

OSTEOPOROSIS PREVENTION BEGINS IN CHILDHOOD

According to the National Osteoporosis Foundation (NOF) and the U.S. Department of Health and Human Services, girls aged 9-12 should be educated on the importance of good health practices during the peak bone-building years to help prevent osteoporosis later in life. Low calcium intake during these peak bone-building years may leave young people at greater risk of developing osteoporosis later in life. Limiting the number of beverages containing caffeine and encouraging good, nutritious habits can ensure healthy bones for life. Web site, www.cdc.gov/powerfulbones offers girl-friendly advice on how to get more calcium and be more active.

Take action to keep bones healthy at all ages:

Adopt a diet that is rich in calcium & vitamin D

Increase physical activity

Practice good posture

Break unhealthy habits like drinking too much alcohol or smoking

Take steps to reduce your chances of falling and breaking a bone

Talk to your doctor about whether a bone mineral density (BMD) test is right for you

Recommended Daily Calcium Intakes from the National Academy of Sciences:

AGE	AMOUNT OF CALCIUM
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg
19-50 years	1000 mg
50+ years	1200 mg