



Peer Educator Introduction & Manual

March 13, 2024

WELCOME! THANK YOU FOR JOINING OUR COMMUNITY!

Thank you for joining the Peer Educator team! We have a nation-wide network of trained Peer Educator volunteers throughout the country providing education, encouragement, and resources to people in their community to optimize their bone health.

The Bone Health & Osteoporosis Foundation (BHOFF) is the leading health organization dedicated to preventing osteoporosis and broken bones, promoting strong bones for life and reducing human suffering through programs of public and clinician awareness, education, advocacy and research. Established in 1984, BHOFF is the nation's largest health organization solely dedicated to osteoporosis and bone health. With your dedication, passion and caring we are building healthy bones for life. Thank you for joining us as we spread the word about healthy bones - one community at a time.

Two million preventable fractures occur each year and 50% of all Americans over the age 50 will have a life-altering fracture. A wrist or rib fracture may seem trivial, but it can portend a more devastating event – like a hip fracture. We are determined to raise awareness about the risk of fractures and to help people keep their bones strong.

Our Vision

We promote independence, mobility, and quality of life by encouraging bone healthy behaviors that prevent bone loss and fractures. BHOFF is the most effective community resource working to end the suffering associated with fractures and osteoporosis. We see healthy children growing up with bones that are strong enough to carry them through a healthy, vibrant life. These children, their parents and their communities will know what to do to build and keep strong bones.

Our Mission

BHOFF is mobilizing communities with timely bone health information that supports strong, healthy bones and prevents osteoporosis and fractures. BHOFF teaches people how to build and

keep strong and healthy bones for life with practical and up-to-date information and resources to inspire them to prevent bone loss, osteoporosis, and fractures.

Engage. Educate. Empower.

These actions guide the strategy to make a difference in the communities we serve.

Engage. We deploy Peer Educators to start a conversation about bone health.

Educate. With the support of our Scientific Medical and Advisory Committee, we prepare materials to help people understand what bone health means for them.

Empower. Peer Educators activate people by giving them simple and personal steps to take to reduce their chances of having a debilitating fracture.

Our Strategies

We make science practical.

BHOFF uses insights from its world-renowned Medical and Scientific Advisory Committee to stay abreast of the latest research. BHOFF offers timely, practical, and easy to follow advice to consumers.

It's About Community

BHOFF has supported individuals, families and communities with programs and tools to help build strong bones, avert bone loss and osteoporosis, and prevent fractures. Our goal is to reach diverse populations and support culturally and linguistically competent models and programs.

Collaborating to Find Solutions

BHOFF identifies problems and seeks solutions with the best science available, creating innovative responses to emerging issues. We collaborate with a wide range of organizations and agencies to have the greatest impact on the most people.

THE PEER EDUCATOR TRAINING

Our training consists of a combination of modules with quizzes and discussions in virtual practice mock runs.

All Peer Educators will view a welcome and orientation module from the Chief Program Officer. During orientation, Peer Educators learn about the organization and its goals, programs, training video topics, and the roles and expectations for all volunteers. You will learn how BHOF supports you in the community and how we hope you will be our ambassador.

During the process, you will read and sign a Peer Educator Declaration that outlines our relationship. We ask you to sign and submit the declaration and then you can advance into the training.

The Peer Educator training is based on content from the Bone Health Basics book by Gwen Ellert, Med, BScN and John Wade, MD, FRCPC, a resource all Level 2 Peer Educators will receive after completing Level 1.

The training sessions:

- Prepare you to conduct a program on bone health either virtually or in-person.
- Help you understand the factors contributing to bone loss, osteoporosis, and fractures.
- Teach you BHOF messages we share with the public.
- Teach you the variety of BHOF programs available; and,
- Share techniques for conducting each program.

After you complete Level 2, you will have access to the Peer Educator continuing education section, via the training portal, where you can find topics of interest, additional learning content and recorded examples of each signature program given by a Peer Educator.

The Training Program

- Sign Peer Educator declaration.
- Select Level 1 or Level 2 instruction.
- Level 1 has 3 modules.
- Level 2 has 6 modules.
- Read Bone Health Basics, Book by Gwen Ellert
- Attend mock runs as needed.
- Total estimated training time is 12 hours.

BONE HEALTH EDUCATION – SIGNATURE PROGRAMS



These programs are the core Signature Programs available. Based on scientific data and input from the Scientific Medical Advisory Committee, the programs cover all the topics needed to put together a comprehensive bone health plan. Programs cover nutrition, fracture prevention, fall prevention, safe body mechanics and treatment options, if needed. (See below – Program Descriptions– for more details on programs.)

Events are listed on the BHOFF website at

<https://www.bonehealthandosteoporosis.org/patients/patient-support/bhof-events/>.

Roles & Responsibilities

| BHOFF | Partner Facility |
|---|--|
| <ul style="list-style-type: none"> • No charge for the presentation • Hosting platform & registration (virtual) • Presented by a certified Peer Educator • Presentation approved by BHOFF's Scientific Medical Advisory Committee • Handouts • Social media/Event posting • Personalized flyer • Access to the BHOFF Bone Health Helpline | <ul style="list-style-type: none"> • Meeting space • Event registration (in-person) • Supply registration list to BHOFF including number of actual attendees • Event promotion and Marketing to client base • Equipment (data projector or large screen devise) • Onsite technical support |

Contact Information

If you have questions or need assistance, please contact:

| BHOF | Peer Educator |
|---|--|
| <p>Andrea Medeiros Senior Director of Public Health & Policy Amedeiros@bonehealthandosteoporosis.org 703.647.3010</p> | <p>Shelley Powers Volunteer spowers@bonehealthandosteoporosis.org</p> |

PROGRAM DESCRIPTIONS

The following signature programs are the introductory level for each bone health topic that a person should include in their bone health plan. Any level 2 peer educator can deliver these programs to any adult audience.



Healthy Bones for Life™

This program explains the basics of bone health, takes about 50 minutes, and is followed by questions and answers. Bones are the foundation of the body. We need to take care of them, just like any other body system. It is never too soon or too late to address your bone health and this is the perfect introduction to the signature program collection. The remaining signature programs take a deep dive into the basic topics covered in this program.

Educational Materials

Links:

- <https://www.bonehealthandosteoporosis.org/patients/diagnosis-information/bone-density-examtesting/>
- <https://www.pathtogoodbonehealth.org/resource/what-questions-should-i-ask-my-doctor/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/>

Handouts:

BONESENSE on... TAKING CHARGE OF YOUR BONE HEALTH

Although much of your bone health depends on genetics, you can benefit from a bone health strategy to maximize the best of what you have. Here are some fundamentals to keep in mind.

- GET A BONE DENSITY TEST** that will help you understand where you stand. Whether your physician says it's time, the use of a DXA or bone mineral density (BMD) or your age or status of factors such as weight, or if you are on drugs for osteoporosis.
- KNOW YOUR TASCOS** and know how to use them to improve your bone health.
- DAILY CALCIUM** from food supplements is 1000-1200mg, total with diet. Do not take if you are on a calcium supplement. Do not take if you are on a calcium supplement. Do not take if you are on a calcium supplement. Do not take if you are on a calcium supplement.
- VITAMIN D** is needed to calcium to be absorbed. For those on a calcium supplement, a blood test is needed to see if you are getting enough. A blood test is needed to see if you are getting enough.
- QUIT SMOKING** - smoking causes bone loss.
- MODERATE ALCOHOL** - More than 2 for the average adult. It's best to limit to 1-2.
- MODERATE SUGAR, SALT AND Caffeine** - Excess can decrease your bone density. Excess can decrease your bone density. Excess can decrease your bone density.
- ENGAGE IN CONSISTENT PHYSICAL ACTIVITY** that challenges your bones to stimulate bone building. This means engaging in a variety of weight-bearing activities.
- WORK ON GREAT POSTURE, BALANCE AND USE PROPER BODY MECHANICS** to avoid a fall. Falls are the leading cause of injury and hospitalization in older adults.
- PREVENT FALLS** - you can get help by wearing your shoes, limiting or eliminating alcohol, and using proper lighting and handrails.

BONESENSE on... OSTEOGENIC LOADING

Weight-bearing activity is critical for bone health. The stress on the bones that results from weight-bearing activities like running, jumping, and sit-to-stand, stimulates bone building. Weight-bearing compresses the bone matrix and triggers the cells to assimilate more calcium and other minerals, and ultimately to increase bone density. The amount of weight that causes this response from the bones is called "osteogenic loading." Because it takes a certain "load" to stimulate the bone building cells, in contrast, "unloading" the bones from movement (and rest) or too little or too much of bone density. While normal daily activities are sufficient to generate the beneficial effects of unloading, significant "loading" appears to be required to increase bone mineral density.

SHI recently, the exact amount of "load" had not been established.

WHAT DO WE MEAN?
We measure activity by how many multiples of body weight is loaded on the bones. Scientists in the United Kingdom, using accelerometers, did a cross-sectional study in 2016 and determined that the amount of loading required to stimulate the bone building process equals 4.2 times body weight.

As with all exercise studies, it is difficult to control for all of the variables associated with the participants, so we must be careful in generalizing the results to other populations.

Using the concept of osteogenic loading, if you weigh 150 pounds, you need to load your bones with 630 pounds to build bone. When we stand, gravity applies a load to our bones equal to our body weight. Walking briskly (3 mph), running, or jumping adds even more load, but a higher impact activity like jumping or strength training that is needed to meet an "arms-body weight."

Bracing and wearing are good counterbalance activities, but they actually "unload" the bones, so counterbalance activities need to add weight training to their routine.

WHAT CAN YOU DO?
Always begin loading activities at a level that is right for you. If you are walking, work to increase your stride. If you are running, consider adding higher impact activities, weight or resistance training is beneficial to results that you have the strength to jump and land, or engage in higher impact activity safely.

If you have low bone density or osteoporosis, work with a professional in any activity that will add load to your bones. You want to use proper form and body mechanics to protect your spine.

BONESENSE on... CALCIUM AND VITAMIN D: DYNAMIC DUO FOR BONE HEALTH

ABOUT CALCIUM
Calcium is a mineral that helps build and maintain strong bones and teeth. While you need calcium throughout your life, the amount you need changes over time. Calcium is critical for the body during the growing years to build bones. It was in the middle of the middle years to keep bones strong, and most needs calcium to replace the rate of bone loss.

Your body stores 99% of its calcium in your teeth and bones. Healthy bones are your stored and it takes a lot of energy to be ready available for every year and needs to be replaced and proper blood clotting if you do not consume enough.

If you do not get enough calcium from your diet or supplements, your body will take the calcium it needs from your bones. If your body continues to take calcium from your bones, over time, your bones become fragile and more likely to break. The weakened bone state is called osteoporosis.

The best way to get the right amount of calcium is to eat enough calcium-rich foods every day. Non-fat and low-fat dairy products and calcium-fortified foods are the best sources of calcium.

ABOUT VITAMIN D
Vitamin D (also known as calcitriol when present in adults) is the softening and binding of bones and is due to Vitamin D deficiency. Vitamin D is necessary for calcium to be absorbed by the intestine. It works with calcium to build and maintain bone health. Vitamin D is the "key" that unlocks the fat value of calcium.

LACTOSE INTOLERANCE
Milk and dairy products are one of the best sources of dietary calcium, however, some people have trouble with milk products because their body lacks an enzyme that digests milk sugar (lactose). People who are lactose intolerant experience gas, bloating or stomach cramps when they eat dairy foods. As many as 50 million Americans are lactose intolerant and this condition occurs more often in certain ethnic groups. But, up to 75% of adult African Americans and 90% of Asian Americans consider themselves lactose intolerant.

There are a number of ways to meet calcium requirements if you are lactose intolerant:

- Incorporate non-dairy calcium-rich foods or lactose-reduced dairy products into your diet
- Take calcium supplements
- Use lactase pills or drops that make milk products digestible

MEDICINES THAT CAN CAUSE BONE LOSS AND CONTRIBUTE TO OSTEOPOROSIS

TALK WITH YOUR HEALTHCARE PROVIDER

- If you are taking any of the medicines listed check with your healthcare provider about your bone health.
- If you are taking a medicine listed, check with your healthcare provider about your bone health.
- Ask your healthcare provider if you are taking any of the medicines listed.

| Medicine | Impact on Bone | Red Flag | Common Brands |
|---|---|--|---|
| Statins (cholesterol-lowering) | Reduces bone density, increases fracture risk | Fracture risk is higher in those taking statins | Atorvastatin (Lipitor), Rosuvastatin (Crestor), Simvastatin (Zocor) |
| Thyroid medicine (levothyroxine) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking thyroid medicine | Levothyroxine (Synthroid), Liothyronine (Cytomel) |
| Antidepressants (SSRIs) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking antidepressants | Fluoxetine (Prozac), Sertraline (Zoloft), Escitalopram (Lexapro) |
| Proton pump inhibitors (PPIs) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking PPIs | Esomeprazole (Nexium), Pantoprazole (Protonix), Rabeprazole (Aciphex) |
| Diuretics | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Furosemide (Lasix), Hydrochlorothiazide (Microzide) |
| Diabetes medicines (insulin) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking insulin | Insulin (Humalog, Lantus, Novolog, etc.) |
| Diuretics (loop diuretics) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Furosemide (Lasix), Hydrochlorothiazide (Microzide) |
| Diuretics (thiazide diuretics) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Hydrochlorothiazide (Microzide), Chlorthalidone (Dacorin) |
| Diuretics (potassium-sparing diuretics) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Spironolactone (Aldactone), Eplerenone (Inspra) |
| Diuretics (osmotic diuretics) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Mannitol (Osmitrol), Furosemide (Lasix) |
| Diuretics (acetazolamide) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Acetazolamide (Diamox) |
| Diuretics (acetazolamide) | Increases bone loss, especially in the spine | Fracture risk is higher in those taking diuretics | Acetazolamide (Diamox) |

QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER ABOUT YOUR BONE HEALTH

USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.

- Do I have any risk factors for osteoporosis or broken bones (fractures)?
- Am I getting enough calcium and vitamin D?
Amount of calcium I should get every day:
Amount of vitamin D I should get every day:
- What kind of exercise can help me build strong bones?
- Could any of the medications I take cause bone loss or increase my risk of falls?
- Do I have any medical conditions that could cause bone loss?
- Do I need a Bone Density Test? (Also called a DXA test)
- Are my Bone Density Test results normal? (If you have had this test)
 - What do the results mean?
 - If I have osteoporosis or low bone density, will good nutrition and exercise help lower my bone density?
 - If I have osteoporosis or low bone density, do I need medication?
- How can I prevent falls?

HOME SAFETY CHECKLIST

HOW TO PREVENT FALLS AROUND THE HOME STEP BY STEP

STAIRS & HALLWAYS

- Use handrails
- Keep hallways well lit
- For visibility, mark stairs with high-contrast tape

LIVING & DINING ROOM

- Secure carpets to the floor
- Use cordless phones and remotes
- Get a cushion or seat riser
- Watch out for pets

BATHROOM

- Install grab bars around the bathtub and toilet
- Use non-slip mats
- Get a seat riser on the toilet

KITCHEN

- Clean up spills immediately
- Don't use floor polish
- Keep frequently used items close
- Don't use dining chairs with wheels

ON AVERAGE, 86,629 AMERICANS VISIT THE ER ANNUALLY FOR FALLS BY PETS.



Eating for Healthy Bones™

A program to educate participants about the bone health benefits of eating calcium rich foods and other bone health nutrients, stressing how to get nutrition from food. Peer Educators will discuss the current RDAs and share a variety of foods that are good or excellent sources of calcium. Learn how the dynamic duo of calcium and vitamin D work together to build and rebuild your bones.

Event Format:

- 45 minutes presentation on bone healthy nutrition
- 15-minute Q & A

60 Minute Total Duration

Educational Materials

Links:

- <https://americanbonehealth.org/calculator/>
- <https://www.bonehealthandosteoporosis.org/patients/treatment/calciumvitamin-d/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/nutrition-for-bone-health/nutrients/>
- <https://www.bonehealthandosteoporosis.org/patients/treatment/nutrition/>
- **Handouts:**

BONESENSE on...
CALCIUM AND VITAMIN D: DYNAMIC DUO FOR BONE HEALTH

ABOUT CALCIUM
Calcium is a mineral that builds up and strengthens bones and teeth. While you need calcium throughout your life, the amount you need increases as you age. Calcium is also a key nutrient for growing kids to build bones. It's best to get calcium from the foods you eat, but supplements may be needed if you can't get enough from food.

ABOUT VITAMIN D
Vitamin D is a nutrient that helps your body absorb calcium. It's also important for bone health. Vitamin D is found in some foods, but most people need to take supplements. Vitamin D is also made by your body when you get sunlight on your skin.

LACTOSE INTOLERANCE
Lactose intolerance is a condition where your body can't digest lactose, a sugar found in milk. People with lactose intolerance can still get calcium from other sources like fortified cereals, soy milk, and calcium supplements.

HOW TO READ A NUTRITION LABEL

1. SERVING SIZE
The serving size tells you how much of the food is in one serving. It's important to know this so you can compare the amount of nutrients in the food to the amount in the label.

2. AMOUNT OF CALORIES
Calories are a measure of energy. They tell you how much energy the food has. It's important to know this so you can choose foods that give you the energy you need.

3. NUTRIENTS
Nutrients are the substances that your body needs to stay healthy. They include vitamins, minerals, and other substances. The label tells you how much of each nutrient is in the food.

4. PERCENT DAILY VALUE
The percent daily value tells you how much of a nutrient is in the food compared to the amount your body needs. It's a helpful way to compare different foods.

5. FOOTNOTES
Footnotes provide additional information about the nutrients in the food. They can tell you if a nutrient is from a natural source or if it's a supplement.

QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER ABOUT YOUR BONE HEALTH

USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.

- Do I have any risk factors for osteoporosis or broken bones (fractures)?
- Am I getting enough calcium and vitamin D? Amount of calcium I should get every day: _____ Amount of vitamin D I should get every day: _____
- What kind of exercise can help me build strong bones?
- Could any of the medications I take cause bone loss or increase my risk of falls?
- Do I have any medical conditions that could cause bone loss?
- Do I need a Bone Density Test? (ask your doctor)
- Are my Bone Density Test results normal? (if you have had this test)
 - What do the results mean?
 - If I have osteoporosis or low bone density, will good nutrition and exercise help keep my bones strong?
 - If I have osteoporosis or low bone density, do I need medication?
- How can I prevent falls?

BONE HEALTH AND OSTEOPOROSIS FOUNDATION
2016-2017 | 2018-2019 | 2020-2021 | 2022-2023 | 2024-2025



Stepping Out Strong™

Every 13 seconds, an older adult is seen in an emergency department for a fall – and falls are the leading cause of hip fractures. We will assess balance and provide a series of simple exercises to improve balance, strength, and flexibility.



Event Format:

- 45-minute presentation on exercise & fall prevention tips
- 15-minute Q & A

60 Minute Total Duration

Educational Materials

Links:

- <https://www.pathtogoodbonehealth.org/resource/what-questions-should-i-ask-my-doctor/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/>

Handouts:

HOME SAFETY CHECKLIST

HOW TO PREVENT FALLS AROUND THE HOME STEP BY STEP

STAIRS & HALLWAYS

- Use handrails
- Keep walkways well lit
- Wipe up spills immediately
- Use caution on stairs
- Use handrails

LIVING & DINING ROOM

- Secure carpets to the floor
- Use non-slip mats on rugs
- Use caution on stairs
- Use handrails

BATHROOM

- Install grab bars around the toilet and shower
- Use a shower chair
- Use a non-slip mat
- Use a toilet seat
- Use a shower chair

KITCHEN

- Use a step stool or ladder
- Use caution on stairs
- Use handrails
- Use a step stool or ladder
- Use caution on stairs
- Use handrails

ON AVERAGE, 99,820 AMERICANS VISIT THE ER ANNUALLY FOR FALLS BY PETS.

STEPPING OUT STRONG™

MY ROAD MAP FOR FALL PREVENTION

MY BALANCE SCORE

Stand on LEFT leg for: _____ seconds

Stand on RIGHT leg for: _____ seconds

Stand on LEFT leg for: _____ seconds

Stand on RIGHT leg for: _____ seconds

MY GOAL

Stand on LEFT leg for: _____ seconds

Stand on RIGHT leg for: _____ seconds

1. **MY EXERCISE PLAN**

- Find a good place to do the exercises
- Do the exercises every day
- Work up to 10 minutes a day
- Stop if you feel dizzy or lightheaded
- Stop if you feel pain

2. **MY HEALTH PLAN**

- Ask your doctor about your bone health
- Ask your doctor about your fall risk
- Ask your doctor about your vision
- Ask your doctor about your hearing

3. **MY HOME SAFETY PLAN**

- Check for tripping hazards
- Check for loose rugs
- Check for clutter
- Check for stairs
- Check for handrails

4. **MY RESOURCES**

- Local community center
- Local senior center
- Local health department
- Local physical therapist

EVIDENCE-BASED FALL PREVENTION PROGRAMS

A RATION OF BALANCE

RESPONSE

CAUTION

OBSTACLE

HEALTHY STEP FOR OLDER ADULTS

BHOF QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER ABOUT YOUR BONE HEALTH

USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.

- Do I have any risk factors for osteoporosis or broken bones (fractures)?
- Am I getting enough calcium and vitamin D?
 - Amount of calcium I should get every day: _____
 - Amount of vitamin D I should get every day: _____
- What kind of exercise can help me build strong bones?
- Could any of the medications I take cause bone loss or increase my risk of falls?
- Do I have any medical conditions that could cause bone loss?
- Do I need a Bone Density Test? (also called a DXA scan)
- Are my Bone Density Test results normal? (if you have had this test)
 - What do the results mean? _____
 - If I have osteoporosis or low bone density, will good nutrition and exercise help keep my bones strong? _____
 - If I have osteoporosis or low bone density, do I need medication? _____
- How can I prevent falls?

BONE HEALTH AND OSTEOPOROSIS FOUNDATION
201 West U.S. Suite 400, Arlington, TX 76010 | 800-451-2001 | www.bonehealthandosteoporosis.org



Posture Power™

A power packed program where participants learn to prevent broken bones that can lead to disability and loss of independence. The program focuses on postural alignment for everyday movements, sports, and exercise to reduce the risk of fracture. Through the program participants will understand how postural changes affect their bones and body as they age, as well as learn about postural alignment. Also, the type of exercises that can improve posture and help reduce risk of fractures and next steps.

Event Format:

- 45 minutes presentation on postural alignment for everyday movements
 - 15-minute Q & A
- 60 Minute Total Duration**

Educational Materials

Links:

- <https://www.pathtogoodbonehealth.org/resource/what-questions-should-i-ask-my-doctor/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/>
- **Handouts:**



Beyond the Break™

Having a broken bone is a sentinel event and it is critical to learn that it is an indicator that bones may be weak, and there is an increased risk of future broken bones. A low trauma incident could be a sign of osteoporosis, it is important to understand your personal bone health, both before and after a fracture to prevent another fracture. Beyond the Break™ explains managing risk to prevent more broken bones.

Event Format:

- 45 minutes presentation on what to do after a fracture to prevent future fractures.
 - 15-minute Q & A
- 60 Minute Total Duration**

Educational Materials

Links:

- <https://www.pathtogoodbonehealth.org/resource/what-questions-should-i-ask-my-doctor/>
- <https://www.bonehealthandosteoporosis.org/patients/diagnosis-information/bone-density-examtesting/>
- <https://www.bonehealthandosteoporosis.org/patients/what-is-osteoporosis/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/general-facts/what-women-need-to-know/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/>
- <https://www.bonehealthandosteoporosis.org/preventing-fractures/exercise-to-stay-healthy/>
- **Handouts:**

| MEDICINES | IMPACT ON BONE | REASON | COMMON BRANDS |
|------------------------------------|---|--------------------------------------|--|
| Diuretics (water pills) | Reduce bone density | Interfere with calcium reabsorption | Hydrochlorothiazide, Furosemide, Bumetanide, Acetazolamide |
| Thyroid medicine (hyperthyroidism) | Interferes with bone repair and breakdown | Increases thyroid hormone levels | Levothyroxine, Synthroid, Cytel, Triostat, Synthroid, Synthroid, Synthroid |
| Antibiotic (tetracyclines) | Interferes with bone formation | Interferes with calcium reabsorption | Doxycycline, Minocycline, Tetracycline, Doxycycline, Minocycline, Tetracycline |
| Proton pump inhibitors | Interferes with calcium absorption | Reduces stomach acid | Esomeprazole, Pantoprazole, Rabeprazole, Lansoprazole, Dexlansoprazole |
| Sex steroids | Interferes with bone formation | Interferes with calcium reabsorption | Testosterone, Estradiol, Estrone, Estradiol, Estrone, Estradiol, Estrone |
| Anticoagulants | Interferes with bone formation | Interferes with calcium reabsorption | Warfarin, Coumadin, Xarelto, Eliquis, Savvay, Dabigatran, Praxin, Praxin, Praxin |
| Loop diuretics | Interferes with calcium reabsorption | Interferes with calcium reabsorption | Furosemide, Lasix, Lasix, Lasix, Lasix, Lasix, Lasix |
| Blood thinners | Interferes with bone formation | Interferes with calcium reabsorption | Warfarin, Coumadin, Xarelto, Eliquis, Savvay, Dabigatran, Praxin, Praxin, Praxin |
| GLP-1 | Interferes with bone formation | Interferes with calcium reabsorption | Semaglutin, Ozempic, Wegovy, Mounario, Mounario, Mounario |
| Lithium | Interferes with bone formation | Interferes with calcium reabsorption | Wellbutrin, Wellbutrin, Wellbutrin, Wellbutrin, Wellbutrin, Wellbutrin |

OTHER PROGRAM RESOURCES

Bone Health and Osteoporosis Foundation Fracture Risk Calculator™ (BHOFF FRC) (developed by American Bone Health)

The BHOFF Fracture Risk Calculator is available for consumers visiting the website and is an effective fracture risk screening tool where the participants age is 45 or over. Encourage participants to use this tool, as BHOFF will proactively follow up with takers by immediately providing an email with their FRC results. The participants can subscribe to an email campaign that sends 6 weekly emails with topics related to creating a bone health plan.

The topics include:

1. Bone density testing
2. Exercise
3. Nutrition
4. Talk with a health care provider about bone health
5. Lifestyle choices that impact bone health
6. Fall prevention

The weekly emails will be tailored to someone with low fracture risk and someone with moderate or high fracture risk. Before receiving the first email about bone density testing, they will receive confirmation that they have completed the FRC and will be getting emails from BHOFF regarding creating a bone health plan. In this email, they can opt out of the bone health plan email campaign.

Other Programs Available

BHOFF has specialized community programs geared toward specific populations and health conditions. Please contact someone on the program staff if you are interested in any of the following programs:

Why Healthy Bones Matter™

The Why Healthy Bones Matter™ bone health education series focuses on specific populations and health conditions where bone health is typically a concern. We cover the connection between the condition or population and bone health.

Why Healthy Bones Matter™ for the Black Community

Black people living in America are less likely to be screened for bone health, to receive treatment, and more likely to have chronic diseases that are bad for bones. Participants gain an

understanding of how medical conditions, medicines, family history and lifestyle can affect bone loss.

Why Healthy Bones Matter™ for People Living with Breast Cancer

Breast cancer and some of its treatments can harm bones. Bone health is important for overall well-being during breast cancer treatment and beyond.

Why Healthy Bones Matter™ for People Living with HIV

This on-demand program provides information on how HIV can significantly impact bone health, which may go unnoticed until it is too late, and a broken bone happens. Also covered are steps to be taken to help prevent bone problems while living with HIV.

BoneSafe™ Basics for Movement Professionals

Training for the trainer, this program provides the bone health basics you need to teach your clients the proper exercises to avoid fractures and increase their strength & mobility the bone safe way.

Best Bones Forever®

A fun, interactive program geared for children aged 8 – 16 years.

Website Resources – [BoneHealthandOsteoporosis.org](https://www.bonehealthandosteoporosis.org)

The website is filled with informative articles and tools to help you as a Peer Educator and your community. Be sure to educate program participants about all the tools on the website, especially:

- **[Path to Good Bone Health](https://www.pathtogoodbonehealth.org/)** – This roadmap is for patients and care partners at any stage of their osteoporosis journey, including newly diagnosed. It will guide you to learn the key things you need to know. And, it will point you to resources to answer your questions. We hope this roadmap will help you take care of your bones to stay healthy, active and independent throughout your lifetime!
(<https://www.pathtogoodbonehealth.org/>)
- **[Patient Support Groups](https://www.bonehealthandosteoporosis.org/patients/patient-support/bhof-support-groups/)** – Support Groups are a great way to learn more about osteoporosis and how to live with the disease directly from those in similar situations. Share the directory below in your community to find Support Groups in your area. If there isn't a Support Group in your area and someone is interested in starting one, please review the [BHOFF Support Group Network Overview](https://www.bonehealthandosteoporosis.org/patients/patient-support/bhof-support-groups/).
(<https://www.bonehealthandosteoporosis.org/patients/patient-support/bhof-support-groups/>).

- **Healthy Bones Guide: [Your Guide to a Bone Healthy Diet](https://www.bonehealthandosteoporosis.org/healthy-bones-guide/)** – Diet and exercise play critical roles in building and maintaining good bone health for people at every life stage—from infancy through adulthood. The food that you eat can affect your bones. Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important for your bone health and overall health will help you make healthier food choices every day.. (<https://www.bonehealthandosteoporosis.org/healthy-bones-guide/>)
- **[BHOFF Helpline™](#)** - Callers can speak with someone about their situation and concerns and help them sort through their options. Having a friend who knows about bone health can give a sense of control. Call (855) 365-2663 or email info@bonehealthandosteoporosis.org.
- **[Inspire](#)** –The Bone Health and Osteoporosis Foundation Support Community connects patients, families, friends and caregivers for support and inspiration. This community is sponsored by the Bone Health and Osteoporosis Foundation, an Inspire trusted partner. (<https://www.inspire.com/groups/bone-health-and-osteoporosis/>).
- **[BHOFF News and Events](#)** – Missed the latest update newsletter or want to share with others in your community? Visit this webpage where you can find newsletter as well as press and media kits, press releases and news on bone health. Make sure people in your community know how to access the events page where they can find all of the upcoming events being offered. (<https://www.bonehealthandosteoporosis.org/news-events/>).
- **[Peer Educator Training](#)** – Our Peer Educators form the backbone of the Bone Health and Osteoporosis Foundation. These trained volunteers represent BHOFF on the front lines in their own communities. We support them every step of the way! (<https://www.bonehealthandosteoporosis.org/peer-educator-training/>).

SIGNATURE PROGRAMS IN THE COMMUNITY

The cost for the host facility is sometimes free, but often an organization, such as a women's club, will make a small donation to BHOF in your name, as a thank you. This is a tribute to your time and effort. Be sure to send in any contributions so we can acknowledge the donation and give your community credit. When doing a BHOF sponsored event, you cannot charge a personal or professional fee.

About Community Events

Contact any membership organization in your area that routinely provides speakers to the community. Typical organizations are community centers, senior centers, Rotary Clubs, garden clubs, schools, hospitals, fitness centers, health clubs, or retirement centers. Share the website and ask if you can give an educational bone health presentation.



Before your first **in-person** formal speaking event, some volunteers have invited a small group of friends, family, or job co-workers to their home to practice the program in a more intimate setting. They have found this is an excellent way to prepare themselves for giving a larger, more formal public talk. It may take several months to get on a

community calendar.

For **virtual events**, we prepare by having a test run where you can learn the platform, walk through the presentation, and understand the flow of the program. BHOF manages the backend of the virtual event allowing you to focus on delivery to your audience. We typically have two program staff managing the virtual event and supporting you behind the scenes.

STEPS FOR DOING PROGRAMS IN THE COMMUNITY

Decide what you would like to do. Start with the Healthy Bones for Life™ program. Think about the best use of your skills and experience. We prefer new PEs to start with virtual events before moving to in-person events. Regardless of the platform used, please contact us to secure a date.

Find a community partner. Many of our programs benefit from working with community partners, whether it's a senior center, hospital, exercise studio or county health department. If holding an in-person event, we ask the host facility to provide the copying of the handouts.

Use BHOF as a resource. There are many ways that BHOF can help as you seek partners. We can assist with informational brochures, conference calls, follow-up phone calls with partners, etc., to ensure that you have all the backing you need to establish your credentials in your community. We provide all educational materials needed at the event.



CONGRATULATIONS! You have a program scheduled!

List your event. When you schedule a BHOF program be sure to notify a program staff member so we can place it on the BHOF calendar of events. The event posting must be approved by a staff member before appearing on the calendar. To confirm an event, we need the following information:

- PE name, email, program selected, date, and time
- Facility contact name, title, email, phone, facility name, address (and location address, if different)

Promote event to your network. You can tweet to your network and share on your social media channels. These posts are an effective way to advertise your program.

Get materials. Once your program is scheduled, a program staff member will send you the materials needed for a successful event. Please allow at least two weeks for event setup if a virtual program and a month for an in-person event.

Collect. To evaluate our programs, please have your participants register at your event using the Sign-Up Sheet for in-person events. We will register your participants for the e-Newsletter if they have an email address. Send your completed sign-up sheets to a staff member. If the event is virtual, we will have the attendee registration information through the online platform.

Report. To track our impact as an organization, after each in-person event, please send us the number of attendees. This way we capture the total number of participants at the event as some people won't sign in. Take a head count as best you can.

Thank your partners. After your program, be sure to thank everyone. This includes any and everyone involved, from other volunteers to partner organizations and sponsors. Remember that the relationships you are building will help establish a strong community bone health network. Gather names of individuals who might want to help you with future programs.

Report any donations. If you receive any donations – in-kind or cash – forward them and the donor information to a development staff member so we can send a tax-deductible acknowledgement.

OTHER WAYS TO VOLUNTEER

Bone Health and Osteoporosis Foundation cares about getting the word out and has chosen to have a small number of staff members to stay nimble and control costs. The balance of work is completed by volunteers. We know that our volunteers have many talents, and we would be thrilled if you would like to volunteer in the following areas – simply email or call us.

BHOFF Helpline. Do you like speaking with the public about bone health, then offer your expertise in answering inquiries on the Helpline. You'll help people sort through their options and perhaps help someone who has been newly diagnosed with osteoporosis.

Bone Blogger. Research and write guest blog posts with a focus on nutrition, exercise, and bone health.

Bone Health or PE Mentor. Work with BHOFF headquarters to develop a video or live talk to train other Peer Educators on special topics. Are you a specialist in a bone healthy area such as a medical doctor, physical therapy, exercise, or nutrition? We could include your training in the Peer Educator Continuing Education section.

Event-Location Scouting. Identify and contact potential event locations for Peer Educators. Update database with information and contact outcome, keep Peer Educators apprised of

potential opportunities and record interest/activity, work with BHOFF headquarters to send out support materials for event as needed. A minimum commitment of six months, with four hours or more of service per month is required.

Health Fair. Sometimes we are called to participate in a larger health fair where we are one of many “vendors”. We try to focus on the most important aspects of bone health and sharing the FRC. Must be approved by program staff prior to commitment.

Program Updates. Do you have a specialized skill like Physical Therapist, Registered Dietitian or DXA Technician? The signature programs are refreshed at least on an annual basis, and we could use your expertise with this process.

Social Media Posting. Sharing BHOFF events can help spread the word about your activity as a Peer Educator and bone health. Follow BHOFF and share upcoming events to your networks.

CONTACT INFORMATION

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