



The Osteoporosis Education Project

Susan E. Brown, Ph.D.

Director

working with nature to regenerate bone health

PROJECT DESCRIPTION AND REQUEST FOR FUNDING

Rethinking the Pediatric Origins of Osteoporosis:

The Children's Bone Health Initiative, 2004-2005

Susan E. Brown, Ph.D., CCN, Director

The Osteoporosis Education Project (OEP) is a non-profit, tax-exempt advocacy, research and education organization founded in 1986. **OEP** is committed to the mission of rethinking the nature and causes of osteoporosis and with these new understandings develop natural, life-supporting programs for building, maintaining and regenerating bone health at all ages.

The Osteoporosis Education Project is located in East Syracuse, NY. **OEP** was founded and is directed by Susan E. Brown Ph.D., CCN, a medical anthropologist and certified clinical nutritionist. **The Osteoporosis Education Project** actively seeks collaboration with other individuals, institutions, charities and businesses committed to public-interest health research, education and advocacy. Funding for the basic overhead and maintenance of this public-interest 501(c)(3) corporation is generated from the sales of our book, Better Bones, Better Body (Keats 2000), our articles and from distribution of the *Better Bones, Better Body pH Test Kit*.

Each of our research, education and advocacy programs is funded on a project-by-project basis by individuals, organizations, charities and commercial concerns that share our commitment to exploring the full human potential for bone health maintenance and regeneration. At this time we are seeking project funding for the fiscal year 2004-2005.

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Our major research, education and advocacy effort for the year 2004-2005 concerns children's bone health. This project, known as the "The Children's Bone Health Initiative", undertakes a comprehensive rethinking of the pediatric origins of osteoporosis and practical program development.

All funds and donations procured for the Children's Bone Health Initiative will be dedicated solely to this project. All contributions are tax-exempt and all sponsors will be fully appreciated and recognized in our publications, during our lectures and presentations and on our website. In addition, Dr. Brown would be available to make special presentations, or write individual reports, on the project's findings and advocacy statements for sponsoring groups and agencies.

Overview of the Children's Bone Health Initiative 2004-2005

Step #1: Research and Rethinking

For over a decade we at **The Osteoporosis Education Project** have served as a "thought leader" in the field, rethinking the true nature, causes and best prevention and treatment of osteoporosis. Our research findings and bone health programs are available through our book, Better Bones, Better Body, our published articles and our website which are nationally recognized as providing state-of-the-art bone health information.

Our analysis of the causes of osteoporosis suggests that this silent crippler begins in childhood. Indeed one-half of all adult bone mass is laid down during the puberty and the teen years. Furthermore, a full quarter of adult bone mass is built during adolescence. Much of the osteoporosis epidemic among older individuals could be resolved if children were to achieve their full genetic potential for peak bone mass. Indeed, bone mass acquired during childhood and adolescence is a key determinant of adult bone health. Equally striking is the fact that an increasing number of factors, ranging from lifestyle habits to degenerative disease, now compromise youthful bone development.

Our first step in rethinking the pediatric origins of osteoporosis will be to conduct a systematic review of current literature on the topic.

This review will include:

- (a) Analysis of the theoretical discussions concerning the pediatric origins of osteoporosis;
- (b) Our comments, critiques and additions to this body of theory;
- (c) A meta-analysis of published research on childhood bone health (retrospective, prospective, epidemiological and intervention studies);
- (d) Our observations on the importance and limitations of the current research;
- (e) Identification of promising areas for future research.

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Step #2: New Materials Development

With this information and anticipated new perspectives in hand, we will then undertake a practical education program to raise public awareness about the importance of building bone health during youth. We will clarify how puberty and the teen years represent a once-in-a-lifetime window of opportunity to build high quality bone mass and how simple interventions can maximize a child's life-long potential for optimum bone health.

Of special importance to this education and public awareness component will be the development of practical nutrition, exercise and lifestyle guidelines and self-help programs. The best of the scientific findings will be integrated into effective, manageable self-help programs. One important focus, for example, will be on family programs, and in particular "mother-child" programs. This is especially important as most prepubertal children at higher risk of osteoporosis in later life have mothers with low bone density. Another focus will be simple, inexpensive, proven bone building exercise programs for family and classroom use. These exercise programs will be of special value to children without access to regular physical education or sports activities.

Step #3: The Public Awareness Campaign

The Osteoporosis Education Project is a public-interest endeavor focused on the exploration of the human potential for bone health optimization within contemporary society. We freely share our research findings and innovative self-help programs interested groups and individuals worldwide. OEP does not seek proprietary ownership over the programs and educational materials within the Children's Bone Health Initiative.

As now envisioned these new materials and perspectives will be widely disseminated through various means including educational seminars and presentations, all media press releases, the popular and professional articles, self-help manuals for parents and children, the OEP website, other internet publications and the like. Also, this initiative will link with, and help publicize already existing private and governmental bone health education efforts.

Budget

The budget for The Children's Bone Health Initiative is \$30,000, the sum of \$10,000 being dedicated to each of the three Project steps. If you, your organization, or someone you know, would like to contribute to the funding of this Project, please contact Dr. Susan E. Brown at 315.437.9384

5/25/04

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