



## DIRECTOR'S NOTES

The Center for Metabolic Bone Disease 1<sup>st</sup> Scientific Symposium, May 19, 1999, was a great success thanks to all of those who presented and to those of you who attended. Also, the external review following the symposium will play a vital role for the CMBD in the resubmission of the NIH Research Core Center application scheduled for next year and in other possible avenues of funding. The interdisciplinary center activity displayed during these important events represents an example of what makes UAB "special". You will be notified of the external review results once I receive them from the External Review Committee.

In 1995, the Osteoporosis Prevention and Treatment Education Act placed the responsibility for public and professional education about osteoporosis with the Alabama Department of Public Health (ADPH). In order to fulfill this responsibility, the ADPH initiated the development of a state osteoporosis agenda, which included formation of the Alabama Osteoporosis Task Force.

Center for Metabolic Bone Disease faculty were involved in the planning of and participation in the Task Force Symposium held on April 13, 1998. Sarah Morgan, MD, RD, FACP, presented the keynote address and served as Co-Chair of the Screening and Access Work Group; Bruce Julian, MD and I served as Co-Chairs of the Treatment and Prevention Work Group. Others from UAB included Beth Kitchin, BS, MS, RD, Sam Brown, Jr., EdD, and George Perdue, Jr.

The recommendations resulting from that Task Force conference are discussed below.

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## STATE OSTEOPOROSIS AGENDA

The Alabama Osteoporosis Task Force was organized to **1)** design and support programs to decrease the incidence of osteoporosis, **2)** increase healthy life behaviors including dietary improvements, regular physical activity, safety precautions, and osteoporosis screening, and **3)** increase public awareness of the health risks caused by osteoporosis. The Task Force identified specific action steps needed to support the Alabama Osteoporosis State Plan by organizing the following four work groups: Public Education, Professional Education, Screening and Access, and Treatment and Prevention. Recommendations of the work groups are:

### Professional Education

- Provide health professionals with osteoporosis education through a speaker's bureau; and
- Work with universities training health care professionals to develop minimum curriculum requirements for osteoporosis.

### Screening and Access

- Promote reimbursement for osteoporosis screening and counseling;
- Identify and publicize locations of osteoporosis screening and detection technology; and
- Promote public awareness about the values of

## **Public Education**

- “ Provide dietary and physical activity information on preventing osteoporosis to school aged youth from kindergarten through college, county extension offices, county health departments, senior citizen feeding centers, Medicaid, churches, media and businesses;
- “ Promote physical education as an elective in high school and college; provide dietary and physical activity information on preventing osteoporosis to health related organizations with toll free numbers and/or WEB sites;
- “ Provide nutrition and physical education about osteoporosis prevention and treatment at osteoporosis screenings and support increased numbers of screenings statewide.

osteoporosis screening.

## **Treatment and Prevention**

- “ Support a toll free Osteoporosis Information Service; and
- “ Develop guidelines to promote reimbursement of osteoporosis prevention and screening.

These recommendations were included in the final report along with the proposed \$1.2 million budget that was submitted to Donald E. Williamson, MD, State Health Officer at a press conference in Montgomery on February 25, 1999 by Jay M. McDonald, MD and Jack Hataway, MD,MPH, FACPM, Co-Chairs of the Task Force.

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