

Falls Awareness & Bone Health Week

New Bone Health Information Specific to Age Groups - Download from a link on the Activity Hub Health & Wellbeing Page

Bone Development Bones growing in size.

Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have 3 portions of calcium a day) and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance Calcium: 800 mgs daily Ref: IOS, 2023 Vitamin D: 400 iu daily (10 mcg) Ref: FSAI, 2020

Exercise Moderate to vigorous intensity activity for at least

Bone Development Bones growing in size.

Diet Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have 3 portions of calcium a day) and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance Calcium: 800mgs daily Ref: IOS, 2023 Vitamin D: 400 iu daily (10 mcg) Ref: FSAI, 2023

Exercise Moderate to vigorous intensity activity for at least 60 minutes every day to include muscle-strengthening,





G

Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have 5 portions of calcium a day) and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight. σ

> **Recommended Daily Allowance** Calcium: 1200 mgs daily Ref: IOS 2023 Vitamin D: 600 iu daily (15 mcg) Ref: FSAI, 2023

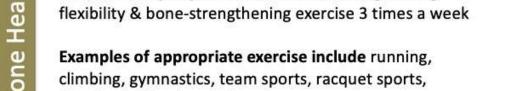
Exercise





60 minutes every day to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week Examples of appropriate exercise include: crawling, climbing, tumbling, rolling, running, playground equipment, gymnastics & dancing. Ref: HSE National Physical Activity Guidelines for Ireland





dancing, hiking, ice skating, jump-rope Ref: HSE National Physical Activity Guidelines for Ireland



Moderate to vigorous intensity activity for at least 60 minutes every day to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week Examples: running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope Ref: HSE National Physical Activity Guidelines for Ireland

Bone Health

Happy Bones 2023

Bone Development

Bones growing in density and strength

Diet

Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have 3 portions of calcium a day) and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance Calcium: 800 mgs daily Ref: IOS, 2023 Vitamin D: 600 iu daily (15 mcg) Ref: FSAI, 2023

Exercise

Moderate to vigorous intensity activity for at least 30 minutes every day to include musclestrengthening, flexibility & bone-strengthening exercise 3 times a week Examples: running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope Ref: HSE National Physical Activity Guidelines for Ireland



Bone Development

From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss. Important - in menopausal women there is a rapid bone loss due to reduction in oestrogen.

Diet

Adul

de

Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have 3 portions of calcium a day and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance Calcium: 800 mgs daily Ref: IOS, 2023 Vitamin D: 600 iu daily (15mcg) <u>Ref: INDI, 2023</u>

Important

Diet

Bone Health medication should always be taken as prescribed.



Exercise Moderate intensity activity for at least 30 minutes a day 5 days a week (or 150 mins a week). Examples: brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor gym equipment, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics

Ref: HSE National Physical Activity Guidelines for Ireland Bone Health Happy Bones 2023



From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.

Diet

Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have 3 portions of calcium a day and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance Calcium: 800 mgs daily Ref: IOS, 2023

Vitamin D: 600 iu daily (15mcg) Ref: FSAI, 2023

Important

Bone Health medication should always be taken as prescribed.



Exercise

Moderate intensity activity for at least 30 minutes a day 5 days a week (or 150 mins a week)

Examples: brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor gym equipment, gardening, Pilates, own bodyweight workout, resistance bands, tai chi, martial arts, low impact aerobics. Ref: HSE National Physical Activity Guidelines for Ireland

Bone Health

Happy Bones 2023

Bone Development

Diet

sunlight.

From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.



gym equipment, gardening, Pilates, own body-

arts, low impact aerobics.

weight workout, resistance bands, tai chi, martial

Ref: HSE National Physical Activity Guidelines for

Happy Bones 2023

Bone Development

conditions and some medications.

Bone development occurs at a different rate in a person with an intellectual disability. This may be due to reduced movement, dietary intake, medical

Important to have diet rich in calcium for example

milk, cheese, yogurt, it is important to have 3



Bone Development Natural bone loss with age - lower bone mass. Diet



yogurt, 3 portions a day

Calcium: 800 mgs daily

Ref: IOS, 2023 Vitamin D:

Ref: FSAI, 2023

Important

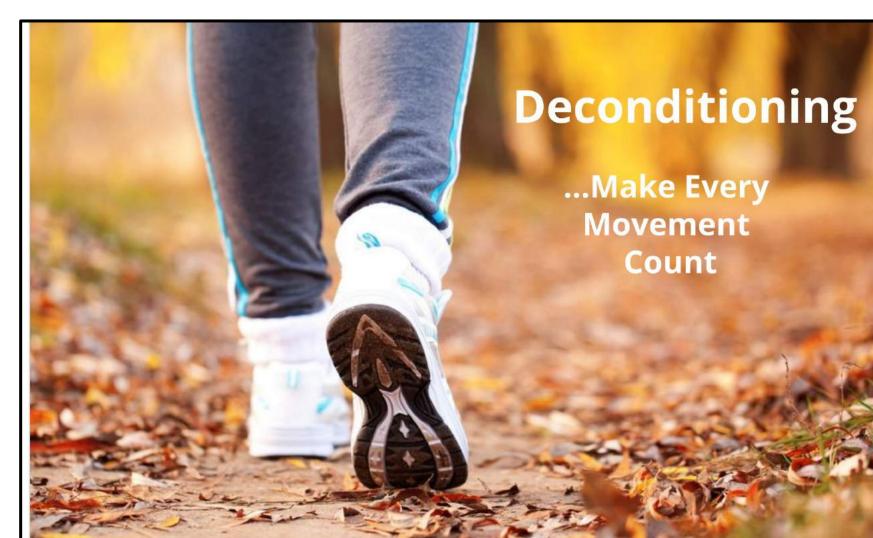
and naturally from sunlight.

Older Adults 20mcg or 800iu

be continued as prescribed.

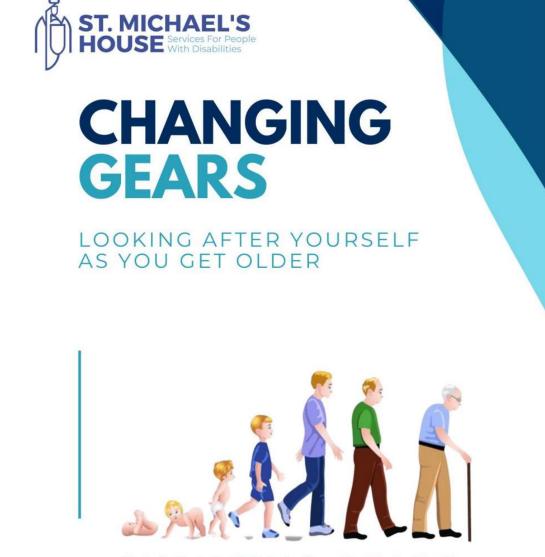
Recommended Daily Allowance







Staff



Ref: FSAI, 2023 Important Bone Health medication should always be taken as prescribed.

Recommended Daily Allowance Calcium: 800 mgs daily Ref: IOS, 2023 Vitamin D: 600 iu daily (15mcg)

Exercise Moderate intensity activity for at least 30 minutes a day 5 days a week (or 150 mins a week) Examples: brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor

Ireland

Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have **3 portions** of calcium **a day** and Vitamin D for example eggs, oily fish, fortified cereals and milk and naturally from

| portions for adults or 5 por for teenagers and Vitamin I fish, fortified cereals and mi | D for example eggs, oily | |
|---|--------------------------|--|
| sunlight. Recommended Daily Allowance Calcium 1-3 yrs 800 mgs daily, 4-10 yrs 800 mgs daily, 11-17 yrs 1200 mgs daily, 20-30 yrs 800 mgs daily, Over 30 yrs – Old Age 800 mgs <u>Ref: IOS, 2023</u> Vitamin D 1-10 yrs 400 iu daily (10mcgs), 11-65 yrs 600 iu (15mcgs), > 65 yrs Healthy Older Adult 600iu (15 mcgs), > 65 yrs Housebound Older Adult 800 iu (20mcg) Ref: FSAI, 2023 | | Exercise 1-18 year - Exercise for 60 minutes every day 18+ years - Exercise for 150 minutes per week Be as active as ability allows Examples: walking, running, jumping, hopping, dancing, gardening, hiking, tai chi, marital arts, racquet sports, team sports, low impact aerobic low impact aerobics, resistance bands, weights, gardening. Ref: HSE National Physical Activity Guidelines for Ireland |
| Important Bone Health medication sho taken as prescribed. | ould always be | Bone Health Happy Bones 2023 |

ping, hopping, i, marital arts, impact aerobics, oands, weights, ty Guidelines for

Exercise

Moderate intensity activity for at least 30 minutes a day 5 days a week (or 150 mins a week). Focus on aerobic activity, muscle strengthening and balance.

Examples: walking, running, dancing, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics

Ref: HSE National Physical Activity Guidelines for Ireland

Bone health medication in older adults living in

residential care settings with osteoporosis should always

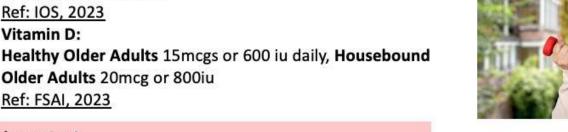
Important to have diet rich in calcium - e.g. milk cheese Vitamin D - e.g., eggs, oily fish, fortified cereals and milk





Bone Health

Happy Bones 2023





Other Health Information Resources to Access from the Activity Hub Or email activityhub@smh.ie

