

Introduction

Nearly 28 million Americans have osteoporosis or are at high risk for developing osteoporosis; 80% of these individuals are women. This figure is projected to reach 41 million by the year 2015 unless steps are taken to prevent the disease. One in two women and one in eight men have a lifetime risk of suffering an osteoporotic fracture. Osteoporosis is responsible for more than 1.5 million fractures annually, with associated healthcare costs of approximately \$14 billion annually. Approximately 50,000 people die each year from complications related to osteoporotic hip fractures.

Almost one-third of women age 45 and over have at least one risk factor for osteoporosis and one-fifth have two risk factors. Yet, a recent Gallup survey indicates that three out of four women have never spoken to their doctor about the disease. Other surveys indicates that while most women are aware of osteoporosis, few are aware of their individual risk profile, the steps they can take to prevent osteoporosis and how osteoporosis is diagnosed and treated.

Because risk for osteoporosis can be readily determined and new diagnosis and treatment methods are available, there is a great opportunity for reducing the incidence of osteoporosis and its disabling fractures in Florida. Reducing the incidence and consequences of osteoporosis will require educating the public about osteoporosis, working to affect behavioral changes that will lower the incidence of osteoporosis and its debilitating fractures, and providing improved access to screening and treatment for those at risk of, or with, osteoporosis.

In 1996, the Florida Legislature enacted F.S. 381.87 which created the Osteoporosis Prevention and Education Program. The purpose of this program is to “establish, promote and maintain an osteoporosis prevention and education program to promote public awareness of the causes of osteoporosis, options for prevention, the value of early detection, and possible treatments, including the benefits and risks of those treatments.” (F.S. 381.87). Funding was appropriated for this program beginning July, 1998 and a partnership was formed between the Department of Health and the Department of Elder Affairs to reach Florida citizens of all ages.

An advisory committee of health care professionals, advocates, consumers and state agency representatives was appointed to assist the two agencies in carrying out the legislative mandate. The committee's mission is to promote osteoporosis prevention and education in the state of Florida with the goal of reducing the incidence of osteoporosis and osteoporosis-related deaths and disabling fractures among Florida residents through public and professional education. The advisory committee and Department of Health staff have prepared this educational guide, adapting materials developed by the Massachusetts Department of Public Health, in an effort to educate the public about osteoporosis, and its prevention and treatment. The advisory committee's vision in creating this educational guide is the formation of a statewide

community education program using trained educators to educate Florida citizens about the steps they can take to prevent osteoporosis or detect it early before fractures occur.

The advisory committee members and staff of the Florida Osteoporosis Prevention and Education Program are pleased that you are helping to raise awareness and educate the public on osteoporosis, its risk factors and its prevention, diagnosis and treatment.

Purpose: To provide a broad-based community education program to educate the public about the prevention, diagnosis and treatment of osteoporosis. The target group will include, but not be limited to women between the ages of 20-60, including women from rural, underserved and minority groups. The “Bone Builders” adult curriculum developed by the Florida Osteoporosis Prevention and Education Program will be used for this educational program.

Objectives: are to increase awareness of osteoporosis, its risk factors and steps that can be taken to prevent the disease and reduce the risk of fractures.

Goals: The training session, along with this manual, will provide you with the background information necessary to become a knowledgeable educator on issues related to osteoporosis. The goals of the training are to:

- Provide strategies and techniques for preparing presentations and educating adults.
- Provide an overview of osteoporosis and its personal and economic consequences.
- Provide a basic knowledge of bone remodeling and the changes in bone mass across the life cycle
- Provide in-depth information on osteoporosis risk factors, prevention, diagnosis and treatment.

You should refer to this manual when preparing for your educational presentations. However, if you have any questions which you cannot find answers to or do not understand specific information, contact the Osteoporosis Prevention and Education Program Manager. If you are unsure of the answer to a question that arises during a presentation, advise the participant that you do not know the answer. If the question is non-medical, take their name and telephone number and advise them you will get back to them. If the question is medical, advise the participant to contact their health care provider. ***Never give out information unless you are sure it is accurate.***

As an educator, you are helping to reduce the incidence of osteoporosis and its disabling fractures in the state of Florida through public education. We appreciate your interest in becoming a part of this important mission.