

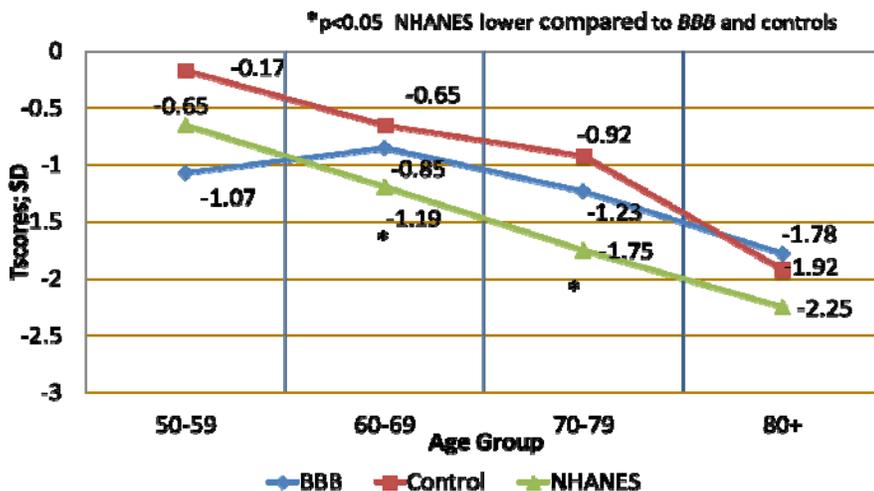
Better Bones and Balance™

Effects on Bone Health

- Oregon State University researchers conducted a study to evaluate the relationship between community-based participation in Better Bones and Balance (BBB) and measures of bone health among older, postmenopausal women.¹
- Women who had been participating in BBB for at least one year were compared to age matched controls (non BBB participants) on measures of bone mineral density (BMD) and bone structure (size and shape).



Bone Outcomes – Community-based Setting BBB vs. Controls vs. NHANES



When compared to a national database of BMD measures²:

- 1) Both BBB and Controls had higher than average hip t-scores.
- 2) Controls exhibited very high BMD. (Whole body and spine t-scores were within “normal” range for controls when compared to young adult).

To interpret these results, some important factors must be considered:

- Inactivity does not benefit skeletal health, or help to prevent fractures.
- Regular participation in weight bearing activity is the best strategy to reduce your risk of experiencing a fracture and optimizing your skeletal

- The stringent exclusion criteria may have forced selection of healthier than average controls.
- BBB participants may take part in the program because they have been diagnosed with low BMD.
- It is possible that without BBB, these participants might have had lower hip BMD than controls

Sources:

1 McNamara, Gunter (2010). Osteoporosis International, DOI 10.1007/s00198-011-1816-6.

2 National Health and Nutrition Examination Survey (NHANES). <http://www.cdc.gov/nchs/nhanes.htm>