

Introduction to Bone Health Workshop Guide

Starter Activity - Self-Evaluation Quiz

Before the workshop begins, complete the LEFT SIDE of the chart below.

Before Workshop			After Workshop	
Yes	No	I am able to...	Yes	No
		Briefly describe the bone growth cycle		
		List 4 lifestyle requirements for strong bones		
		List 2 nutrients needed for good bone health		
		State the definition of osteoporosis		
		Briefly describe the relationship between osteoporosis and broken bones or fractures		
		Identify a minimum of three risk factors for developing osteoporosis that cannot be changed		
		Identify a minimum of three risk factors for developing osteoporosis that can be changed		

How do bones grow?

In groups of 3-4, brainstorm and share what you might already know about how bones grow

Please, record your ideas below.

What are strong bones?

In your groups, collaborate and share what you know from your experience to respond to the questions below.

Please, record your ideas below.

What is Bone Strength?

Why are strong bones important?

Why should strong bones be a priority from an early age?

What is Osteoporosis? - Definitions

Fill in the blanks below with the appropriate keyword.

_____ - a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture, even with a minor event (such as slipping or falling)

_____ - a fracture caused by an injury that would be insufficient to fracture normal bone

What is Osteoporosis?

What are the osteoporosis risk factors?

Partner with someone in your group and share your knowledge of the risk factors for osteoporosis and complete the sections below. List a minimum of three factors for each category.

Please, record your ideas below.

Risk factors you cannot change

Risk factors you may be able to change

Cool-down Activity

Review your Self-Evaluation Quiz from the starter activity at the beginning of the workshop

Complete the RIGHT SIDE of the chart to identify what you have learned during the workshop

With the person next to you, discuss:

- what did you learn in the workshop?
- what did you find surprising about the workshop?
- what do you want to learn more about?
- what will you do next with this new knowledge?