



Best Bones Interest Project Patch Cadette and Senior

We take many things for granted in life. For instance, have you ever thought about your bones? Bones are the framework of your body. Strong bones will help you look and feel your best. Osteoporosis, or porous bones, is a gradual loss of bone mass that causes bone to become brittle and easily break. You can prevent osteoporosis from happening to you when you get older by building strong bones NOW.

Purpose: To educate girls and adults about osteoporosis.

Requirements: Complete 8 activities, including 5 with a single asterisk (*) and 1 with a double asterisk (**).

Notes: This project should be done as a troop/group project.

To obtain your Best Bones Interest Project Patch, you must complete a Best Bones Questionnaire before starting the project. The troop/group must also complete an evaluation at the end of the project.

A Leader Packet is available at the Fox Valley Girl Scout Council Service Center.

The Leader's Guide to the Best Bones Project is a comprehensive reference that can be used as a backgrounder for adults working with troops/groups completing Best Bones requirements.

Initial box when the activity is completed:

- *1. Complete the pre-project questionnaire before continuing with patch requirements. Return the required paperwork.
- *2. Learn about osteoporosis. What is it and how it can be prevented? Discuss your findings with your troop.
- *3. Complete the risk assessment tool to find out your risk for developing osteoporosis. Have another person fill out the risk assessment tool, such as your mother, grandmother, or other family member. Compare your answers. Discuss with your troop with factors you can control and those you can not.
- *4. Learn about the role of calcium in osteoporosis, and how to ensure that you are getting the recommended amount of calcium. Have your troop/group, including yourself, complete the food frequency form and evaluate your current calcium intake. Based on the results, have each person develop a plan to increase the amount of calcium in her diet, if needed.

- *5. Learn about weight-bearing exercise and how it relates to osteoporosis. Keep an exercise log for one week. Calculate the time you spent in weight-bearing exercise. Develop a plan to increase your weight-bearing activities, if needed.
6. Learn about densitometry and other ways of diagnosing osteoporosis. Discuss these tests with your troop.
7. Learn about health professionals who work with osteoporosis. Choose one and explain why it could be an interesting job. Share the information with your troop.
8. Learn more about current treatments for osteoporosis. Share this information with your troop.
- **9. Plan and present an educational program on osteoporosis to middle-aged adults or younger Girl Scouts.
- **10. Compile a directory of osteoporosis services in your area. Develop a list of agencies and individuals with whom you can share the directory, and distribute the directory to me.
- **11. Evaluate the safety of your own home, or the home of your grandmother, other elderly relative, or elderly friend using a home safety guide. Discuss your findings with your troop leader. Develop a plan with recommendations for changes to ensure a safe environment.
- **12. Participate in a health fair or osteoporosis screening in your community.
- **13. Develop a newspaper/radio/TV public service announcement to let others know about osteoporosis and what you can do to prevent it. Present the material to a group or other suitable audience.

My signature _____

Leader's signature _____

Date patch completed _____

*Adapted from the New Jersey State Girl Scout's Best Bones Project