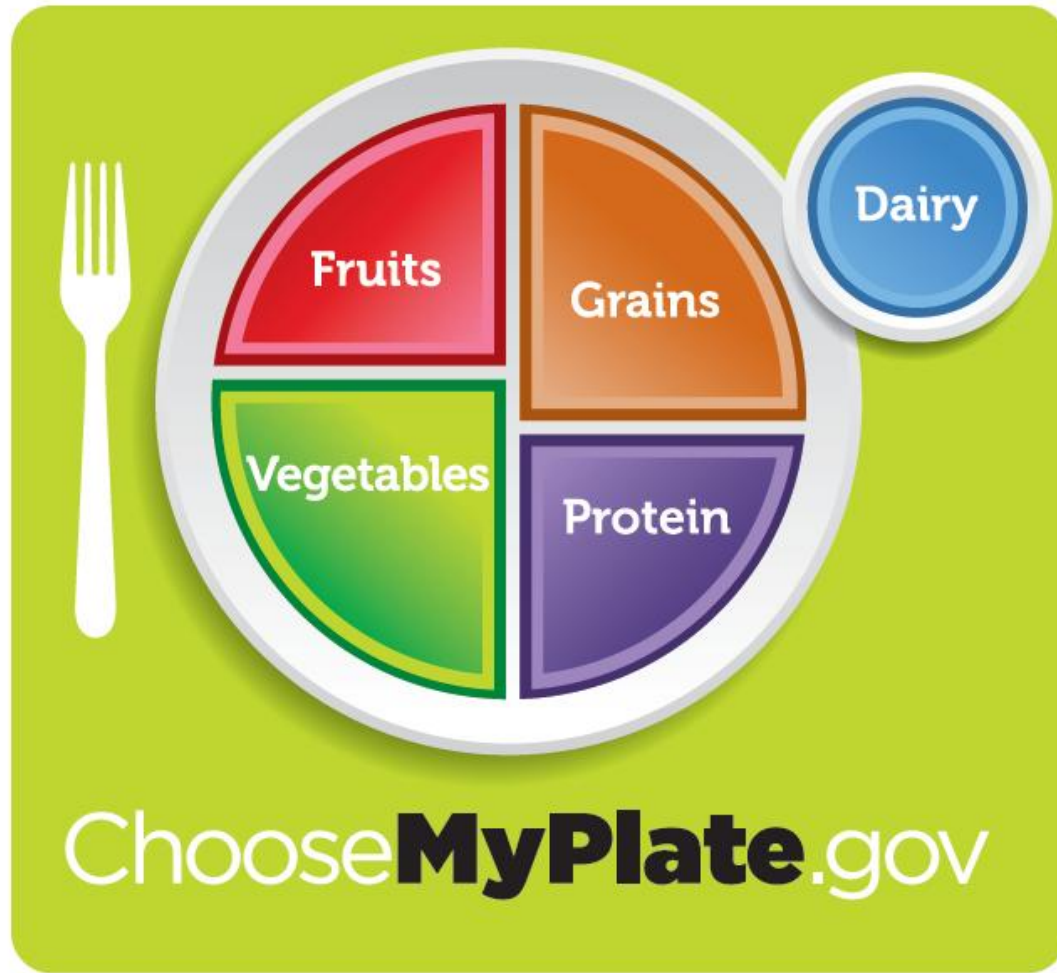
Discuss specific health concerns and risk factors for: anemia, colon and rectal cancer and osteoporosis.



1. Powerful Bones. Powerful Knowledge
2. Powerful Bones. Powerful Foods
3. Powerful Bones. Powerful Meals
4. Powerful Bones. Powerful Exercise



# MyPlate



Google™ Search

## L2-Every 'Body' Is Different

Home · Youth Nutrition Programs · Weigh Healthy? I Can! · L2-Every 'Body' Is Different

# Extension.usu.edu/nic

# Lesson



## Every 'Body' Is Different

To download the files, Right Click on the extensions to the right of the form; select Download Linked File as... and choose a location to save.

### Complete Lesson

- One PDF ([.pdf](#))
- Individual Files ([.zip](#))

### Instructor Materials

- Teaching Outline ([.pdf](#))
- Evaluation Form ([.pdf](#)) (.docx)
- or Survey ([link](#))
- Tracking Sheet ([.pdf](#)) (.xsl)

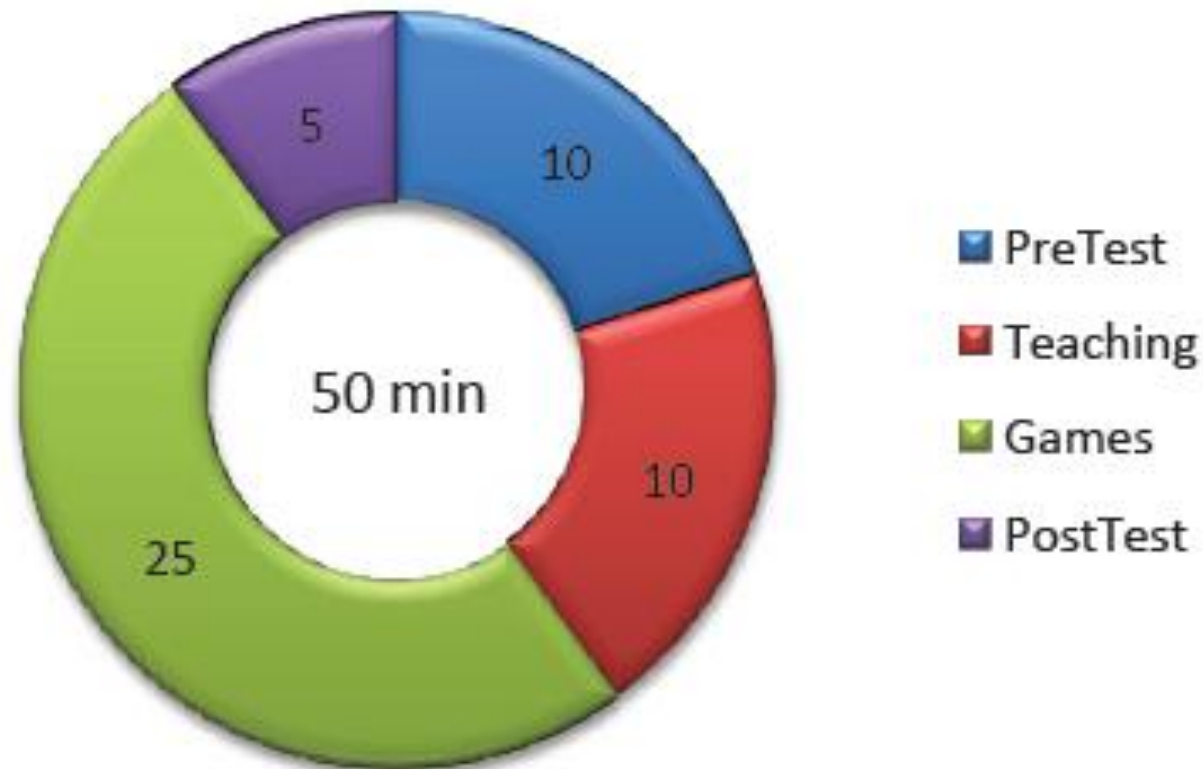
### Student Materials

- Pre-Test ([.pdf](#))
- Pre-Test Answers ([.pdf](#))
- Post-Test ([.pdf](#))
- Post-Test Answers ([.pdf](#))
- Parent Consent Form ([.pdf](#))
- Student Feedback ([.pdf](#))

### Handouts/Posters



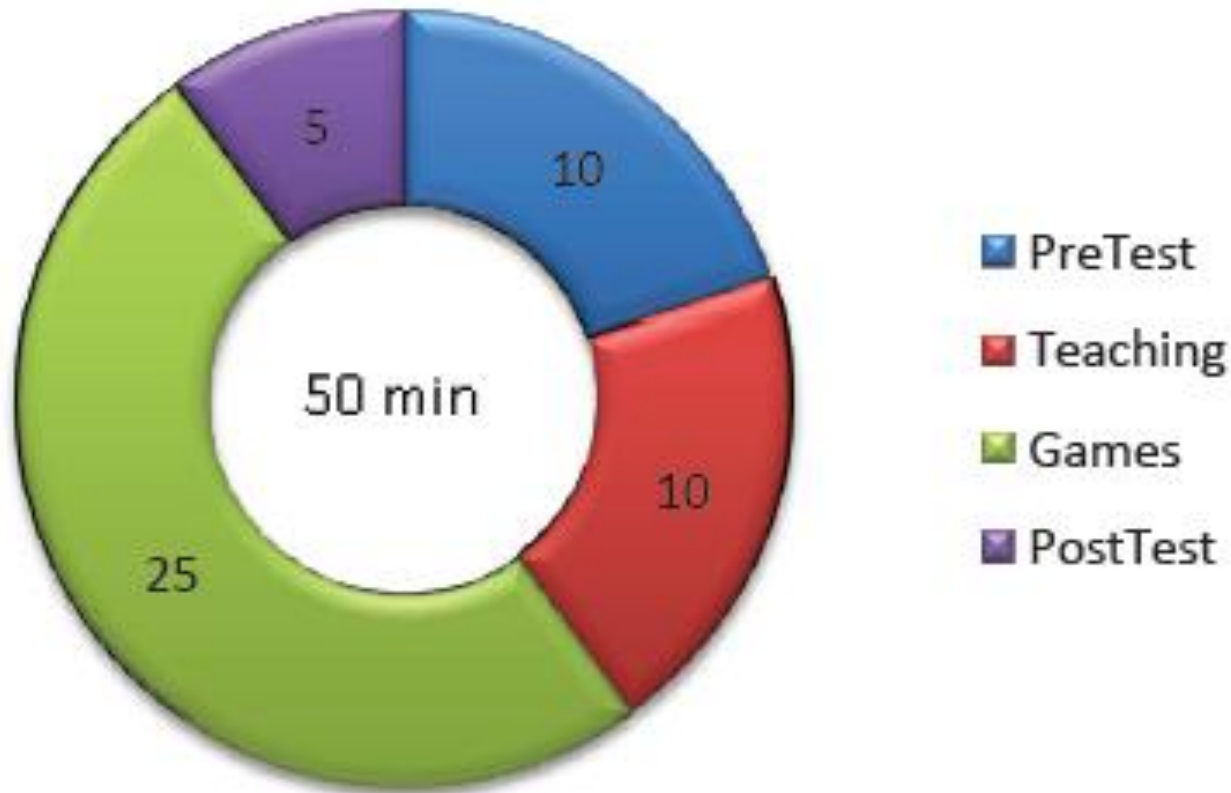
## 2. Lesson 1



### **Powerful Bones. Powerful Knowledge**

Understand the functions of calcium to health, peak bone mass period, and the prevention of osteoporosis.

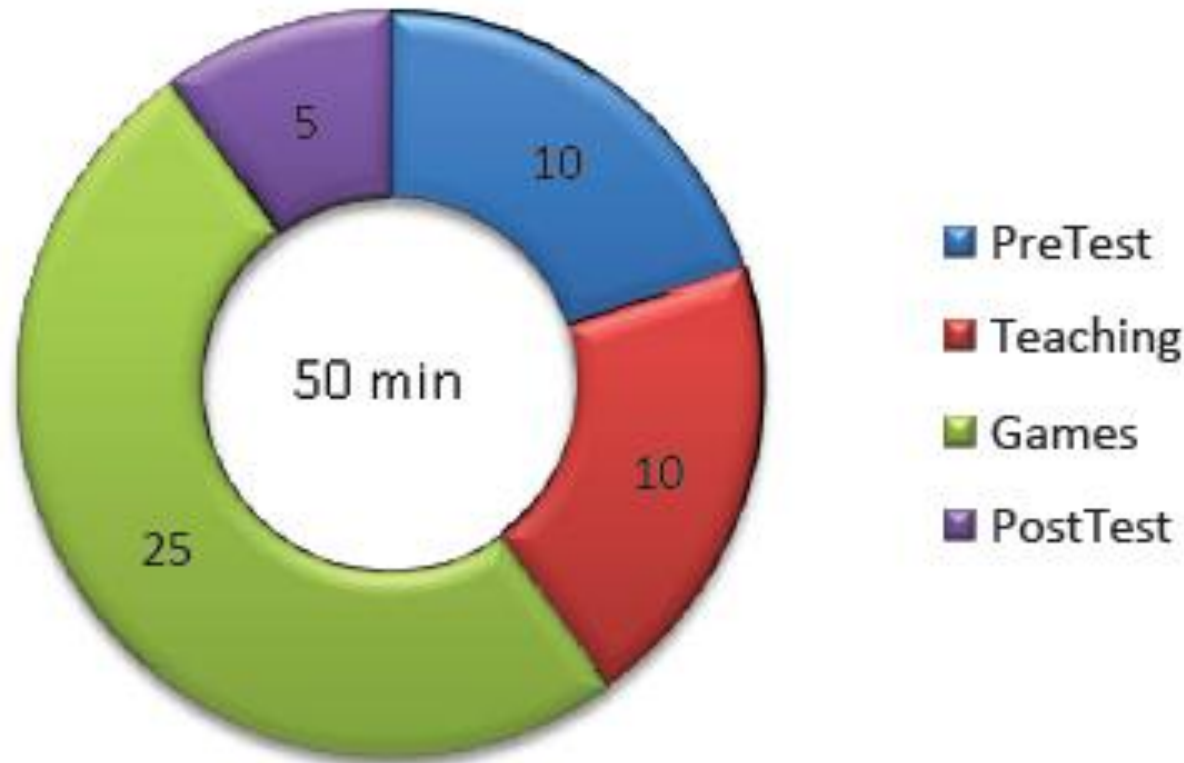
### 3. Highlights from Lessons 2, 3 & 4



## Lesson 2. Powerful Bones. Powerful Foods

Know daily calcium requirements, identify dairy and non-dairy calcium-rich foods, and know types of calcium supplements.

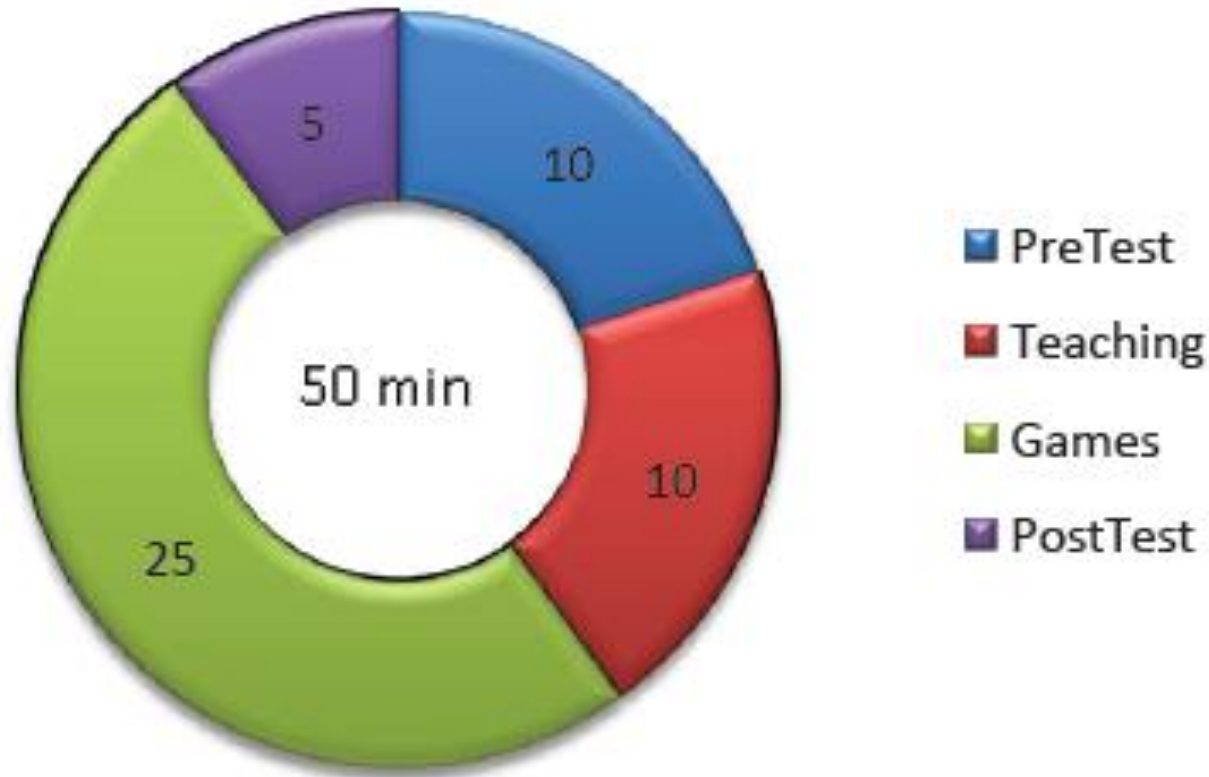
### 3. Highlights from Lessons 2, 3 & 4



## Lesson 3. Powerful Bones. Powerful Meals.

Learn how to make wise food choices to meet the daily requirements of calcium and know different ethnic food rich in calcium.

### 3. Highlights from Lessons 1, 2 & 3



## Lesson 4. Powerful Bones. Powerful Exercise.

Learn that weight-bearing exercise strengthens bone density.

# Calcium & Vitamin D Report

<http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D.aspx>

The screenshot shows a Mozilla Firefox browser window displaying the report page. The browser's address bar shows the URL: <http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D.aspx>. The page title is "Dietary Reference Intakes for Calcium and Vitamin D - Institute of Medicine".

The main content area features a report card with the following details:

- Report:** Dietary Reference Intakes for Calcium and Vitamin D
- Released:** November 30, 2010
- Type:** Consensus Report
- Topics:** Food and Nutrition, Public Health
- Activity:** Dietary Reference Intakes for Vitamin D and Calcium
- Board:** Food and Nutrition Board

The report text states: "Calcium and vitamin D are two essential nutrients long known for their role in bone health. But since 2000, the public has heard conflicting messages about other benefits of these nutrients—especially vitamin D—and also about how much calcium and vitamin D they need to be healthy. To help clarify this issue, the United States and Canadian governments asked the IOM to assess the current data on health outcomes associated with calcium and vitamin D, as well as updating the nutrient reference values, known as Dietary Reference Intakes (DRIs)."

It further states: "In this report, the IOM proposes new reference values that are based on much more information and higher-quality studies than were available when the values for these nutrients were first set in 1997. The IOM finds that the evidence supports a role for vitamin D and calcium in bone health but not in other health conditions. Further, emerging evidence indicates that too much of these nutrients may be harmful, challenging the concept that 'more is better.'"

Below the text, there is a section titled "Report at a Glance" with links for:

- [DRIs for Calcium and Vitamin D \(HTML\)](#)
- [Press Release \(HTML\)](#)
- [Report Brief \(PDF, HTML\)](#)

On the right side of the page, there is a "Get this Report" section with options to purchase in various formats, a "Download Report" button, and a "Read Report Online for Free" button. Below this, there is a section for members to login and a "Would you like to reprint this report?" section with a link to obtain permission. At the bottom right, there is a "Stay up to date!" section with a "Sign Up Now" button and a "Related Videos" section with a video thumbnail and title "Report Release: Dietary Reference Intakes for Calcium and... Calcium and vitamin D are two essential nutrients long known for their role in bone...".



# Contact



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*Thank You!*