



Generations of Women

Celebrate Arizona women and attend the 2nd Annual Generations of Women Luncheon on May 1st at the Arizona Biltmore Resort & Spa, Phoenix. You or your company can help support the Arizona Osteoporosis Coalition by purchasing an individual ticket or a whole table. Featured women include Daphne Monroe, KNXV ABC 15; Erin Nurss, Miss Arizona; and Governor Jan Brewer (invited).

<i>Date:</i>	<i>May 1, 2009</i>
<i>Location:</i>	<i>Arizona Biltmore Resort & Spa, Phoenix</i>
<i>Time:</i>	<i>11 am - 1:30 pm</i>
<i>Silent Auction:</i>	<i>11 am - noon</i>
<i>Speakers & Luncheon:</i>	<i>noon - 1:30 pm</i>

Cost for Tables of 10 = \$2,000 and Individual Tickets = \$250. Purchase tickets or donate online at <http://www.fitbones.org>. For more information, contact Megan Kintner at (602) 253-1821 or email mkintner@aaronsco.com. Sponsors will be recognized.

AZOC is a 501(C)3, non-profit organization. The funds raised by the luncheon will make a tremendous difference in the bone health education outreach and screening provided by the Arizona Osteoporosis Coalition. All funds stay in Arizona to improve the health of Arizonans.

Pima County Update

Cheralyn Schmidt is the new instructional specialist at the University of Arizona Pima County Extension office. She recently relocated from Texas where she was a culinary instructor at Whole Foods Market teaching nutrition and world cuisines.

She is passionate about good health through sound diet and has 17 years experience in the food business. She loves to give cooking demonstrations and tips on selecting healthy foods.

Call her for supplies, information and program support at 520-626-5161.



Cheralyn at the Santa Cruz Farmers' Market and a volunteer in the Pea Daddy costume.



Volunteer for Osteoporosis Day

April 1st is Osteoporosis Day at the Arizona Capitol. The Arizona Osteoporosis Coalition is sponsoring displays and free ultrasound screening. Volunteers are needed to staff the Bone Builders display from 10 am until 4 pm on the Senate lawn of the Capitol between Adams and Washington on 17th Avenue, Phoenix.

Share your story and bone health knowledge and have an ice cream sundae. Call Sharon at 602-827-8200, extension 332.

National Osteoporosis Foundation with the Bone Coalition Issues a National Action Plan for Bone Health

Report provides specific steps for improving the nation's bone health and preventing osteoporosis.

Washington, D.C. (January 22, 2009) – The National Coalition for Osteoporosis and Related Bone Diseases (the Bone Coalition), comprised of the National Osteoporosis Foundation, the American Society for Bone and Mineral Research, the Osteogenesis Imperfecta Foundation, The Paget Foundation and most recently the American Academy of Orthopaedic Surgeons, released today a National Action Plan for Bone Health: Recommendations from the Summit for a National Action Plan for Bone Health through the National Osteoporosis Foundation (NOF). The report provides an action plan and agenda to advance bone health promotion and disease prevention for the nation. It is a direct result of the Summit for a National Action Plan for Bone Health, which convened more than 150 stakeholders who shared concern for America's bone health in June 2008 in Washington, D.C.

The action plan is structured around four priority areas: developing a bone health alliance; promoting bone health and disease prevention; improving diagnosis and treatment; and enhancing research, surveillance and evaluation. The report outlines recommended actions, responsibilities, and short-term and long-term timelines for priorities and programs for health professionals, health systems and population-based approaches to promote bone health.

The Bone Coalition will take the lead in establishing working groups consisting of public and private organizations to focus on the four priority areas. A subsequent reporting phase will collect progress data, develop implementation reports, and discuss progress with working groups and key stakeholder groups. A National Action Plan for Bone Health: Recommendations from the Summit for a National Action Plan for Bone Health is available for download at www.nof.org.

Bones Benefit from Fruits and Veggies

Vitamin C-rich foods may help prevent bone loss in older men. That's what Boston researchers with the Framingham Osteoporosis Study found when they looked at dietary intakes of vitamin C and compared them to Bone density in 213 men over four years.

Nonsmokers with the highest intakes of vitamin C had higher bone mass and less bone loss than those with the lowest intakes of C. And getting the vitamin from foods like fruits and vegetables was especially protective. In addition, men with low intakes of either calcium or vitamin E were the most likely to see bone benefits from a high C intake.

The researchers suggest that the effects of vitamin C may be intertwined with other protective factors in fruits and vegetables, highlighting the importance of food over supplements.

In the study, the researchers found no relationship between vitamin C intake and bone density in women. Hormones may have confounded the results.

Source: Environmental Nutrition, November 2008, Volume 31, Number 11.

New Answers to the Calcium Question

A Calcium Conundrum

In the meta-analysis, published in December 2007, the researchers pooled results from studies published between 1960 and 2006 totaling nearly 171,000 women and more than 68,600 men. In that data, there were nearly 3,000 hip fractures among the women and 214 in the men. Although increased calcium intake still is commonly recommended as a fracture-prevention strategy, the meta-analysis performed by Dr. Bischoff-Ferrari and colleagues found a surprise: High calcium intake did not reduce the incidence of hip fractures, the most common and severe fractures among the elderly.

"In fact, in the meta-analysis study, there was a suggestion that calcium supplements without vitamin D may contribute to a 64% increase in fracture risk," Dr. Bischoff-Ferrari says, adding her thoughts on why this could be so: "One explanation for this finding could be that frail older individuals at risk for a hip fracture had a decreased phosphate uptake due to low protein intake. A balanced calcium-phosphate product is, however, needed to build calcium into bone. As calcium supplements may further reduce phosphate absorption, this may lead to bone loss."

So the researchers concluded:

Calcium alone without adequate vitamin D (at least 800 IU per day) should **not** be recommended as a strategy in the prevention of hip fractures.

Milk products may be the best source of calcium in frail individuals at risk for a hip fracture, as milk is a combined source of calcium and protein. Together with a vitamin D supplement, a target intake of 700-800 milligrams of calcium per day may be sufficient and could be covered by a healthy diet.

In the most recent study, published in June 2008, Dr. Bischoff-Ferrari and other colleagues from Dartmouth recruited healthy individuals, average age 61, 76% male, and randomly assigned them to receive 1,200 milligrams of calcium-carbonate supplements or placebo, for four years. People in the calcium group experienced 46 fractures, 15 of which were from minimal trauma, while 54 fractures were documented in the placebo group, 29 of them from minimal trauma. A “minimal trauma” fracture is defined as one caused by falling from a sitting, standing or walking position and height.

“That meant the calcium group experienced a 72% reduction of risk for fracture, quite a significant result,” Dr. Bischoff-Ferrari says. “The question is, why did it work in this study while it did not work in most other studies summarized in our earlier meta-analysis?”

The vitamin D difference

At the time of the meta-analysis’ publication, independent researches suggested that perhaps calcium supplementation, to be effective, required the addition of extra vitamin D. It’s long been known that the body requires vitamin D to make use of dietary calcium, after all. Dr. Bischoff-Ferrari and colleagues came to a similar conclusion, suggesting that more research be done, specifically looking at vitamin D levels along with calcium. Yet the participants in the later study, where calcium proved effective, did not take vitamin D with their calcium regimen.

But, says Dr. Bischoff-Ferrari, they didn’t have to.

“Those healthy participants were more physically active, exercising outdoors and such, and so they had very good vitamin D levels,” she explains. “More than 50% of them had desirable vitamin D levels. In a healthier population, like in the second study, calcium alone can work, because those participants had very good vitamin D status and were physically active – so they got a benefit from calcium alone.

“When we think of the prevention of fractures with calcium and vitamin D, we need to turn our thinking around, to think *first* about the vitamin D and then think about calcium, as well. If you have enough vitamin D in the first the place, you naturally and automatically increase your calcium intake.”

Building bones and muscle

Dr. Bischoff-Ferrari cautions against calcium supplementation alone for post-menopausal women at risk for osteoporosis and for older individuals at risk for hip fracture, probably the two populations for whom calcium supplements are commended most strongly.

“Ideally, one would want to first check their vitamin D levels and correct deficiency,” she says. “Given the high prevalence of vitamin D deficiency, starting a vitamin D supplement without testing is a good strategy as well.” At-risk individuals should also start getting more calcium through food source, like milk products, she adds.

“If you have enough vitamin D, you may be fine with 700 to 800 milligrams of calcium per day, an amount that is not too hard to cover from dietary sources,” Dr. Bischoff-Ferrari goes on. “I give my patients primarily vitamin D and tell them to consume milk products in combination with calcium-rich vegetables or mineral water.”

Such a regimen, Dr. Bischoff-Ferrari says, also is beneficial to muscle health, coordination and balance. This lowers fracture risk in another way: preventing falls in the first place.

“Vitamin D improves muscle strength, and this is very important. We already have a lot of good evidence through research that vitamin D does reduce both fractures and falls,” she says. “This is in large part because of stronger, healthier muscles. Muscles’ three needs are these: vitamin D, protein and calcium. Increase the vitamin D and you get more calcium out of your diet. And if you are getting that calcium through dairy products, you are increasing your protein intake at the same time.”

TO LEARN MORE:

American Journal of Clinical Nutrition, December 2007; abstract at

<www.ajcn.org/cgi/content/abstract/86/6/1780>.

June 2008; abstract at

<www.ajcn.org/cgi/content/abstract/87/6/1945>.

NIH Osteoporosis and Related Bone Diseases National Resource Center –

(www.niams.nih.gov/Health_Info/Bone>).

Source: October 2008: *Tufts University Health & Nutrition Letter*.

Bone Builders Volunteer Training

Awareness and prevention are critical in combating the growing problem of osteoporosis. Volunteers are needed to teach others about reducing the risks of osteoporosis. The Bone Builders program is a partnership between the University of Arizona Cooperative Extension, Arizona Osteoporosis Coalition, and many other local organizations around the state to help women reduce their risks of developing osteoporosis.

Do you know a potential Bone Builder? It only takes a few hours a month to become a Bone Builders volunteer and make a difference in the health of women.

The next volunteer training is scheduled for April 23rd and 24th. The training will be held at the University of Arizona Cooperative Extension in Maricopa County, 4341 E. Broadway Rd., Phoenix.

For an application and more details call 602-470-8086, extension 332 or email shday@cals.arizona.edu or you can download the volunteer application at website www.bonebuilders.org under "volunteers."



Sausage and Spinach Soup

Yield: 4 servings

Ingredients

- 10 ounce sweet turkey Italian sausage
- cooking spray
- 1 cup pre-chopped onion
- 2 teaspoons bottled minced garlic
- ½ cup water
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 (14.5-ounce) can organic stewed tomatoes, undrained (such as Muir Glen)
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 2 cups baby spinach
- 1 tablespoon chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 2 tablespoons grated fresh Romano cheese

Preparation

Remove casings from sausage. Cook sausage in a large saucepan coated with cooking spray over high heat until browned, stirring to crumble. Add onion and 2 teaspoons garlic to pan; cook for 2 minutes. Stir in ½ cup water, beans, tomatoes, and broth. Cover and bring to a boil. Uncover and cook for 3 minutes or until slightly thick. Remove from heat, and stir in spinach, basil, and oregano. Ladle 1½ cups soup into each of 4 bowls, and sprinkle each serving with 1½ teaspoons cheese.

Fresh herbs are added after the soup cooks so they'll retain their bright color and flavor. You can substitute 1 teaspoon dried herbs for each tablespoon fresh, but add them with the tomatoes.

Serve with a toasted baguette.

Nutritional Information

Calories 261 (30% from fat); Fat 8.6g (sat 2.8g, mono 2.7g, poly 2.5g); Protein 20.9g; Carbohydrate 23.1g; Fiber 5.4g; Cholesterol 62mg; Iron 3.4mg; Sodium 842mg; **Calcium 105mg.**

Source: David Bonom, *Cooking Light*, March 2007.

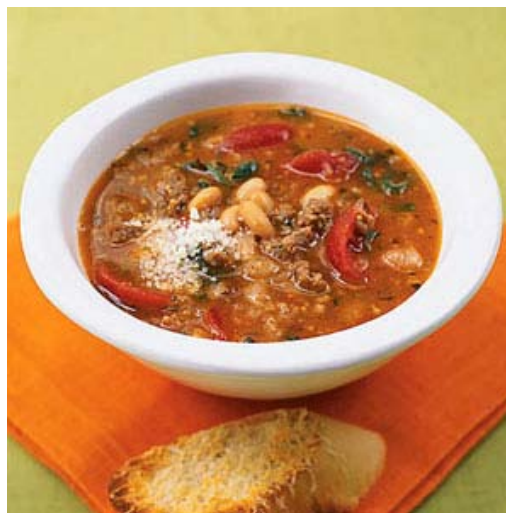


Photo by Randy Mayor

Maricopa County News

We're "using it, not losin' it" in Maricopa County

Walking that is! The Walk Across Arizona (WAAZ) 2009 event is now in its 3rd week. This year the walking challenge began February 1, 2009 and will continue for 8 consecutive weeks.

Walk Across Arizona is a fun way to get motivated to get fit! The event is part of statewide Healthy Lifestyle Education through the University of Arizona Cooperative Extension. It is NOT a walk-a-thon or fundraiser, but a way to get motivated to start moving and keep moving.

The vision of the Walk Across Arizona campaign is to encourage individuals and families to increase their participation in activities that promote a healthy lifestyle. The ultimate goal is to increase satisfaction with the community and decrease social isolation of residents within communities. During the WAAZ challenge event, free community education sessions are offered on various health and wellness related topics at various sites located throughout Maricopa County. The WAAZ website, cals.arizona.edu/walkacrossaz also provides team members expanded information about local walking trails, health and wellness resource information, as well as a weekly e-newsletters with useful and interesting walking tips, nutrition and physical activity tips, healthy recipe suggestions and more.

Walk Across Arizona 2009 walking challenge in Maricopa County is comprised of...

- 64 Teams
- 533 Walkers: 107 Men, 425 Women, 11 Youth (18 and under), and 103 Seniors (65 and older)
- 12,808 **miles** walked to date



South Mountain Trail

New This Year is the WAAZ Blog!

WAAZ event challenge participants may share individual or team walking experiences and thoughts about favorite walking trails, among other walking related news. It's a great resource to connect folks throughout the Maricopa County community that are involved in this year's event.

So if you've been thinking about getting started walking, but missed joining the fun this time around, please stay posted for a second 8-week Walk Across Arizona event later this year at

<http://cals.arizona.edu/extension/questions.html>

Source: Article submitted by Elizabeth Schnoll, Health Educator.

A handwritten signature in cursive script that reads "Sharon Hoelscher Day".

Sharon Hoelscher Day, Extension Agent, Family & Consumer Sciences
Coordinator, Community Health Programs
email: shday@cals.arizona.edu



- Dr. Linda Larkey, Phoenix Area Director, Women's Cancer Prevention Research Initiative and Research Assistant Professor, College of Public Health
- Eva Paz-Ono, Program Coordinator, 602-827-8200, ext. 316, email: epazono@cals.arizona.edu
- Elizabeth Schnoll, Health Educator, 602-827-8200, ext. 324, email: eschnoll@cals.arizona.edu
- Vanessa Parra, Student Intern, 602-827-8200, ext. 352, email: gyparra@cals.arizona.edu

If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Sharon Hoelscher Day at shday@cals.arizona.edu or 602-827-8200, ext. 332.