

# Bone Builders Newsletter

April — June 2010

## Bone Builders Volunteer Training Scheduled

The next Bone Builders volunteer training will be June 10 and June 11 in both Phoenix and Tucson. New volunteers are needed to help with outreach at community sites, health fairs, worksite programs and more.

Please contact Linda Block at [lblock@cals.arizona.edu](mailto:lblock@cals.arizona.edu) or 520-626-5161 x105 if you want to attend the Tucson site. To attend in Phoenix contact Eva Paz-Ono at [epazono@cals.arizona.edu](mailto:epazono@cals.arizona.edu) or 602-827-8200 x316.

Registration is \$60 for the curriculum, resources, and food. You can download an application at <http://ag.arizona.edu/maricopa/fcs/bb/volunteers.html>



## AZ Stop Falls

AZ Stop Falls, brought to you by the Arizona Falls Prevention Coalition, is designed to provide information, advice, helpful hints and tips to help prevent falls and fall injuries by the elderly in Arizona. By raising awareness of the issue and by providing advice to older adults, we hope to lower the occurrence of elderly falls in

Maricopa County and across our state. Bone Builders is one of the partners of the Arizona Falls Prevention Coalition. Their new website just launched in April at <http://www.azstopfalls.org/site/Home.aspx>

Read their Fall Prevention Basics for a brief overview of these three key factors in

preventing falls in older adults, or for more detailed information, resources and links relevant to each of these components, visit our Home Modification, Medication Management, and Physical Activity pages. It also includes sources for physical activity and home modification programs.

## Bone Builders Physical Activity Training

If you would like to offer low impact, beginning exercise programming for older adults at your community/church site, plan to attend the Bone Builders Physical Activity Program (BBPAP) training scheduled for later this summer, 2010. This training workshop will provide the tools to prepare you to offer an 8 week program for your group of inactive older adults at your site. The BBPAP targets four key areas of physical fitness necessary to support Activities of Daily Living (ADL) focusing on key exercises benefitting but not limited to: upper and lower body strength, upper & lower body flexibility, endurance and balance/agility. The ultimate goal is to safely engage older adults into regular exercise with the intention they may move into more rigorous and resistant exercise for bone strengthening benefits.

Registration for attending the BBPAP training is \$75.00, payable to **University of Arizona** which includes curriculum/training manual, exercise tools, snacks and a personal fitness assessment. For more information about the training, please visit our website at [www.bonebuilders.org](http://www.bonebuilders.org) and click on Physical Activity, or for application, go to <http://cals.arizona.edu/maricopa/fcs/bb/volunteers.html> or contact Elizabeth Schnoll, Health Educator at [eschnoll@cals.arizona.edu](mailto:eschnoll@cals.arizona.edu) or by phone @ 602-827-8200, Ext 324.

## Healthy Bones — Build them for Life!

The National Osteoporosis Foundation hosted a congressional briefing on May 18th with nationally known medical experts and Academy Award winning, stage, film and television actress, Cloris Leachman. The session focused on osteoporosis prevention and treatment, plus current state and local programs and policies that are needed for a healthier nation. Sharon Hoelscher Day, also presented at the briefing about Bone Builders, work of the Arizona Osteoporosis Coalition and the Best Bones Forever pilot. Sharon is the President of the Arizona Osteoporosis Coalition and founder of Bone Builders through the University of Arizona Cooperative Extension.

## How Much Exercise Do You Need?

The 2008 Physical Activity Guidelines for Americans advise adults to do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-

intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week. Adults should also do muscle-strengthening activities that involve

all major muscle groups performed on two or more days per week.

Source: Tufts University Health & Nutrition Letter <[www.tuftshealthletter.com](http://www.tuftshealthletter.com)> : April 2010.

## Exercise Improves Your Odds of Healthy Aging and Bones

Still need a nudge to get going? New studies in the *Archives of Internal Medicine* should provide a scientific shove, out of your easy chair and into an exercise program.

### Midlife Exercise Linked to Better Health in Later Years

The first new finding is the broadest: Exercise now to be healthier later. Among women who live to age 70 or older, those who regularly participated in physical activity during middle age appear more likely to be in better overall health.

Qi Sun, MD, ScD, of the Harvard School of Public Health, and colleagues analyzed data from 13,535 participants in the Nurses' Health Study. The women reported their physical activity levels in 1986, at an average age of 60. Among those who had made it to age 70 or older as of 1995 to 2001, those who had higher levels of physical activity at the beginning of the study were less likely to suffer chronic diseases, heart surgery or any physical, cognitive or mental impairments. Only 1,456 women qualified as "successful survivors," meaning they reached 70 free of cognitive and physical disabilities and 10 chronic conditions.

The most-active one-fifth of the women were nearly twice as likely to be "successful survivors" compared to the most sedentary group. Even those in the middle in activity level improved their chances of a healthy old age by 37%. Successful survivors walked 32% more and had overall higher physical activity levels.

### Exercise Strengthens Bones, Reduces Falls

Another way exercise can improve your odds of aging well is to strengthen your bones and reduce the risk of falls. In a second study, women age 65-plus assigned to an exercise program for 18 months were found to have denser bones and less likelihood of falling than women in a control group. Wolfgang Kemmler, PhD, and colleagues at Friedrich-Alexander University Erlangen-Nurnberg in Germany studied a total of 246 older women. Half exercised four days per week with special emphasis on intensity, while the rest participated in a wellness program focused on well-being.

Among the 227 women who completed the study, the 115 who exercised had higher bone density in the spine and hip, along with a 66% reduced rate of falls. Fractures due to falls were twice as common in the control groups compared to the women who exercised.

To learn more: *Archives of Internal Medicine*, Jan. 25, 2010, <[archinte.ama-assn.org/content/vol170/issue2/index.dtl](http://archinte.ama-assn.org/content/vol170/issue2/index.dtl)>. 2008 Physical Activity Guidelines <[www.health.gov/paguidelines](http://www.health.gov/paguidelines)>.

Source: Tufts University Health & Nutrition Letter <[www.tuftshealthletter.com](http://www.tuftshealthletter.com)> : April 2010.

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## Taking the University to the People

[www.cals.arizona.edu/maricopa/fcs](http://www.cals.arizona.edu/maricopa/fcs)

[www.bonebuilders.org](http://www.bonebuilders.org)



## Bone Appétit

### Whole Wheat Buttermilk Pancakes

#### Ingredients

3/4 cup all-purpose flour  
3/4 cup whole wheat flour  
3 tablespoons sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 cups low-fat buttermilk  
1 tablespoon vegetable oil  
1 large egg  
1 large egg white  
Cooking spray  
3/4 cup maple syrup  
3 tablespoons butter



#### Preparation

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk. Combine buttermilk, oil, egg, and egg white, stirring with a whisk; add to flour mixture, stirring just until moist.

Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. Spoon about 1/4 cup batter per pancake onto griddle. Turn pancakes over when

tops are covered with bubbles and edges look cooked. Serve with syrup and butter.

**Yield:** 6 servings (serving size: 2 pancakes, 2 tablespoons syrup, and 1 1/2 teaspoons butter).

#### Nutritional Information

Calories 351 (26% from fat); Fat 10g (sat 4.6g, mono 2.8g, poly 1.9g); Protein 7.6g; Carbohydrate 59.7g; Fiber 2.3g; Cholesterol 55mg; Iron 2.1mg; Sodium 570mg;  
**Calcium 176mg.**

Source: *Cooking Light*, April 2002.

If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Mary Conner at [mconner@cals.arizona.edu](mailto:mconner@cals.arizona.edu) or 602-827-8200, ext. 353.

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