



Fit to a T™

**Do you know your...**  
**Blood pressure?**  
**Cholesterol level?**  
**Weight?**

**T-score?**

That's right, **T-score**. If you had to think twice about what a T-score is — no, it's not a golf term — chances are you are not alone.

**Fit to a T** is an educational program designed to help you learn more about bone health, as well as the prevention, early detection, diagnosis, and treatment of osteoporosis. It will help you learn what a **T-score** means, how it relates to bone health, and why bone health is important.

The **T-score** is part of the story that tells you if your bones are weak or strong and the chances that they will break. If you think brittle bones are a natural part of aging, please think again. Knowing about bone health and how it can be measured is an important first step in lowering your risk of breaking a bone. For those at highest risk of low bone mass, knowing your **T-score** is important in learning how strong your bones are and whether you need to take action.

Bones. Bone health. Bone mineral density. **T-score**. Yes, add these to your list of health factors you need to know so you can enjoy lifelong bone health.

## How to Schedule a Session

### What the USBJI will do

- Provide guidelines on organizing a session.
- Confirm the lead healthcare presenter and other presenters; supply PowerPoint presentation; program materials.
- Can supply artwork for flyers and posters to promote session.
- Work with you to coordinate the session, requirements, and program schedule. The session is designed to take 45-60 minutes.
- Provide hand-out materials for participants.
- Supply evaluation forms.

### What you need to do

- Go to [www.fitzt.org](http://www.fitzt.org); open section "How to Schedule a Session" (blue column – right hand side.) Read the section, and download the documents at the bottom of the page, including "Guidelines on Organizing a Session," and the Registration Form.
- Decide on a date and place to hold a session.
- Complete and submit the Registration Form, including host contact details, when and where session(s) will be held, who the audience is, and how many people you expect. Send the form to the U.S. Bone and Joint Initiative (USBJI) by email to [usbji@usbji.org](mailto:usbji@usbji.org), or by fax to 847.823.1822.
- Confirm healthcare professional to lead the session, or request USBJI find presenter.
- Promote the session.
- Supply laptop/computer, LCD projector, screen, table for hand-out materials, and chairs for participants. Consider a microphone/speaker system if large audience is expected. Consider offering healthy refreshments.
- Take photos of the session and supply a brief report to the Initiative; this would be greatly appreciated.

Thank you for your interest in organizing a **Fit to a T** session!



Fit to a T



### Fit to a T

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The USBJI thanks the many individuals and organizations who have contributed to the development and delivery of **Fit to a T**.

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An Educational Program

# What You Need to Know About Your Bone Health



Fit to a T™

[www.fitzt.org](http://www.fitzt.org)

**Fit to a T** is an educational program developed by members of the U.S. Bone and Joint Initiative (USBJI) in response to the Surgeon General's first-ever report on bone health and osteoporosis. It is designed to help the public learn more about bone health, as well as the prevention, early detection, diagnosis, and treatment of osteoporosis. The USBJI is a network of some 100 organizations concerned with bone and joint health. The program is called **Fit to a T** because the T-score is a measure of a person's bone density and an estimate of their risk of breaking a bone.

Relevant to all ages, **Fit to a T** is aimed at men and women in their mid-40s to late 60s, as well as seniors and others who have had or are at risk of having a broken bone. The goal is to teach people the necessary steps to prevent or slow down bone disease before they break a bone. It also aims to help people make lifestyle changes, if they have already broken a bone, and to decrease the risk of another fracture.

#### **Fit to a T session participants learn:**

- Why bone health is important.
- What osteoporosis and low bone mass are.
- Who is at risk for developing low bone mass.
- What the symptoms and warning signs of low bone mass are.
- How osteoporosis or low bone mass is prevented, diagnosed, and treated.
- Where to learn more.

**Fit to a T** sessions typically last 45-60 minutes. They can be arranged at a local public library, community center, health/fitness club or at a local corporation. A medical expert, a health information specialist/librarian and occasionally a patient generally team up to present the program. The session features a PowerPoint presentation, collateral materials, discussion, and a question/answer period. The **Fit to a T** booklet, a risk assessment sheet, the Surgeon General's "What it Means to You" plus resource materials are distributed to participants.

#### **Fit to a T session participants will:**

- Learn to assess their living environment and fracture risk.
- Understand the basics of lifelong bone health.
- Be able to discuss bone health issues with their healthcare professional.
- Learn to identify quality consumer health information.
- Be encouraged to discuss these issues with family, friends and colleagues of all ages.

#### **Program Goals**

The USBJI through this public education program is working with communities to generate awareness and understanding of these important issues and to help reduce the approximately 2 million fractures that occur each year in this country as a result of low bone mass.

#### **Key Messages**

- Osteoporosis and other bone diseases are debilitating. They can cause pain, loss of mobility and independence, deformity and mortality — contributing to a poor quality of life.
- The disorder affects men and women of all races and ages — it doesn't just affect women.
- Information-gathering skills and prevention can help alter the course of the disease — it's never too early or too late to make changes.
- Americans can have strong bones and live healthy, independent and productive lives — through better awareness and education.

**Fit to a T** has been developed in collaboration with the Public Library Association, the National Network of Libraries of Medicine, women's associations, healthcare professional organizations including nurses, allied health professionals, and physicians.

#### **Background on Osteoporosis**

Osteoporosis is the most prevalent bone condition among Americans. Nearly one in two women and one in four men are likely to suffer from it. Osteoporosis doesn't hurt but can be debilitating or disabling due to the high incidence of broken bones in people with low bone mass. Prevention education is essential to lowering the number of people with low bone mass and broken bones.

The Surgeon General's Report on bone health and osteoporosis, released in 2004, is the first-ever such Report on this topic. Reports by the Surgeon General, America's chief health educator, have always played a critical role in promoting good health and safety. These reports identify relevant scientific data, rigorously evaluate and summarize the evidence, then determine conclusions. The Report serves as a starting point for concentrated national action to understand, prevent, diagnose and treat bone diseases.

Osteoporosis and low bone mass are the most common diseases of bone. Ten million Americans over the age of 50 have osteoporosis, and another 34 million are at risk for developing it. Each year, roughly 2 million people suffer a broken bone related to osteoporosis, frequently after minimal trauma. By 2020, half of all American citizens older than 50 will be at risk for fractures from osteoporosis and low bone mass if no immediate action is taken by everyone, including the general public, health care professionals, health systems, and policymakers.

**The costs are tremendous:** Approximately 20 percent of senior citizens who suffer a hip fracture die within a year of that fracture. Thirty years ago, doctors thought weak bones and osteoporosis were a natural part of aging. Today we know we can do something to prevent this.

While research remains a critical component of our effort to prevent and reduce bone disease in America, it is not the only one. Americans need to learn that they are never too old or too young to improve their bone health and prevent osteoporosis. **Fit to a T** can help raise awareness and educate everyone.