

# Appendix C

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## RESOURCES AND RELATED LINKS

This section provides the names of resources and links in government and the private sector related to bone health. Links to non-Federal organizations do not constitute an endorsement of any organization by the Federal Government, and none should be inferred.

### Federal Government

#### Agency for Healthcare Research and Quality (AHRQ)

Osteoporosis publications and electronic information

<http://www.ahrq.gov/news/pubsix.htm>

#### Centers for Disease Control and Prevention (CDC)

Growing Stronger: Strength Training for Older Adults

[http://www.cdc.gov/nccdphp/dnpa/physical/growing\\_stronger](http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger)

PATCH—CDC's Planned Approach to Community Health

<http://www.cdc.gov/nccdphp/patch/index.htm>

Physical Activity and Health: A Report of the Surgeon General

<http://www.cdc.gov/nccdphp/sgr/sgr.htm>

Powerful Bones, Powerful Girls Web Site

<http://www.cdc.gov/powerfulbones/>

<http://www.cdc.gov/powerfulbones/parents>

Powerful Girls Calendar

[http://www.cdc.gov/powerfulbones/games\\_fun/calendar\\_2004.pdf](http://www.cdc.gov/powerfulbones/games_fun/calendar_2004.pdf)

Promoting Better Health for Young People Through Physical Activity and Sports

<http://www.cdc.gov/nccdphp/dash/presphysactrpt/index.htm>

*VERB<sub>TM</sub>* *It's what you do.* Youth Media Campaign

<http://www.cdc.gov/youthcampaign/>

Wisewoman: Well-Integrated Screening and Evaluation for Women Across the Nation

<http://www.cdc.gov/wisewoman>

**National Heart, Lung, and Blood Institute (NHLBI)**

DASH (Dietary Approaches to Stop Hypertension) Eating Plan

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

Hearts N' Parks

[http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt\\_n\\_pk/index.htm](http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm)

National Cholesterol Education Program

<http://www.nhlbi.nih.gov/about/ncep/>

**National Institute on Aging (NIA)**

Exercise: A Guide from the National Institute on Aging

<http://www.nia.nih.gov/exercisebook/index.htm>

Exercise: A Video from the National Institute on Aging

<http://www.niapublications.org/exercisevideo/index.asp>

**National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**

Information Package—Ordering Information

<http://www.niams.nih.gov/hi/index.htm#ip>

Osteoporosis Prevention, Diagnosis, and Therapy

[http://odp.od.nih.gov/consensus/cons/111/111\\_intro.htm](http://odp.od.nih.gov/consensus/cons/111/111_intro.htm)

Osteoporosis: Progress and Promise

<http://www.niams.nih.gov/hi/topics/osteoporosis/opbkgr.htm>

**National Institute of Child Health and Human Development (NICHD)**

Milk Matters Educational Campaign

<http://156.40.88.3/milk/milk.cfm>

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

Sisters Together: Move More, Eat Better

<http://www.niddk.nih.gov/health/nutrit/sisters/sisters.htm>

**National Institutes of Health (NIH)**

Clinical Trials

<http://www.ClinicalTrials.gov>

NIH Osteoporosis and Related Bone Disease~National Resource Center

<http://www.osteoporosis.org/default.asp>

**President's Council on Physical Fitness and Sports**

The President's Challenge

<http://www.fitness.gov>

<http://www.presidentschallenge.org>

**U.S. Administration on Aging**

Aging Internet Information Notes: Osteoporosis

<http://www.aoa.gov/prof/notes/docs/osteoporosis.doc>

**U. S. Department of Agriculture (USDA)**

Dietary Guidelines for Americans

<http://www.usda.gov/cnpp/>

School Meals

<http://www.fns.usda.gov/cnd>

USDA Food and Nutrition Service

<http://www.fns.usda.gov>

United States National Agricultural Library

<http://www.nal.usda.gov>

**U. S. Department of Education (USDOE)**

National Institute on Disability and Rehabilitation Research (NIDRR)

<http://www.ed.gov/about/offices/list/osers/nidrr/index.html?src=mr>

**U.S. Department of Health and Human Services (HHS)**

Dietary Guidelines for Americans

<http://www.health.gov/dietaryguidelines>

*HealthierUS* Initiative

<http://www.healthierus.gov>

Healthfinder® Gateway to Reliable Consumer Health Information on the Internet

<http://www.healthfinder.gov>

Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010

<http://www.healthypeople.gov/publications/HealthyCommunities2001>

Healthy People 2010 Toolkit

<http://www.healthypeople.gov/state/toolkit>

National Women's Health Information Center

<http://www.4woman.gov>

*STEPS to a HealthierUS* Initiative

<http://www.healthierus.gov/steps/index.html>

U.S. Food and Drug Administration (FDA)

Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels

<http://www.cfsan.fda.gov/~dms/foodlab.html>

U.S. Food and Drug Administration—FDA Consumer Magazine (10/02)  
[http://www.fda.gov/fdac/features/2002/502\\_men.html](http://www.fda.gov/fdac/features/2002/502_men.html)

## State Government

### **Association of State and Territorial Chronic Disease Program Directors Osteoporosis Council**

[http://www.chronicdisease.org/Osteo\\_Council/osteo\\_about.htm](http://www.chronicdisease.org/Osteo_Council/osteo_about.htm)

Osteoporosis Council: Contact information for state osteoporosis directors/coordinators  
[http://www.chronicdisease.org/Osteo\\_Council/osteo\\_membership.htm](http://www.chronicdisease.org/Osteo_Council/osteo_membership.htm)

Osteoporosis State Program Practices That Work  
[http://www.chronicdisease.org/whc/Practices\\_that\\_Work.pdf](http://www.chronicdisease.org/whc/Practices_that_Work.pdf)

Osteoporosis 2000: A Resource Guide for State Programs  
[http://www.chronicdisease.org/Osteo\\_Council/publications/Resource\\_Guide.pdf](http://www.chronicdisease.org/Osteo_Council/publications/Resource_Guide.pdf)

### **State Osteoporosis Web Sites**

Alabama Department of Public Health  
<http://www.adph.org/NUTRITION/default.asp?DeptId=115&TemplateId=2022&TemplateNbr=0>

Arizona Osteoporosis Coalition  
<http://www.azoc.org>  
<http://www.fitbones.org>

California Department of Health Services, Arthritis and Osteoporosis Unit  
<http://www.dhs.ca.gov/osteoporosis>

Colorado Department of Public Health and Environment: Osteoporosis Web Site  
<http://www.cdphe.state.co.us/pp/Osteoporosis/osteohom.html>

Florida Osteoporosis Prevention and Education Program  
<http://www.doh.state.fl.us/family/osteo/default.html>

Georgia Osteoporosis Initiative  
<http://www.gabones.com>

Indiana Osteoporosis Prevention Initiative  
<http://www.in.gov/isdh/programs/osteo>

Kentucky Office of Women's Physical and Mental Health: Osteoporosis  
<http://chs.ky.gov/womenshealth/resourcecenter/Resources/osteoporosis.htm>

Maryland Department of Health and Mental Hygiene  
<http://www.strongerbones.org>

Michigan Department of Community Health

[http://www.michigan.gov/mdch/0,1607,7-132-2940\\_2955\\_2978—,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_2978—,00.html)

Mississippi State Department of Health

<http://www.msdh.state.ms.us/msdhsite/index.cfm/13,0,225,html>

Missouri Department of Health and Senior Services

<http://www.dhss.state.mo.us/maop>

New Jersey Department of Health and Senior Services

<http://www.state.nj.us/health/senior/osteo>

New York State Department of Health

<http://www.health.state.ny.us/nysdoh/osteo/index.htm>

Ohio Department of Health

<http://www.odh.state.oh.us/odhprograms/osteo/osteo1.htm>

Rhode Island Department of Health

<http://www.health.ri.gov/disease/osteoporosis/index.htm>

Tennessee Department of Health

<http://www2.state.tn.us/health/healthpromotion/osteoporosis.html>

Texas Department of Health: Osteoporosis Awareness and Education Program

<http://www.tdh.state.tx.us/osteo>

Virginia Department of Health

<http://www.vahealth.org/nutrition/bones.htm>

West Virginia Department of Health and Human Resources

<http://www.wvdhhr.org/bph/oehp/hp/osteo/default.htm>

## Non-Government

**American Academy of Orthopaedic Surgeons (AAOS)**

<http://www.aaos.org>

**American Academy of Pediatrics (AAP)**

Policy Statement on Calcium Requirements of Infants, Children, and Adolescents

[http://aappolicy.aappublications.org/policy\\_statement/index.dtl#C](http://aappolicy.aappublications.org/policy_statement/index.dtl#C)

**American Council on Exercise**

<http://www.acefitness.org>

**American College of Sports Medicine**

<http://www.acsm.org>

**American Dietetic Association (ADA)**

<http://www.eatright.org>

**American Society for Bone and Mineral Research (ASBMR)**

<http://www.asbmr.org>

**ASBMR Bone Curriculum Web Site**

<http://depts.washington.edu/bonebio/ASBMRRed/ASBMRRed.html>

**Bone Builders**

<http://www.bonebuilders.org/>

**BoneKEy-Osteovision®**

<http://www.bonekey-ibms.org>

**Foundation for Osteoporosis Research and Education (FORE)**

<http://www.fore.org/>

**Growing Stronger: Strength Training for Older Adults**

<http://nutrition.tufts.edu/research/growingstronger>

**International Bone and Mineral Society (IBMS)**

<http://www.ibmsonline.org/>

**International Osteoporosis Foundation (IOF)**

<http://www.osteofound.org/>

**International Society for Clinical Densitometry (ISCD)**

<http://www.iscd.org/osteoblast/index.cfm>

**National Dairy Council (NDC)**

<http://www.nationaldairyCouncil.org>

**National Osteoporosis Foundation (NOF)**

<http://www.nof.org>

**National Strength and Conditioning Association**

<http://www.nasca-lift.org>

**Osteoporosis and Bone Physiology, University of Washington**

<http://courses.washington.edu/bonephys>

**Osteoporosis Education, University of Washington**

<http://www.osteoad.org/faq/index.html#male>

<http://www.osteoad.org>

**Osteogenesis Imperfecta Foundation (OIF)**

<http://www.oif.org>

**The Paget Foundation (TPF)**

<http://www.paget.org>

**Shape-Up America!**

<http://www.shapeup.org>

**U.S. Bone and Joint Decade**

<http://www.usbjd.org>