Active Bones & Calcium

Osteoporosis prevention youth nutrition program

Siew Sun Wong, Amy Lofley, and Andrew Diamond
Utah State University
Extension and Department of Nutrition, Dietetics, and Food Sciences
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

2nd edition

Active Bone & Calcium
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

Active Bone

for 8-18 years old

& Calcium
Emphases

Knowledge

Diet & Physical Activity

Social Interactions

Positive Behavioral Changes
Food and Nutrition II. STANDARD 20.0118-03.

Objective 20.0118-03. 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
Extension.usu.edu/nic

Lesson 2
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) or Survey (link)
- Tracking Sheet (.pdf) (.xlsx)

**Student Materials**
- Pre-Test (.pdf)
- Pre-Test Answers (.pdf)
- Post-Test (.pdf)
- Post-Test Answers (.pdf)
- Parent Consent Form (.pdf)
- Student Feedback (.pdf)
Powerful Bones. Powerful Knowledge

Understand the functions of calcium to health, peak bone mass period, and the prevention of osteoporosis.
Lesson 2. Powerful Bones. Powerful Foods

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

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

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
Contact
Siewsun.wong@usu.edu
Tel: 435-797-3464

http://Extension.usu.edu/nic

Thank You!