



## Free Papers Presentation

# Community Collaboration Towards Bone Health

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### **Introduction:**

Osteoporosis, age-related disease, tends to attract less attention in the world (WHO, 2004). Comprehensive information and services in bone health for elderly are little and not easy to access in current Hong Kong community. To improve the insufficiency, community client-based healthy bone program conducted in 3 coordinated elderly centers of Shatin District and extended to other NGOs sectors.

### **Purpose of the Project:**

The objectives are to enhance public awareness and educate diet and muscle strength exercises in bone health, and promote home exercises, home safety and vibration therapy to public.

### **Material & Methods:**

Since 2000, Community fall prevention campaign started and provided healthy bone educational talks in different districts elderly centers of Hong Kong. In recent years, it has developed comprehensive and extended with collaboration of NGOs. Through assessment, education talks, Tai Chi exercises group and VCD, carnivals and Women Association Open Days, active lifestyle with bone health diet, exercises, fall prevention and home safety promote. Besides, high frequency low magnitude vibration therapy, non-pharmacological modality to bone health, cites in 3 coordinated elderly centers of Shatin District. Train-the-trainer courses have held to empower community centers staff and volunteers participation.

### **Results:**

Over 200 educational talks performed with over 17000 participants. Graduated trainers achieved 1000 from different NGOs and non-health sectors. The services have still carried on.

### **Conclusion:**

Building healthy bones in one's youth are important to help prevent osteoporosis and fractures later in life. Through this program, healthy bone knowledge and skills can widely extend from individual and family to community and younger population, like generation tree. However, it may limit in resources, manpower and clinical practices experiences. Further improvement and promotion need.