



May is Osteoporosis Month

The National Osteoporosis Foundation is promoting STAND Tall Against Osteoporosis for May 2006. For a limited time, NOF is offering a FREE Stand Tall Against Osteoporosis Wristband. Wear this wristband as a visible sign of your commitment to strong bone health and the fight against osteoporosis. What can YOU do to promote osteoporosis prevention in May? Borrow a Bone Builders display to use at your worksite or fitness center or ...?

Pima County Bone Builders Profile

By Laurel Jacobs
Spring has sprung, with many opportunities for the Bone Builders to be active in the Pima County community. One of the many great opportunities we have had to reach a diversity of folks has been our health promotion tables at the **Santa Cruz River Market**, in the Barrio Hollywood neighborhood of Tucson.



Photo Source:

<http://www.communityfoodbank.com/dynamic/events.aspx#reopening>

Bone Builders believes that it is important to reach people with a meaningful health information to prevent and manage osteoporosis in both traditional and non-traditional arenas. Therefore, in addition to attending health fairs and giving educational workshops, we set up health promotion tables at venues such as farmer's

markets to increase the diversity of clientele that we are able to reach. For this reason, we are excited to be at the Santa Cruz River Farmer's Market and have received a very warm welcome from our collaborator, the Community Food Bank, and from the neighborhood.

Barrio Hollywood is considered a "high stress" neighborhood of the city, meaning that lack of resources and services has prevented many residents from achieving the highest quality of life. For this reason, the Community Food Bank has begun offering a seasonal farmer's market at the Santa Cruz River Park, within the neighborhood's borders. The two best aspects of this market are 1) food stamps are accepted for purchase of the produce and other products on sale and 2) the Bone Builders are there!

We provide tasty, calcium-rich food demonstrations once per month as well as a mobile information station of osteoporosis-related resources. At least one Bone Builders volunteer educator is on hand to answer questions and provide information. In this way, the Bone Builders program continues to expand its community outreach to those who are most in need of our valuable information.

Interested in volunteering at the market? Contact Laurel Jacobs at (520) 626-5161, extension 110.

Want to Live Longer? Take a Walk

Getting up off your duff can add almost four years to your life, according to a new analysis of data from the long-running Framingham Heart Study. Although many previous studies have shown a range of health benefits from physical activity – from weight loss



to reducing the risk of illness to keeping the mind sharp with aging – this is the first to directly calculate the effect of exercise on lifespan. The major contributor to the more-active subjects' longer lives was a postponing of cardiovascular disease, the nation's number-one killer.

Looking at data on more than 5,200 study participants age 50 and older, the researchers found that men who engaged in moderate physical activity – equivalent to 30 minutes of walking daily, five days a week – lived 1.3 years longer and enjoyed 1.1 more years free of cardiovascular disease. Moderately active women saw similar benefits, living 1.5 years longer, 1.3 years more without cardiovascular disease.

Those who managed a high level of physical activity – equal to running 30 minutes daily, five days a week – significantly extended their lives. Men added 3.7 years in life expectancy, 3.2 years without cardiovascular disease, and women lived an average of 3.5 years longer than their sedentary peers, 3.3 more years free of cardiovascular disease.

Lead author Oscar H. Franco, MD, PhD, of Erasmus MC University Medical Center in the Netherlands, pointed out that not only do the physically active live longer, they also live healthier lives. “Our study suggests that following an active lifestyle is an effective way to achieve healthy aging,” Dr. Franco concluded.

The findings were published in the *Archives of Internal Medicine*, along with a second study of sedentary Americans who took up walking. This two-year study randomly assigned 492 adults, ages 30 to 69, to four walking-exercise regimens – combining either moderate or hard intensity exercise with low or high frequency of activity – or a comparison group. Significant improvement in cardiorespiratory fitness was seen in three of the walking groups: those who walked at either moderate or hard intensity for 30 minutes five days a week and those who walked at hard intensity only three to four times a week. Only the high frequency-hard intensity group also showed improvement in cholesterol levels, and these were short-term.

One of the goals of this study, according to principal investigator Michael Perri, PhD, of the University of Florida, was to learn about how people respond to exercise prescriptions on their own, rather than in laboratory settings. “When exercising on their own, people generally complete only about 60% of the amount prescribed,” Perri noted. “As a result, an exercise prescription for moderate-intensity walking on three to four days a week may not generate a large enough amount of exercise to produce a change in

fitness.”

In an editorial in the same issue of the journal, Steven Blair, PhD, of the Cooper Institute concluded, “The bottom line is that 30 minutes of walking on five to seven days a week provides substantial health benefits.”

Source: *Health & Nutrition Letter*, Tufts University, February 2006, Volume 23, Number 12.

America's Bone Health: The State of Osteoporosis and Low Bone Mass

America's Bone Health: The State of Osteoporosis and Low Bone Mass in Our Nation is an update to the National Osteoporosis Foundation's (NOF) first prevalence report published in 1997. This report, like the 1997 version, highlights the estimated number of women and men aged fifty and older in the United States who have or are at high risk for developing osteoporosis due to low bone mass. Prevalence estimates are based on 2000 Census data and are presented for the year 2002, 2010 and 2020. In addition, for the first time, statistics are broken out by Congressional districts and major metropolitan areas. Among the highlights:

Osteoporosis and Low Bone Mass – Females and Males

- Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older.
- The 44 million people with either osteoporosis or low bone mass represent 55 percent of the people aged 50 and older in the United States.
- By the year 2010, it is estimated that over 52 million women and men in this same age category will be affected and, if current trends continue, the figure will climb to over 61 million by 2020.
- In 2002, it is estimated that over 10 million people already have osteoporosis. Approximately eight percent of these people are women. This figure will rise to almost 12 million individuals by 2010 and to approximately 14 million by 2020 if additional efforts are not made to stem this disease, which may be largely prevented with lifestyle considerations and treatment when appropriate.

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The following chart illustrates the estimated prevalence of osteoporosis and low bone mass in the U.S. population through the year 2020.

Prevalence of Osteoporosis and Low Bone Mass in People Aged 50 and Over*

	2002	2010	2020
Osteoporosis and Low Bone Mass in Women and Men	43,600,000	52,400,000	61,400,000
Osteoporosis in Women and Men	10,100,000	12,000,000	13,900,000
Low Bone Mass in Women and Men	33,600,000	40,400,000	47,500,000
Women With Osteoporosis or Low Bone Mass	29,600,000	35,100,000	40,900,000
Women With Osteoporosis	7,800,000	9,100,000	10,500,000
Women With Low Bone Mass	21,800,000	26,000,000	30,400,000
Men With Osteoporosis and Low Bone Mass	14,100,000	17,300,000	20,500,000
Men With Osteoporosis	2,300,000	2,800,000	3,300,000
Men With Low Bone Mass	11,800,000	14,400,000	17,100,000

*The above figures have been rounded.

Research Roundup

Low levels of selenium in the body could be a risk factor for osteoarthritis (OA), according to researchers who studied 940 older men and women in North Carolina. They analyzed selenium in participants' toenails, considered the most accurate way to assess selenium status. Those with the highest levels of selenium were 40% to 50% less likely to have OA than those with the lowest levels. The selenium link was consistently found, but was strongest for African-Americans and women.

Source: *Environmental Nutrition*, February 2006, Volume 29 Number 2.

Governor's Conference on Aging

The conference is for older Arizonans, professionals and anyone interested in aging issues. The theme "Life Transitions" will focus on Program Tracks including: Healthy Aging, Legal and Financial Issues, Work and Civic Engagement, Community Living, and Caregiving.

It is May 22, 23, 24, 2006 at the Mesa Convention Center. For registration and more details visit <http://www.de.state.az.us/gaca/conference.asp> or call 602-542-4710.

Upcoming 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. Volunteer to be a Bone Builder in your workplace, church, or community. The next volunteer training is scheduled for May 19 & 20, 2006.

In Phoenix, the training will be held at the University of Arizona, Arizona Health Sciences Center – Phoenix Programs Office located at 4001 N. Third Street, Suite 415.

To attend the Tucson location training contact Linda Block at (520) 626-5161 or email lblock@ag.arizona.edu for detailed information and registration.

Both days are required. Registration is 8:15 a.m. on Friday, May 19, and the training will be from 8:30 a.m. - 4:30 p.m. On Saturday, May 20, class will be from 8:30 a.m. - 2:00 p.m.

Registration fee includes curriculum notebook, t-shirt, exercise band and meals. Make check payable to: University of Arizona. Checks need to be mailed to Sharon Hoelscher Day, Extension Agent, 4341 E. Broadway Rd., Phoenix, AZ 85040. For an application and more details call 602-470-8086, extension 332 or email shday@ag.arizona.edu

Yoga for All Ages

The amount of calories burned in a regular yoga class is about the same as the number burned in a slow walk. While that's not an aerobic workout, yoga can improve strength, endurance, and flexibility for people of all ages. It also offers the relaxation not provided by 30 minutes of jogging or a game of basketball.

Children find yoga easy and fun to do. They're also attracted to the fun names for many of the poses, such as The Tree, Downward Dog, and The Cat. Some studios offer combined classes for adults and children – a great way to spend time together.

Adults who need to give their joints a break find yoga a good alternative to jogging. Regular practice may also help stop middle-age weight gain.

For seniors, improved breathing, endurance, and balance are among the benefits.

Yoga is highly individual and never competitive. The poses are held gently, never forced. Check with your doctor before you start a practice, particularly if you've been inactive or have other health conditions.

One way to find a good teacher is through The Yoga Alliance at www.yogaalliance.org.

Source: American Council on Exercise

Bone Appétit

Salmon Teriyaki

This wonderful, easy main dish makes a delicious meal when served with a green salad, rice or rice noodles and steamed vegetables. Reserve some of the marinade before adding the fish to use as a sauce for the rice or rice noodles. Salmon contains substantial amounts of omega-3s, essential fatty acids which reduce inflammation and help protect against heart disease. Try to eat fish two to three times a



week, especially fish that contain generous amounts of omega-3 fatty acids. Other choices include sardines, herring and mackerel.

- 1 cup sake (Japanese rice wine)
- ½ cup natural soy sauce or tamari
- 1 tablespoon fresh grated ginger
- 2 cloves fresh garlic, pressed
- 1 tablespoon dark brown sugar
- 12-ounce salmon filet cut in two 6-ounce pieces

1. Prepare the marinade by mixing the sake, soy sauce (a reduced-sodium variety if you prefer), ginger, garlic, and brown sugar together in a small bowl. Reserve ¼ cup of the marinade.

2. Rinse the salmon filets under cold water, place in a glass or ceramic dish and pour the marinade over it. Cover and let marinate in the refrigerator for 1 to 3 hours, spooning the liquid over any exposed parts of the fish once or twice.

3. Prepare the grill or preheat the broiler to high heat.

4. Remove the fish from the marinade and place on foil on the grill or a broiler pan. Broil or grill until done, being careful not to overcook.

5. Pour reserved marinade over fish and serve at once.

Serves 2.

Nutrients per serving: Calories 315.7; Protein 38.1 grams; Fat 10.0 grams; Saturated Fat 2.1 grams; Monounsaturated Fat 3.6 grams; Polyunsaturated Fat 3.4 grams; Carbohydrate 6.9 grams; Fiber 0.3 grams; Cholesterol 75.6 mg; Vitamin A 168.0 IU; Vitamin E 1.1 mg/IU; Vitamin C 1.7 mg; Magnesium 69.7 mg; **Calcium 73.5 mg.**

Source: www.drweil.com

A handwritten signature in cursive that reads 'Sharon Hoelscher Day'.

Sharon Hoelscher Day, Extension Agent, Family & Consumer Sciences
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email: shday@ag.arizona.edu



- Dr. Linda Larkey, Phoenix Area Director, Women's Cancer Prevention Research Initiative and Research Assistant Professor, College of Public Health
 - Program Coordinator, 602-470-8086, ext. 316, email: bones@ag.arizona.edu
 - Elizabeth Schnoll, Health Educator, 602-470-8086, ext. 324, email: eschnoll@ag.arizona.edu
- Persons with a disability may request a reasonable accommodation, such as a sign language interpreter by contacting Sharon H. Day at 602-470-8086, extension 332. Requests should be made as early as possible to allow time to arrange the accommodation.