Asian American Health Initiative

Together To Build A Healthy Community

Welcome!

January 25, 2018

Together To Build A Healthy Community

Together To Build A Healthy Community

Ice Breaker

- Name
- How long with AAHI
- Favorite winter meal

Past Events

Together To Build A Healthy Community

Guru Nanak Foundation of America (GNFA) Gurudwara Health Fair

September 24, 2017

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Together To Build A Healthy Community

Together To Build A Healthy Community

Islamic Center of Maryland (ICM) Resource Table

October 6, 2017

Together To Build A Healthy Community

Sorry

…

No pictures

☹

American Diversity Group and GWAPI/GGSF Health Fair

October 7, 2017

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Together To Build A Healthy Community

Together To Build A Healthy Community

Vietnamese American Services Maryland Mid-Autumn Festival

October 8, 2017

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Chinese Culture and Community Services Center (CCACC) Health Fair

October 14, 2017

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Maryland Buddhist Vihara (Sri Lankan Buddhist Temple) Kathina Ceremony

October 22, 2017

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Muslim Community Center (MCC) Interfaith Health Fair

October 29, 2017

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Together To Build A Healthy Community

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Philippine International Bible Church Resource Table

November 5, 2017

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Sorry

…

No pictures

☹

Shri Mangal Mandir Community Health Fair

November 11, 2017

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Together To Build A Healthy Community

Together To Build A Healthy Community

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Migrant Heritage Commission (MHC) Health Fair

November 19, 2017

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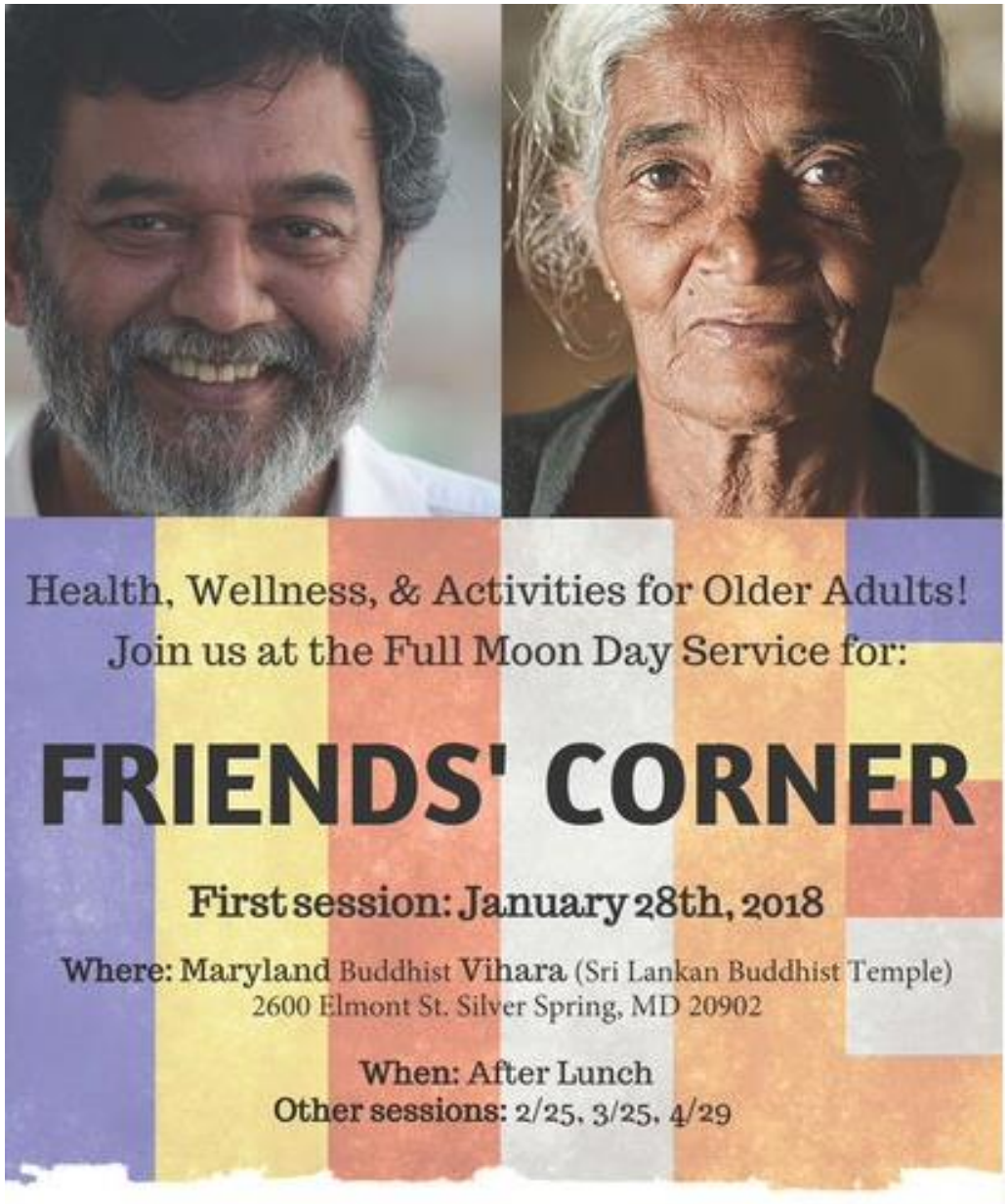
Upcoming Events

Together To Build A Healthy Community



Together To Build A Healthy Community

Together To Build A Healthy Community

Join us for Health, Wellness, & Social Services Sessions for Older Adults!

FRIENDS' CORNER

First session: Sunday, February 18th, 2018

Where: Philippine International Bible Church
6855 Olney Laytonsville Rd, Laytonsville, MD 20882
When: 1:00-2:30 PM
Other sessions: 3/18, 4/15, 5/20

Together To Build A Healthy Community

Upcoming Events

CCACC 2018 Lunar New Year Festival

- Sunday, February 25, 2018

CCACC
美京華人活動中心

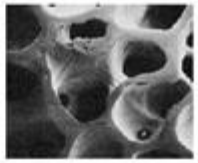
Together To Build A Healthy Community

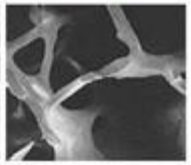
Disclaimer:

1. Today, we have people of various levels of experience. I will speak as though it is everyone's first time hearing this information.
2. We are currently in the process of updating our health education handouts. Information that you see on some of your handouts will be different than what I will say and will be on my slides. Highlights on the following handouts indicate possible future changes:
    1. Osteoporosis education handout (purple)
    2. Wheel of Education Questions and Answers sheet (yellow)
    3. Photocopies of osteoporosis education cards
3. Slides are color coordinated to handouts. You can refer to them if I'm going too fast.

Asian American Health Initiative
Osteoporosis Education and Screening Program

What is osteoporosis?
Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist.


Normal Bone


Osteoporotic Bone

Why is it important to be screened?
Osteoporosis is a disease that has no symptoms – the first sign is a fracture after your bones have become fragile. Fractures can cause loss of height, stooped posture, chronic back pain, permanent disability, and even death. **Asian Americans** have an increased risk for developing osteoporosis due to body structures that are lower in weight with small bones, low physical activity, and lactose intolerance.

Why are Asian Americans at high risk for developing osteoporosis?
It is because many Asian Americans have many of the following risk factors.

- Being **Asian American**
- Being female
- Being 50 years old and older
- Low body weight
- History of fracture or close relative with history of fracture as an adult
- History of anorexia nervosa
- Menopause or surgery to remove both ovaries
- Long-term low calcium intake
- Inadequate physical activity (not enough exercise)
- Current smoking or alcoholism
- Use of certain medications such as corticosteroids and anticonvulsants

Bones are living tissue that change all the time. From birth to about 30 years of age, you build more bone mass than is being worn down. After your peak bone mass builds, the bone building process becomes slower and bone loss happens faster as you become older. **It is important to build strong bones during your peak bone building period.**

How do you prevent osteoporosis?

- **Do weight-bearing activities (such as walking and climbing stairs) as well as strength-training exercises (such as weightlifting) for 30-40 minutes at least three times a week.**
  Talk to your doctor about an exercise program.
- **Consume enough Calcium and Vitamin D.**
  Calcium plays an important role in maintaining bone. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of the overall prevention or treatment program.
  Vitamin D plays a major role in calcium absorption and bone health. Usually 10-15 minutes sun exposure of hands, arms and face two to three times a week (depending on one's skin sensitivity) is enough to satisfy the body's vitamin D requirement.

Recommended Calcium Intake				
Age	**19-30**	**31-50**	**51-70**	**70 and older**
Amount mg/day	**1000**	**1000**	**1200**	**1200**

- **Talk to your doctor about medications for osteoporosis or calcium supplements**
- **Stop smoking and limit alcohol use**

Example of slide color coordinated to handout in your folder. Highlights here indicate potential changes in future handouts.

Flow of Today's Presentation

…will be like an outreach event.

Today's Agenda

- Disease overview
  - What is osteoporosis?
  - Significance to Asian Americans
  - Why is it important to be screened?
    - Screening demonstration
    - HPs practice
  - Meaning of T-score
  - Prevention methods
    - Osteoporosis education demonstration
    - HPs practice
- Closing
  - Post-test, invoice, and name tags

Learning Objectives

After the training, you will be able to:

- Teach clients 3 ways to prevent osteoporosis
- Verbalize 1 reason that Asian Americans are at risk for osteoporosis
- List 2 non-dairy sources of calcium
- Demonstrate at least one way to maintain optimum cleanliness during osteoporosis screenings

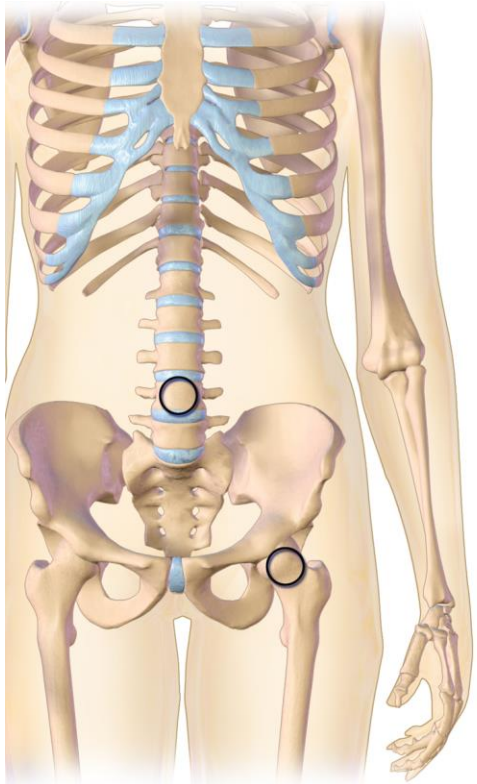
But First…

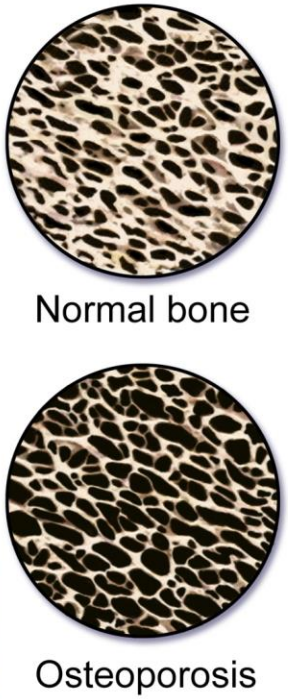
Pre-test

1. List 3 ways to prevent osteoporosis.
2. List 2 non-dairy sources of calcium.
3. List 1 way to maintain optimum cleanliness when performing the osteoporosis screening.
4. I feel comfortable performing the osteoporosis screening.

Disease Overview

What is osteoporosis?





A bone disease: Become weaker, more brittle. Easier to break.

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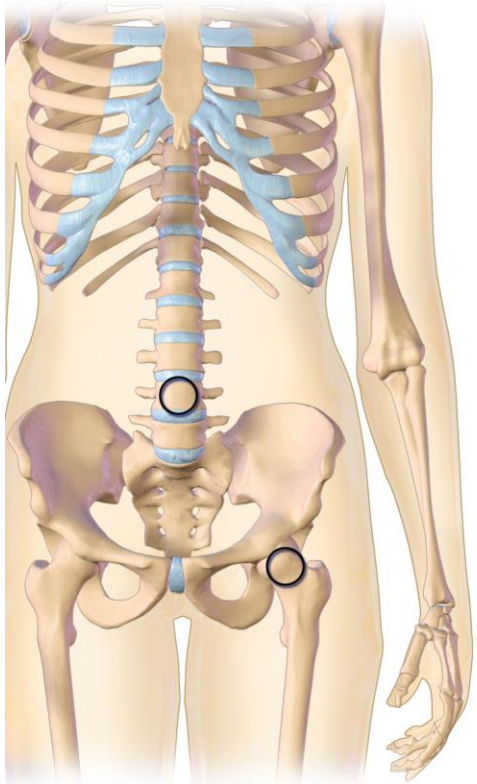
Disease Overview

What is osteoporosis?



Normal bone

Osteoporosis

Bones are like a bank account: Continuously putting bone tissue in and taking out.

Disease Overview

What is osteoporosis?

After 30 years old, we start taking more out than we put in. If we take out too much, we can get osteoporosis. This is why building as much bone strength as possible is important.

Disease Overview

Osteoporosis and Asian Americans (AA)

- 90% lactose intolerant
- AA women smaller and thinner
- Many risk factors:

(Listed on your purple handout)

Here.

Asian American Health Initiative
Osteoporosis Education and Screening Program

What is osteoporosis?
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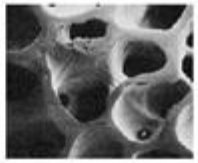
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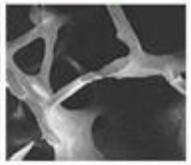
Osteoporotic Bone

Why is it important to be screened?
Osteoporosis is a disease that has no symptoms – the first sign is a fracture after your bones have become fragile. Fractures can cause loss of height, stooped posture, chronic back pain, permanent disability, and even death. **Asian Americans** have an increased risk for developing osteoporosis due to body structures that are lower in weight with small bones, low physical activity, and lactose intolerance.

Why are Asian Americans at high risk for developing osteoporosis?
It is because many Asian Americans have many of the following risk factors.

- Being **Asian American**
- Being female
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Bones are living tissue that change all the time. From birth to about 30 years of age, you build more bone mass than is being worn down. After your peak bone mass builds, the bone building process becomes slower and bone loss happens faster as you become older. **It is important to build strong bones during your peak bone building period.**

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Disease Overview

Osteoporosis and Asian Americans (AA)

- 90% lactose intolerant
- AA women smaller and thinner
- Many risk factors:
  - Being Asian American
  - Female
  - 50 years old
  - Low body weight
  - Menopause
  - Long-term low calcium intake
  - Lack of exercise

Disease Overview

Why is it important to get screened?

Osteoporosis often presents no signs until a fall occurs and a bone breaks. Screenings can help one become aware of their bone health status and determine necessary interventions to take.

Fractures usually occur in the wrist, spine, or hips.

Disease Overview

Why is it important to get screened?

Osteoporosis often presents no signs until a fall occurs and a bone breaks. Screenings can help one become aware of their bone health status and determine necessary interventions to take.

Fractures usually occur in the wrist, spine, or hips.

Where can one get screened?

- Some medical facilities and health fairs, such as our outreach events!

Disease Overview

Questions?

Screening Demonstration

(You may refer to the steps on the Osteoporosis Screening Instructions handout in your folder.)

Screening Demonstration

Five Revisions:

1. Changing gloves between every client and before master cleanup at end.
    a) Proper way to take off gloves.
2. Gloved hand distinctions:
    a) “Client hand” only touches client’s foot, machine, ultrasound gel.
    b) “Assistant hand” holds bottles, inserts, etc.
3. What is clean, what is dirty.
4. Changes in setup.
5. Master cleanup at beginning and end of event.

Five Parts of Osteoporosis Screening

1-Prepping client
2-Screening client
3-Cleaning up
4-Changing gloves
(Repeat sections 1-4)
5-Master cleanup at end of event

Stretch Break!

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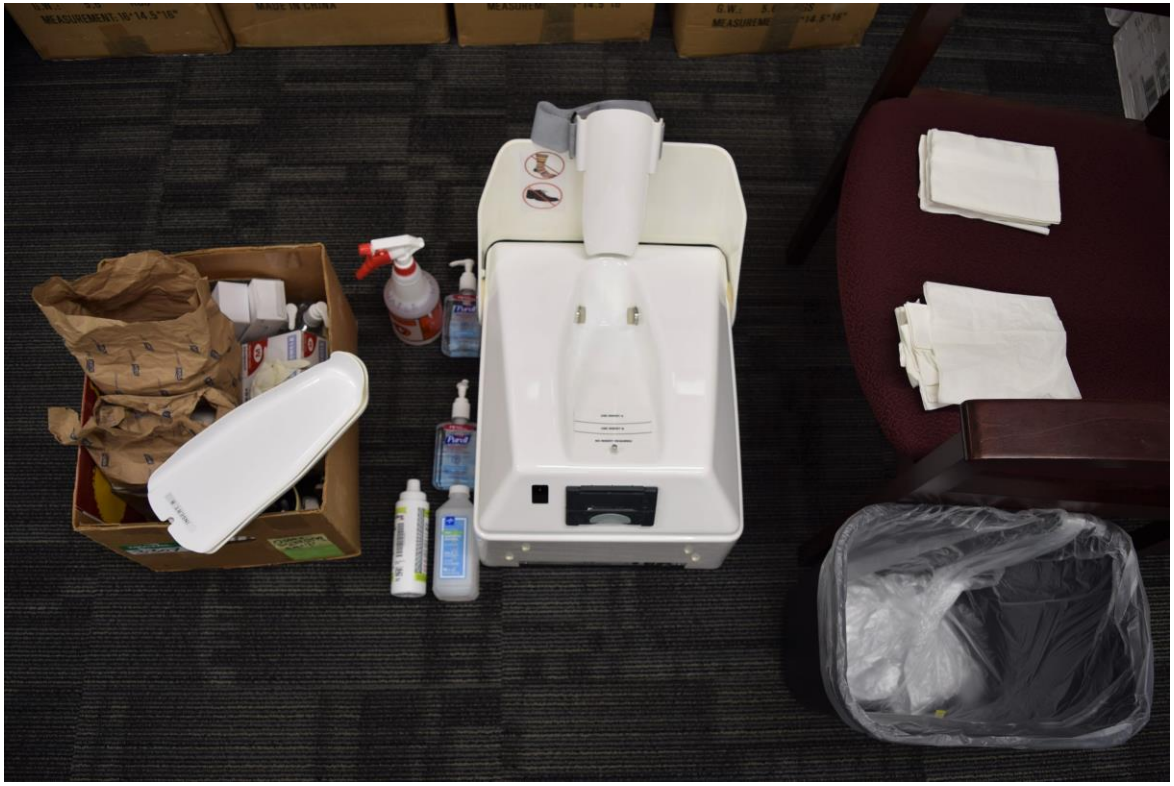
Screening Demo

Your turn!



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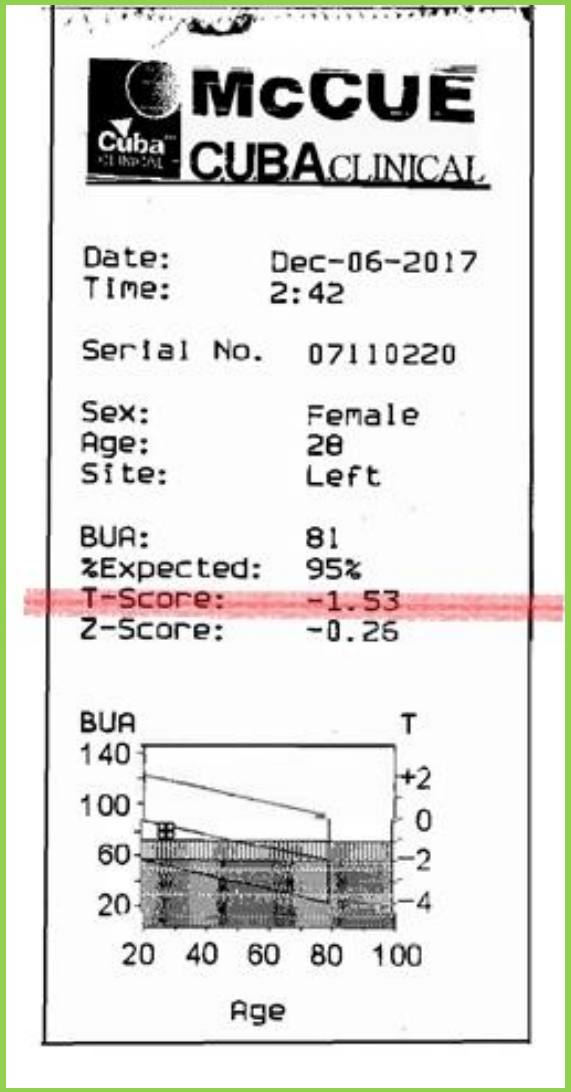
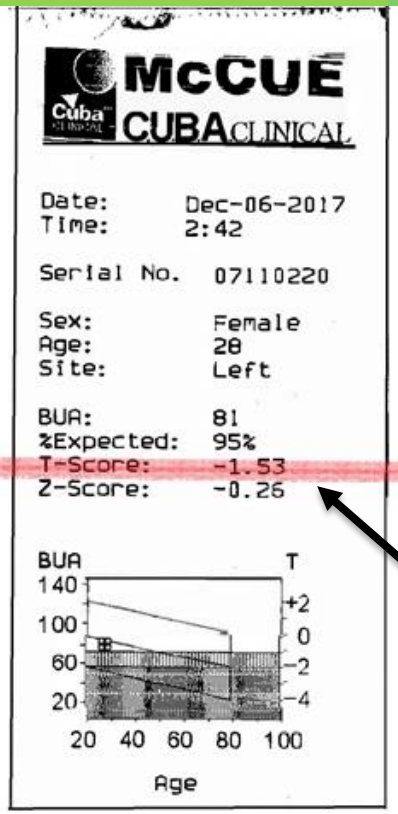
Meaning of T-Score

Meaning of T-Score

T-score: Compares your bone density to that of a healthy 30 year old. Determines the status of your bone health, such as osteopenia or osteoporosis.



After a client gets screened by us, they will receive a receipt like this with their results.



Event: _____ *Date:* _____

Osteoporosis Screening Form

□ Female □ Male □ Transgender □ Other _____

Age: _____

□ Chinese □ Asian Indian □ Filipino

□ Vietnamese □ Korean □ Other_____

Asian American Health Initiative

Together To Build A Healthy Community

For AAHI Health Promoters only

	Severe Osteoporosis		Osteopenia			Normal			
T-Score	-3	-2.5	-2	-1.5	-1	-.5	0	+.5	+1

T-score: _____ Participant Number: _____

Please circle one:

Severe Osteoporosis Osteopenia Normal

English – updated 9/22/15

This client's score indicates that they may have osteopenia, or bone mass that is low but not yet osteoporosis. If their bones continue to weaken, they can develop osteoporosis and get a fracture.

What Does One Do After Getting Their T-score?

3 main steps to maintain bone health and prevent osteoporosis.

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium

Notice recomm-ended daily calcium intake here:

Asian American Health Initiative
Osteoporosis Education and Screening Program

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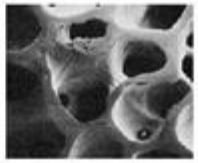
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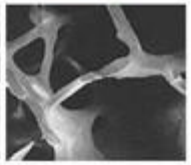
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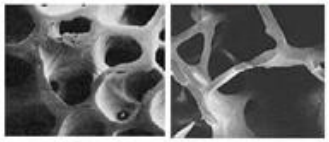

Normal Bone | Osteoporotic Bone

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Non-Dairy Food Sources of Calcium	Portion	Calcium (mg)	Calories
Fortified ready-to-eat cereals (various)	¾–1 cup (about 1 ounce)	250-1,000	100-210
Soymilk, original and vanilla, with added calcium	1 cup	299	104
Sardines, canned in oil, drained	3 oz	325	177
Tofu, firm, prepared with calcium sulfate and magnesium chloride	½ cup	253	88
Collards, cooked from frozen	½ cup	178	31
Pink salmon, canned, with bone	3 oz	181	118
Molasses, blackstrap	1 Tbsp	172	47
Spinach, cooked from frozen	½ cup	146	30
Soybeans, green, cooked	½ cup	130	127
Turnip greens, cooked from frozen	½ cup	124	24
Ocean perch, Atlantic, cooked	3 oz	116	103
Oatmeal, plain and flavored, instant, fortified	1 packet prepared	99-110	97-157
Cowpeas, cooked	½ cup	106	80
White beans, canned	½ cup	96	153
Kale, cooked from frozen	½ cup	90	20
Okra, cooked from frozen	½ cup	88	26
Soybeans, mature, cooked	½ cup	88	149
Blue crab, canned	3 oz	86	84
Pak-choi, Chinese cabbage, cooked from fresh	½ cup	79	10
Orange juice, calcium fortified	1 cup	500	117
Dairy Food Sources of Calcium	**Portion**	**Calcium (mg)**	**Calories**
Romano cheese	1.5 oz	452	165
Pasteurized process Swiss cheese	2 oz	438	189
Plain yogurt, low-fat	8 oz	415	143
Fruit yogurt, low-fat	8 oz	345	232
Swiss cheese	1.5 oz	336	162
Skim milk (nonfat)	1 cup	299	83
Low-fat chocolate milk (1%)	1 cup	290	158
Reduced fat milk (2%)	1 cup	293	122
Low-fat milk (1%)	1 cup	305	102
Reduced fat chocolate milk (2%)	1 cup	272	190
Whole chocolate milk	1 cup	280	208
Low-fat buttermilk (1%)	1 cup	284	98
Whole milk	1 cup	276	149
Pasteurized process American cheese food	2 oz	323	187
Provolone cheese	1.5 oz	321	149
Cheddar cheese	1.5 oz	307	171
Plain yogurt, whole milk	8 oz	275	138
Muenster cheese	1.5 oz	305	156

Sources: -Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17, Dietary Guidelines for Americans 2005 http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm#AppB4
-U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

Notice calcium content per portion of food. Add up the amount of calcium in your meals and make sure that it totals up to your recommended daily calcium intake. Our client, 28 years old, will need 1,000 mg/day.

Dairy is a great source of calcium (Ca). However, many Asian Americans are lactose intolerant. Here are some non-dairy sources of calcium.

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Skim milk (nonfat)	1 cup	299	83
Low-fat chocolate milk (1%)	1 cup	290	158
Reduced fat milk (2%)	1 cup	293	122
Low-fat milk (1%)	1 cup	305	102
Reduced fat chocolate milk (2%)	1 cup	272	190
Whole chocolate milk	1 cup	280	208
Low-fat buttermilk (1%)	1 cup	284	98
Whole milk	1 cup	276	149
Pasteurized process American cheese food	2 oz	323	187
Provolone cheese	1.5 oz	321	149
Cheddar cheese	1.5 oz	307	171
Plain yogurt, whole milk	8 oz	275	138
Muenster cheese	1.5 oz	305	156

Sources: -Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17, Dietary Guidelines for Americans 2005 http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm#AppB4
-U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

English – updated 2/7/14

What do you notice about the non-dairy sources that are highlighted pink? Blue? Green? Brown?

Answers:

- Pink: Fortified with calcium (Have calcium added). Be sure to check the labels.
- Blue: Canned fish **with edible bones.** You are getting Ca from eating the bones, not the meat.
- Green: (Mostly) Dark, leafy greens.
- Brown: Some beans.

Maintaining Bone Health/ Osteoporosis Prevention

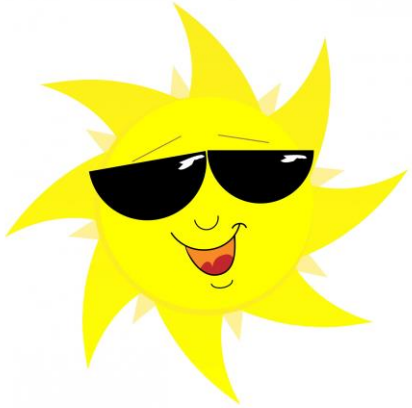
- Calcium
  - Lactose intolerant folks can take lactase enzyme pills before consuming dairy to ease discomfort.

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
  - 10-15 minutes, 3x/week



Sun	Mon	Tue	Wed	Thu	Fri	Sat

  - Face, arms, back, or legs.
  - Sunblock after a few minutes

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
- Exercise

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
- Exercise
  - Weight-bearing: 30 minutes every day (if possible)
  - Strength-training: 2-3x/week
  - Balance training: 1x/week

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
- Exercise
  - Weight-bearing: 30 minutes every day (if possible)
    - E.g., Walking, jogging, gardening, stairs, lifting weights
  - Strength-training: 2-3x/week
    - E.g., Lifting weights or soup cans, resistance bands, chair exercises, wall pushups
  - Balance training: 1x/week
    - E.g., Tai chi, alternate standing on one foot, balance walk

Maintaining Bone Health/ Osteoporosis Prevention

- Exercise
  - Weight-bearing: 30 minutes every day (if possible)
  - Strength-training: 2-3x/week
  - Balance training: 1x/week

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Together To Build A Healthy Community

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
- Exercise
  - Consult with your doctor about a safe exercise regimen for you.

Maintaining Bone Health/ Osteoporosis Prevention

- Calcium
- Vitamin D
- Exercise

Others:

- Stop smoking
- Drink less alcohol

Maintaining Bone Health/ Osteoporosis Prevention

If someone has osteoporosis:

- Follow the guidelines above to keep bones as strong as possible/keep them from getting weaker. Also, prevent falls to prevent bone fractures.
  - E.g., Clear floors of clutter, ensure household rugs are secure and don't slip, make sure rooms and stairwells are well lit, use nonskid bathmats in the shower or tub, wear socks and shoes with grip, etc.

Questions?

Stretch Break!

Together To Build A Healthy Community

Osteoporosis Education Demonstration

(You may refer to the script in your folder)

Osteoporosis Education

Your turn!

Closing

Take off name tags

Give Maria: Post-test, notecard with questions, invoices

Post-Test and Invoices

1. List 3 ways to prevent osteoporosis.
2. List 2 non-dairy sources of calcium.
3. List 1 way to maintain optimum cleanliness when performing the osteoporosis screening.
4. I feel comfortable performing the osteoporosis screening.
5. How was the speaker's delivery of today's lesson?

Thank You!

Together To Build A Healthy Community

Sources:

https://www.bones.nih.gov/health-info/bone/bone-health/bone-mass-measurement-what-numbers-mean

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https://www.bones.nih.gov/health-info/bone/SGR/surgeon-generals-report

http://go4life.nia.nih.gov/exercises

https://medlineplus.gov/ency/article/002405.hgm

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