

Transcribed from the Family Album Radio Program, a co-production of University of Florida IFAS Extension, the Department of Family, Youth, and Community Sciences and of WUFT-FM. If you'd like to learn more, please visit our website at [familyalbumradio.org](http://familyalbumradio.org)

*Listening, learning, and living together: it's the science of life.*

## **Osteoporosis Prevention<sup>1</sup>**

*Stacy Daniels and Linda Bobroff<sup>2</sup>*

People sometimes kid about women shrinking as they get older, but unfortunately it's all too true for millions of Americans who suffer from the bone-robbing disease osteoporosis.

The U.S. Surgeon General recently reported that ten million Americans over the age of 50 suffer from osteoporosis, and 34 million are at risk of developing the disease (United States Department of Health & Human Services, 2005). The physical and fiscal costs can be devastating to families. Although building strong bones begins when we are very young, it's never too late to work to prevent osteoporosis.

First, eat foods that are good sources of calcium and vitamin D. Calcium is found in dairy products as well as leafy green vegetables and fortified foods and drinks – even orange juice! Vitamin D also is found in fortified foods and drinks and is produced when our skin is exposed to sunlight. As we age, our need for vitamin D increases and supplements may be needed.

For bone health, strive for a healthy weight and exercise regularly. The Department of Health and Human Services suggests at least 30 minutes a day for adults, and 60 for

1. This document is FAR8031, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published February 2008. Reviewed March 2011. In the interest of time or clarity, the broadcast version of this script may have been modified. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
2. Stacy Daniels, undergraduate student, and Linda Bobroff, professor, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.

children. Weight-bearing exercises, like walking, dancing, and strength training, are recommended (United States Department of Health & Human Services, 2005).

Bone health begins when you are young, but maintaining it is a lifelong goal. So whether it's your 3-year-old son, teenage daughter, aunt or uncle, or even yourself, make sure you and your family take steps to protect yourselves from osteoporosis.

Listening, learning, and living together: it's the science of life. "Family Album" is a co-production of University of Florida IFAS Extension, the Department of Family, Youth and Community Sciences and of WUFT-FM. If you'd like to learn more, please visit our website at <http://www.familyalbumradio.org>.

To listen to the radio broadcast:

[http://www.radiosource.net/radio\\_stories/opren.mp3](http://www.radiosource.net/radio_stories/opren.mp3)

[http://www.radiosource.net/radio\\_stories/opren.wav](http://www.radiosource.net/radio_stories/opren.wav)

### References

United States Department of Health & Human Services. (n.d.). Launch of "Bone health and osteoporosis: *A report of the surgeon general*." Retrieved March 12, 2005 from <http://www.hhs.gov/surgeongeneral/news/speeches/10142004.htm>

United States Department of Health & Human Services. (2005, January). *Bone Health and Osteoporosis: A Report of the Surgeon General (2004)* Retrieved March 12, 2005 from <http://www.surgeongeneral.gov/library/bonehealth/content.html>