

Bone Development

Bone development occurs at a different rate in a person with an intellectual disability. This may be due to reduced movement, dietary intake, medical conditions and some medications.

Diet

Important to have diet rich in **calcium** for example milk, cheese, yogurt, it is important to have **3 portions for adults** or **5 portions of calcium a day for teenagers** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance

Calcium 1-3 yrs 800 mgs daily, **4-10 yrs** 800 mgs daily, **11-17 yrs** 1200 mgs daily, **20-30 yrs** 800 mgs daily, **Over 30 yrs – Old Age** 800 mgs

Ref: IOS, 2023

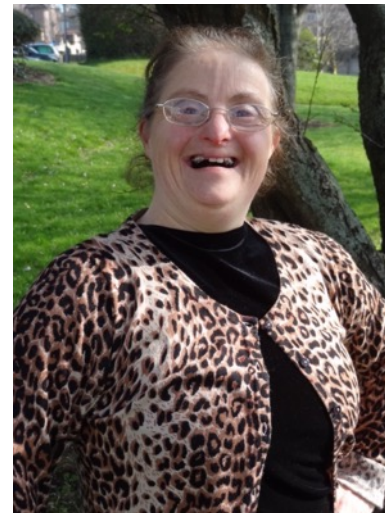
Vitamin D 1-10 yrs 400 iu daily (10mcgs), **11-65 yrs** 600 iu (15mcgs), **> 65 yrs Healthy Older Adult** 600iu (15 mcgs), **> 65 yrs Housebound Older**

Adult 800 iu (20mcg)

Ref: FSAI, 2023

Important

Bone Health medication **should always** be taken as prescribed.



Exercise

1-18 year - Exercise for 60 minutes every day

18+ years - Exercise for 150 minutes per week

Be as active as ability allows

Examples: walking, running, jumping, hopping, dancing, gardening, hiking, tai chi, marital arts, racquet sports, team sports, low impact aerobics, low impact aerobics, resistance bands, weights, gardening.

Ref: HSE National Physical Activity Guidelines for Ireland



Bone Health

Happy Bones 2023

Person with
an intellectual
disability