Welcome!

January 25, 2018
Together To Build A Healthy Community
Ice Breaker

- Name
- How long with AAHI
- Favorite winter meal
Past Events
Guru Nanak Foundation of America (GNFA) Gurudwara Health Fair

September 24, 2017
Together To Build A Healthy Community
Islamic Center of Maryland (ICM) Resource Table

October 6, 2017
Sorry

... 

No pictures 😞
American Diversity Group and GWAPI/GGSF Health Fair

October 7, 2017

Together To Build A Healthy Community
Together To Build A Healthy Community
Vietnamese American Services
Maryland Mid-Autumn Festival

October 8, 2017
Together To Build A Healthy Community
Chinese Culture and Community Services Center (CCACC)
Health Fair
October 14, 2017

Together To Build A Healthy Community
Together To Build A Healthy Community
Maryland Buddhist Vihara (Sri Lankan Buddhist Temple) Kathina Ceremony

October 22, 2017
Muslim Community Center (MCC) Interfaith Health Fair

October 29, 2017
Together To Build A Healthy Community
Philippine International Bible Church

Resource Table

November 5, 2017
Sorry

...

No pictures 😞
Shri Mangal Mandir
Community Health Fair

November 11, 2017

Together To Build A Healthy Community
Together To Build A Healthy Community
Together To Build A Healthy Community
Migrant Heritage Commission (MHC) Health Fair
November 19, 2017
Upcoming Events
Health, Wellness, & Activities for Older Adults!
Join us at the Full Moon Day Service for:

FRIENDS' CORNER

First session: January 28th, 2018
Where: Maryland Buddhist Vihara (Sri Lankan Buddhist Temple)
2600 Elmont St. Silver Spring, MD 20902
When: After Lunch
Other sessions: 2/25, 3/25, 4/29

Together To Build A Healthy Community
HỘI CHỞT TẾT 2018
ASSOCIATION OF VIETNAMESE AMERICANS
Hội Người Mỹ gốc Việt
MỪNG XUÂN MÂU TUẤT
Lion Dance | Múa Lân
Raffle Tickets with Prizes | Xổ Số
Adorable Children Contest | Thi Trẻ Em Đẹp
Miss "Ào Dài" Pageant | Thi Hoa Hậu Ảo Dài
AVA Karaoke Contest | Thi Giọng Ca Vàng AVA
Vietnamese Specialty Dishes | Đặc Sản Truyền Thông Việt Nam

2018 Lunar New Year Festival

Sunday, February 4, 2018, 10:00 AM - 4:00 PM
Chủ Nhật, 4 tháng Hai, 2018, từ 10 giờ sáng đến 4 giờ chiều
Northwood High School
919 University Blvd West, Silver Spring, MD 20901

CONTACT INFORMATION | THÔNG TIN LIÊN LẠC
CONTEST REGISTRATION
Chau.Huynh@mdvietmutual.org
(571) 499-9525

VENDOR REGISTRATION
Thomas.Tran@mdvietmutual.org
(301) 526-4064

ADMISSION | VÀO CỬA
Người lớn | Adults: $3
Trẻ em & Cao niên | Children & Seniors: $2
Mặc Ảo dài | Vietnamese traditional attire: Encouraged (Khuyến khích)

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
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.

Together To Build A Healthy Community
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.

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

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.

<table>
<thead>
<tr>
<th>Recommended Calcium Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Amount mg/day</td>
</tr>
</tbody>
</table>

- 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.

Together To Build A Healthy Community
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

Together To Build A Healthy Community
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.
What is osteoporosis?

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

What is osteoporosis?

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

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.

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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.

Together To Build A Healthy Community
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!

Together To Build A Healthy Community
Disease Overview

Questions?

Together To Build A Healthy Community
Screening Demonstration

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


5. Master cleanup at beginning and end of event.
## Five Parts of Osteoporosis Screening

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Prepping client</td>
</tr>
<tr>
<td>2</td>
<td>Screening client</td>
</tr>
<tr>
<td>3</td>
<td>Cleaning up</td>
</tr>
<tr>
<td>4</td>
<td>Changing gloves</td>
</tr>
<tr>
<td>5</td>
<td>Master cleanup at end of event</td>
</tr>
</tbody>
</table>

(Repeat sections 1-4)
Stretch Break!

Together To Build A Healthy Community
Screening Demo

Your turn!

Together To Build A Healthy Community
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.
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 recommended daily calcium intake here:
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.

### Non-Dairy Food Sources of Calcium

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Portion</th>
<th>Calcium (mg)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortified ready-to-eat cereals</td>
<td>¾–1 cup (about 1 ounce)</td>
<td>250-1,000</td>
<td>100-210</td>
</tr>
<tr>
<td>Soymilk, original and vanilla, with added calcium</td>
<td>1 cup</td>
<td>299</td>
<td>104</td>
</tr>
<tr>
<td>Sardines, canned in oil, drained</td>
<td>3 oz</td>
<td>325</td>
<td>177</td>
</tr>
<tr>
<td>Tofu, firm, prepared with calcium sulfate and magnesium chloride</td>
<td>½ cup</td>
<td>253</td>
<td>88</td>
</tr>
<tr>
<td>Collards, cooked from frozen</td>
<td>½ cup</td>
<td>178</td>
<td>31</td>
</tr>
<tr>
<td>Pink salmon, canned, with bone</td>
<td>3 oz</td>
<td>181</td>
<td>118</td>
</tr>
<tr>
<td>Molasses, blackstrap</td>
<td>1 Tbsp</td>
<td>172</td>
<td>47</td>
</tr>
<tr>
<td>Spinach, cooked from frozen</td>
<td>½ cup</td>
<td>146</td>
<td>30</td>
</tr>
<tr>
<td>Buttermilk, sour, cooked</td>
<td>½ cup</td>
<td>130</td>
<td>127</td>
</tr>
<tr>
<td>Turnip greens, cooked from frozen</td>
<td>½ cup</td>
<td>124</td>
<td>24</td>
</tr>
<tr>
<td>Ocean perch, Atlantic, cooked</td>
<td>3 oz</td>
<td>116</td>
<td>103</td>
</tr>
<tr>
<td>Oatmeal, plain and flavored, instant, fortified</td>
<td>1 packet prepared</td>
<td>99-110</td>
<td>97-157</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>¾ cup</td>
<td>106</td>
<td>80</td>
</tr>
<tr>
<td>White beans, canned</td>
<td>¼ cup</td>
<td>96</td>
<td>153</td>
</tr>
<tr>
<td>Kale, cooked from frozen</td>
<td>¼ cup</td>
<td>90</td>
<td>20</td>
</tr>
<tr>
<td>Okra, cooked from frozen</td>
<td>¼ cup</td>
<td>88</td>
<td>26</td>
</tr>
<tr>
<td>Spinach, raw, cooked</td>
<td>¼ cup</td>
<td>88</td>
<td>149</td>
</tr>
<tr>
<td>Blue crab, canned</td>
<td>3 oz</td>
<td>86</td>
<td>84</td>
</tr>
<tr>
<td>Pak choi, Chinese cabbage, cooked from fresh</td>
<td>¾ cup</td>
<td>79</td>
<td>10</td>
</tr>
<tr>
<td>Orange juice, calcium fortified</td>
<td>1 cup</td>
<td>500</td>
<td>117</td>
</tr>
</tbody>
</table>

### Dairy Food Sources of Calcium

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Portion</th>
<th>Calcium (mg)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romano cheese</td>
<td>1.5 oz</td>
<td>452</td>
<td>165</td>
</tr>
<tr>
<td>Pasteurized process Swiss cheese</td>
<td>2 oz</td>
<td>438</td>
<td>189</td>
</tr>
<tr>
<td>Plain yogurt, low-fat</td>
<td>8 oz</td>
<td>415</td>
<td>143</td>
</tr>
<tr>
<td>Fruit yogurt, low-fat</td>
<td>8 oz</td>
<td>345</td>
<td>232</td>
</tr>
<tr>
<td>Swiss cheese</td>
<td>1.5 oz</td>
<td>336</td>
<td>162</td>
</tr>
<tr>
<td>Skim milk (nonfat)</td>
<td>1 cup</td>
<td>299</td>
<td>83</td>
</tr>
<tr>
<td>Low-fat chocolate milk (1%)</td>
<td>1 cup</td>
<td>290</td>
<td>158</td>
</tr>
<tr>
<td>Reduced fat milk (2%)</td>
<td>1 cup</td>
<td>293</td>
<td>122</td>
</tr>
<tr>
<td>Low-fat milk (1%)</td>
<td>1 cup</td>
<td>305</td>
<td>102</td>
</tr>
<tr>
<td>Reduced fat chocolate milk (2%)</td>
<td>1 cup</td>
<td>272</td>
<td>190</td>
</tr>
<tr>
<td>Whole chocolate milk</td>
<td>1 cup</td>
<td>280</td>
<td>208</td>
</tr>
<tr>
<td>Low-fat buttermilk (1%)</td>
<td>1 cup</td>
<td>284</td>
<td>98</td>
</tr>
<tr>
<td>Whole milk</td>
<td>1 cup</td>
<td>276</td>
<td>149</td>
</tr>
<tr>
<td>Pasteurized process American cheese food</td>
<td>2 oz</td>
<td>323</td>
<td>187</td>
</tr>
<tr>
<td>Provolone cheese</td>
<td>1.5 oz</td>
<td>321</td>
<td>149</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>1.5 oz</td>
<td>307</td>
<td>171</td>
</tr>
<tr>
<td>Plain yogurt, whole milk</td>
<td>8 oz</td>
<td>275</td>
<td>138</td>
</tr>
<tr>
<td>Muenster cheese</td>
<td>1.5 oz</td>
<td>305</td>
<td>156</td>
</tr>
</tbody>
</table>

-Isaacs SB, Combines EK. Nutritional Analysis of Food Products. Madison, WI: University of Wisconsin Extension; 1996.

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

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Sun" /></td>
<td><img src="image2" alt="Sun" /></td>
<td><img src="image3" alt="Sun" /></td>
<td><img src="image4" alt="Sun" /></td>
<td><img src="image5" alt="Sun" /></td>
<td><img src="image6" alt="Sun" /></td>
<td><img src="image7" alt="Sun" /></td>
</tr>
</tbody>
</table>

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

Together To Build A Healthy Community
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

Together To Build A Healthy Community
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

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<tr>
<td><img src="image1.png" alt="Exercise" /></td>
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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!

Together To Build A Healthy Community
Closing

Take off name tags

Give Maria: Post-test, notecard with questions, 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?
Sources:

https://www.bones.nih.gov/health-info/bone/osteoporosis/background/asian-women-guide#c
https://www.bones.nih.gov/health-info/bone/osteoporosis/overview
http://go4life.nia.nih.gov/exercises
https://medlineplus.gov/ency/article/002405.hgm
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3897598/
https://women.smokefree.gov/physical-fitness-get-your-body-moving/what-are-strength-training-activities.aspx