

WTNS Radio OSU Extension Update for February 28, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about bone health, and as always look at some upcoming programs from OSU Extension.

A couple of years ago I came across a treasure in a box of old cassette tapes. As I pushed play on the cassette player, out came my 11-year-old voice explaining the importance of getting plenty of calcium in your diet to prevent osteoporosis. It was a practice round for the 4-H Health and Safety Public Speaking Contest, and my speech was titled "Give Your Bones a Break."

The National Osteoporosis Foundation estimates that over half of Americans over the age of 50 have either osteoporosis or low bone mass. According to a 2014 study in the Journal of Community Medicine, osteoporosis is a systemic skeletal disorder characterized by low-bone mass, deterioration of bone tissue, increased bone fragility, and its susceptibility to recurrent fractures. It is a silent disease which means that there are no warning signs until a fracture occurs.

Adequate intake of calcium and vitamin D have long been associated with prevention of osteoporosis. Our bones increase in density until about age 30, but then start to gradually lose mass. Teens need the most calcium, followed by adults, with an increase in levels again after age 50. Aim for at least 1,000 mg of calcium each day and higher for teens and older adults.

Calcium rich foods include dairy products like milk, cheese, yogurt, and cottage cheese. These contain between 130 – 450 mg of calcium per cup. Remember to choose low or no-fat and no added sugar options when it comes to dairy products. There are also plenty of other foods that contain calcium like soybeans, tofu, spinach (with a whopping 240 mg per cup), kale, turnip greens, and a number of fortified products like orange juice, oatmeal, cereal, and more.

Calcium and vitamin D go hand in hand because of the role that vitamin D plays in calcium absorption in our bodies. Vitamin D is the sunlight vitamin. Just 10 to 15 minutes in the sun a few days a week gives our bodies the time needed to produce this vitamin naturally.

There are also numerous studies on the effects of eating dried plums, or prunes, to maintain or build bone mass. In general, there is evidence to suggest that eating 5 prunes a day is beneficial

for bone health. This may be partly because of the potassium and vitamin K content of prunes, but there is something special about the other active compounds in prunes that offer benefits as well.

Diet is one important factor. Weight-bearing exercise is also a critical part of the formula for healthy bones. That is probably not our normal first thought when it comes to physical activity. We may think about building or maintaining muscle mass or about improving our balance. But exercise also helps our bones.

According to Kansas State University Extension Specialist, Sharilyn Flaming Jackson, bone is living tissue, just like muscle. Anything that forces you to work against gravity is effective exercise because as you put more tension on your muscles it also puts more pressure or stress on your bones. Your body responds by creating fresh, new bone and greater bone strength.

Weight bearing exercise is anything that involves an impact with the earth and requires your feet and legs to support you. Some examples include brisk walking, hiking, climbing stairs, weight training, dancing, yoga, and tennis. An interesting recent study, reported in the American Journal of Health Promotion, reveals that jumping 10 times twice a day provides greater bone-building benefits than running or jogging. Make an effort to build your bones this week.

And now let's look at some upcoming programs from OSU Extension. The ServSafe® Manager Food Safety Training course will be offered on Mondays, April 11, 18, and 25 from 9:00 a.m. until 4:00 p.m., with the proctored exam Friday, April 29 at 9:00 a.m. This training enhances understanding of major food safety principles, including factors leading to contamination of food, time and temperature abuse, cross-contamination and personal hygiene. Pre-registration is required. You can find details about this program and future programs related to financial wellness, food preservation, diabetes, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!