



## HEALTH INDEX SCORE HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

Osteoporosis is a disease that causes a person's bones to become weaker and to break more easily. For example, if an elderly person with osteoporosis trips and falls, he/she could break his/her hip or leg. On the other hand, a person without osteoporosis who has the same fall would be less likely to break any bones. Women are four times more likely to develop osteoporosis; however, men can also have osteoporosis. Also, half of women over the age of 50 years with bone fractures are due to osteoporosis.

OSTEOPOROSIS

### RISK FACTORS:

1. Are you female?
2. Are you over the age of 50 or completed menopause?
3. Do you get regular weight-bearing and/or resistance training exercise?
4. Do you get calcium and vitamin D in your diet and/or with supplements?
5. Do you or your family break bones easily?
6. Do you currently smoke or drink alcohol?

Healthy is 0-1 risk factors

Health Risk is 2-3 risk factors

Unhealthy is more than 3 risk factors

- HEALTHY** – If you answered yes to less than 1 risk factor, you are in the healthy range. Look on the back side of this card for additional details.
- HEALTH RISK** – If you answered yes to 2 risk factors, you are in the health risk range. Look on the back side of this card for additional details.
- UNHEALTHY** – If you answered yes to 3 or more risk factors, you are in the unhealthy risk range. Look on the back side of this card for additional details.

# CRCH

CENTER FOR RURAL & COMMUNITY HEALTH

[CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY BONES:** Continue to eat healthy, perform weight-bearing exercises and/or resistance training, maintain a healthy weight, and don't smoke or drink alcohol.

**HEALTH RISK OF BONE DAMAGE:** Ask your doctor for more information about prevention of osteoporosis. You can check your bone density using a non-invasive test.

**UNHEALTHY BONES:** Consult your doctor about nutrition and exercises that will improve your health and reduce your risk of osteoporosis. Evaluate your home for preventing falls.

Check with your doctor to make sure you are safe before starting an intense exercise program. Ask for contact information of a professionally educated trainer, physical therapist or exercise physiologist. Also, talk to your doctor about nutrition and see how your diet could improve your health.

## Get more information

### **ABOUT OSTEOPOROSIS AND HOW TO REDUCE YOUR RISKS BY...**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

*Sponsored by the West Virginia Clinical and Translational Science Institute*

