

# National Osteoporosis Foundation

## 2010 SURVEY OF STATE OSTEOPOROSIS ACTIVITIES

### Introduction

In 2010 the National Osteoporosis Foundation (NOF), along with the National Osteoporosis Council, conducted a survey of state osteoporosis activities, focusing on a few targeted questions. This report includes the results of this survey summarized in a chart for your easy viewing, along with other supporting documents.

Twelve years ago NOF conducted a similar survey. Despite advancements in the field of osteoporosis prevention, diagnosis and treatment, the results are mixed. This new information sheds light on what states currently are doing in this area and provides a base for improving public education policies that incorporate programs for better bone health.

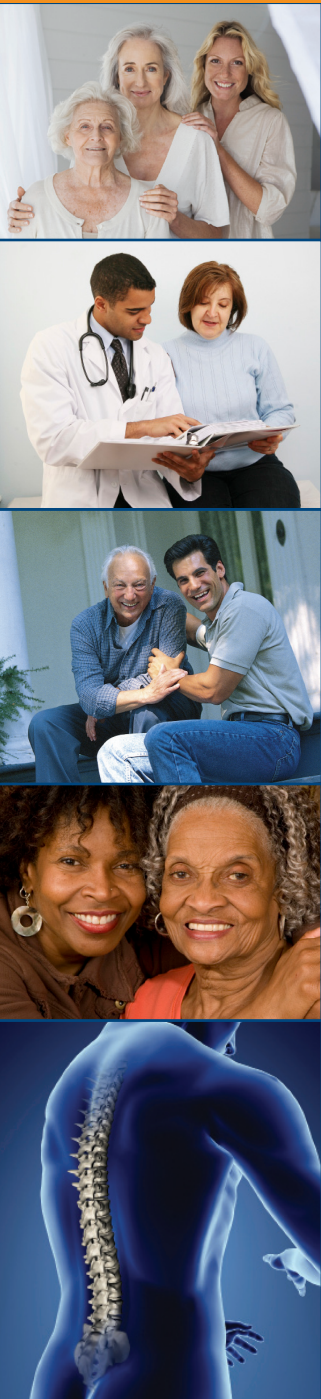
In 2010, 27 states have osteoporosis education laws as compared with 25 states in 1998. However when one looks at funding, the picture changes.

In 2010, 11 states reported funding for osteoporosis programs as compared with 22 states in 1998-99. This represents a 50 percent decrease in the number of states with funded osteoporosis education programs. And for most of these states, the dollars are trending downward.

But states did respond positively about the availability of evidence-based programs with an osteoporosis component. Among the states that responded, more than 60 percent (30 states) offer the Chronic Disease Self-Management Program; more than 40 percent (22 states) provide the Matter of Balance Falls Prevention Program; and nearly 30 percent (14 states) offer the Enhance Fitness Program (program descriptions are at the end of this document). In addition, other programs are provided in some states.

From this brief survey, we glimpse at a broad overview of state educational activities but many questions still remain.

- Do these programs adequately address the needs of those with or at risk for osteoporosis?
- Do these programs provide adequate awareness of optimum bone health throughout the lifespan?

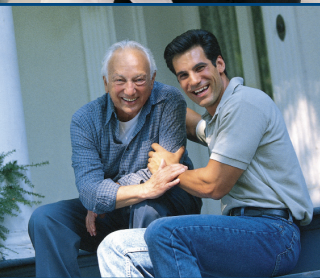


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- Are there sufficient slots for those interested in taking the currently offered classes?
- Are there enough instructors for those interested in participating?
- Are there waiting periods that could discourage participation?
- Do school curricula address exercise, fitness and nutrition issues?
- As the fiscal constraints on states continue to increase, how will states initiate, maintain, and expand programs related to bone health?
- With federal budgets tightening, too, will there be a dedicated funding stream to support these bone health awareness and education programs?

Because one in two women and up to one in four men over the age of 50 will have an osteoporosis-related fracture in their remaining lifetimes, there is an urgent need for bone health programs at the state and federal levels. For this reason, NOF, along with other leaders of the National Coalition for Osteoporosis and Related Bone Diseases, are advocating for the passage of the Bone Health Promotion and Research Act, legislation that would create increased national and state prevention, awareness, education and surveillance programs.

NOF salutes the dedicated individuals in public health who currently serve the nation and appreciates the time that state officials took to fill out the brief survey. NOF will continue to advance public policies and support funding to expand programs that address bone health awareness and education.

Should anyone find a discrepancy in the following data, please contact NOF so we can review the information. We also welcome any comments and recommendations to improve public awareness and education about optimum bone health. You can contact NOF's Public Policy and Government Relations Department at 1 (800) 231-4222 or at [states@nof.org](mailto:states@nof.org).

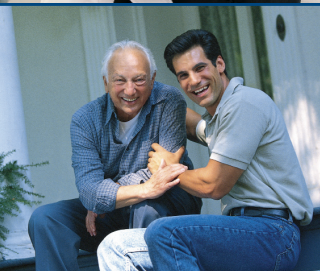


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State	State Plan	State Education Law	Chronic Disease Self-Management Program	Matter of Balance Falls Prevention Program	Enhanced Fitness Program	Enhance Wellness Program	Other Programs	2010 Osteoporosis Funding	2010 Osteoporosis Legislation	Individuals with Osteoporosis and Low Bone Density*
ALABAMA	X	✓						0	X	725,000
ALASKA	X	X						0	X	72,400
ARIZONA	X	X	✓	✓	✓			0	X	807,700
ARKANSAS	X	✓	✓	✓				< \$100,000	X	479,600
CALIFORNIA	✓	✓	✓	✓				0	X	4,297,500
COLORADO	X	X	✓	✓				0	X	660,800
CONNECTICUT	X	✓	✓					0	X	556,200
DELAWARE	X	✓	✓	✓				0	X	120,400
DISTRICT OF COLUMBIA										61,200
FLORIDA	X	✓						0	X	3,014,600
GEORGIA	✓	✓						0	X	1,084,800
HAWAII	X	X	✓		✓			0	X	205,800
IDAHO	X	X					✓	0	X	222,400
ILLINOIS	X	✓	✓	✓			✓	\$408,000	X	1,824,500
INDIANA	X	✓	✓					0	X	995,600
IOWA	X	X	✓	✓	✓			0	X	536,000
KANSAS	X	X	✓	✓			✓	0	X	439,600
KENTUCKY	X	X	✓	✓			✓	0	X	693,400
LOUISIANA	X	X					✓	0	X	638,000
MAINE	X	X	✓	✓	✓	✓		0	X	229,900
MARYLAND	X	X			✓			0	X	750,800
MASSACHUSETTS	X	X		✓				\$75,000	X	1,034,800
MICHIGAN	X	✓	✓	✓	✓		✓	0	X	1,509,300
MINNESOTA	X	X	✓	✓	✓		✓	0	X	788,700
MISSISSIPPI	X	✓					✓	0	X	414,400
MISSOURI	X	✓	✓	✓	✓	✓		0	X	939,800

✓ = Yes    X = no    Blank = no response

\*Estimates for 2002 from *America's Bone Health: The State of Osteoporosis and Low Bone Mass In Our Nation*, National Osteoporosis Foundation.

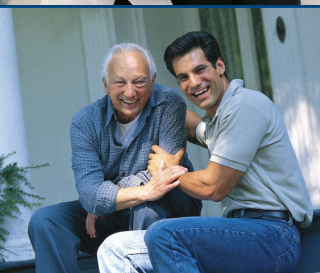


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MONTANA	x	x						0	x	176,600
NEBRASKA	x	x	✓				✓	0	x	291,700
NEVADA	x	x						0	x	324,700
NEW HAMPSHIRE	x	✓	✓	✓				0	x	197,200
NEW JERSEY	✓	✓	✓	✓			✓	0	x	1,323,200
NEW MEXICO	x	✓	✓	✓	✓		✓	\$47,708	x	270,000
NEW YORK	✓	✓	✓	✓				\$250,000	x	2,831,400
NORTH CAROLINA	x	x	✓	✓			✓	\$35,000	x	1,273,300
NORTH DAKOTA	x	x						0	x	117,000
OHIO	x	✓	✓	✓	✓			\$120,000	x	1,889,200
OKLAHOMA	x	✓					✓	0	x	590,500
OREGON	x	x	✓					0	x	639,100
PENNSYLVANIA	✓	✓					✓	\$50,000	x	2,216,300
RHODE ISLAND	x	✓	✓					0	x	172,600
SOUTH CAROLINA	x	✓	✓	✓	✓			0	x	606,200
SOUTH DAKOTA	x	x						0	x	132,200
TENNESSEE	x	x						0	x	950,000
TEXAS	x	✓			✓	✓	✓	0	x	2,748,500
UTAH	x	✓	✓		✓			\$40,000	x	286,100
VERMONT		x	✓					0	x	104,800
VIRGINIA	x	✓						0	x	1,058,100
WASHINGTON	✓	✓					✓	\$75,000 - \$100,000	x	970,200
WEST VIRGINIA	x	✓	✓	✓	✓		✓	\$250,000	x	369,900
WISCONSIN	✓	✓	✓				✓	0	x	896,100
WYOMING	x	x					✓	0	x	88,200
<b>TOTAL</b>	<b>7</b>	<b>27</b>	<b>30</b>	<b>22</b>	<b>14</b>	<b>3</b>	<b>20</b>	<b>11 States</b>	<b>0</b>	<b>42,303,100</b>

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### Description of State Programs Included in Survey

#### **THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

The Chronic Disease Self-Management Program is an evidence-based program developed by Stanford University School of Medicine. People with different chronic diseases attend a workshop in community settings for two and one-half hours, once a week, for six weeks. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease. The workshop teaches the skills needed in the day-to-day management of treatment and to maintain and/or increase life's activities. Each participant receives a copy of a companion book and an audio relaxation tape.

#### **MATTER OF BALANCE - FALL PREVENTION PROGRAM**

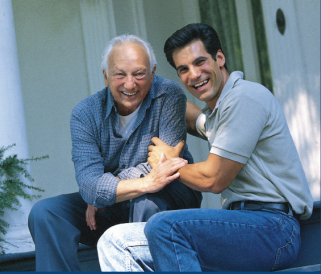
The Matter of Balance Program is an evidence-based program developed by the Roybal Center for Enhancement of Late-Life Function at Boston University. It consists of eight two-hour group sessions led by trained lay leaders and is designed to reduce the fear of falling and increase activity levels among adults.

#### **ENHANCE FITNESS**

The Enhance Fitness Program is an award-winning exercise program conducted by certified fitness trainers to help older adults at all levels of fitness become more active and empowered to sustain independent lives. The one-hour classes meet three times a week for five-week sessions.

#### **ENHANCE WELLNESS**

The Enhance Wellness Program is an award-winning motivational program for an individual for at least six months run by a team of two professionals to yield measurable health results. Often is a complement to formal healthcare services and to Enhance Fitness.



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