



## REGISTRATION of interest in the **BONE BASICS** Project:

This project aims to promote the importance of **healthy bones and osteoporosis prevention** through education and awareness programs. All registrations of interest will be acknowledged, and all eligible applicants will receive acceptance into the Project and further instructions on participation.

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Residential Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Mobile: \_\_\_\_\_ DOB: \_\_\_\_\_

Email Address:  
\_\_\_\_\_

**Do you have any of the listed chronically ill conditions:**

NO  YES (tick YES if **any** apply)

Cancer, cardiovascular condition, osteoporosis, chronic eye condition, diabetes, heart, stroke, endometriosis, kidney disease, COPD, musculoskeletal conditions, neurological conditions, rare diseases, lung and respiratory conditions, mental health, arthritis, asthma, back pain.

**Do you come from a cultural background where English is not the main language spoken at home?:**

NO  YES Please note some materials are available in different languages, so where possible these will be provided.

Please advise language (if not English): \_\_\_\_\_

**The following conditions must be consented to in order to participate in the Project:**

- To be an active part of the Bone Basics Project, AOTAS.
- To receive emailed invitations to progress to the next steps of the Project pathway.
- To receive follow-up contact via email and or telephone throughout the term of the Project.
- To your data/information being de-identified at end of Project (Feb 2027) and retained by AOTAS.

**Please turn over to complete the OKAT quiz – this is required as part of your Registration.**

RETURN: completed Registration Form + Quiz  
TO: 19a Main Road MOONAH TAS 7009 or mharris@arthritistas.org.au

Participant ID: # \_\_\_\_\_  
OFFICE USE ONLY (1/2)





To be part of the Bone Basics Project we also ask that all interested people complete this knowledge quiz on osteoporosis providing a baseline of knowledge before participation in the Project. The OKAT quiz has 20 questions to be answered true or false or don't know. The result of the OKAT quiz does **not** determine your acceptance but completion of it is **required** for acceptance into the Project.

**PLEASE CHECK WHICH BOX APPLIES FOR YOUR RESPONSE**

## OKAT QUIZ

|     |                                                                                                                                          |                               |                                |                                     |
|-----|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------------------------------|-------------------------------------|
| 1.  | Osteoporosis leads to an increased risk of bone fractures.                                                                               | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 2.  | Osteoporosis usually causes symptoms (e.g. pain) before fractures occur.                                                                 | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 3.  | Having a higher peak bone mass at the end of childhood gives <b>no</b> protection against the development of osteoporosis in later life. | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 4.  | Osteoporosis is more common in men.                                                                                                      | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 5.  | Cigarette smoking can contribute to osteoporosis.                                                                                        | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 6.  | White women are at highest risk of fracture as compared to other races.                                                                  | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 7.  | A fall is just as important as low bone strength in causing fractures.                                                                   | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 8.  | By age 80, the majority of women have osteoporosis.                                                                                      | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 9.  | From age 50, most women can expect at least one fracture before they die.                                                                | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 10. | Any type of physical activity is beneficial for osteoporosis.                                                                            | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 11. | It is easy to tell whether I am at risk of osteoporosis by my clinical risk factors.                                                     | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 12. | Family history of osteoporosis strongly predisposes a person to osteoporosis.                                                            | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 13. | An adequate calcium intake can be achieved from two glasses of milk a day.                                                               | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 14. | Sardines and broccoli are good sources of calcium for people who cannot take dairy products.                                             | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 15. | Calcium supplements alone can prevent bone loss.                                                                                         | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 16. | Alcohol in moderation has little effect on osteoporosis.                                                                                 | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 17. | A high salt intake is a risk factor for osteoporosis.                                                                                    | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 18. | There is a small amount of bone loss in the ten years following the onset of menopause.                                                  | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 19. | Hormone therapy prevents further bone loss at any stage after menopause.                                                                 | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |
| 20. | There are no effective treatments for osteoporosis available in Australia.                                                               | <input type="checkbox"/> True | <input type="checkbox"/> False | <input type="checkbox"/> Don't Know |

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SCORE: \_\_\_\_\_ / 20 (Noting 1 for a correct response and 0 for an incorrect or Don't Know response).

