

HealthReach Community Health Centers

October 2018

October 12th-20th is...

Bone and Joint Health Action Week!

Here are some facts and suggestions about bone health:

FACTS

- ◆ More than half of Americans over the age of 18 are affected by musculoskeletal conditions
- ◆ 54 million Americans have low bone density or osteoporosis
- ◆ It is never too late to take steps to protect your bones

HOW TO IMPROVE YOUR BONE AND JOINT HEALTH

- ◆ Eat fruits and vegetables
- ◆ Exercise
- ◆ Increase vitamin D
- ◆ Eat calcium rich food
- ◆ Reduce salt
- ◆ Increase movement!



*Bone and joint conditions
are the most common
cause of severe long-term
pain and physical disability!*

Resources:

<https://www.usbji.org/programs/public-education-programs/action-week>
<https://www.arthritis.org/living-with-arthritis/pain-management/joint-protection/joint-health.php>
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060>
<https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/>