

## **What is Osteoporosis?**

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps. Osteoporosis is a major public health threat for an estimated **54 million Americans**. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk of fractures.

## **Is it Preventable?**

From early childhood through young adulthood, we need to build bone strength and reach what is known as peak bone mass. A bone healthy diet and exercise are key to helping to build strong bones. As we age, and particularly for women a menopause, we must focus on continuing to maintain our bone density through smart food choices – including calcium and vitamin D – coupled with daily exercise to help avoid developing osteoporosis. Get started today with these bone basic resources:

[bonehealthandosteoporosis.org/patients/nof-resource-library](http://bonehealthandosteoporosis.org/patients/nof-resource-library).

## **What is the Human Impact of Osteoporosis?**

- One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke, and breast cancer combined. A man is more likely to break a bone due to osteoporosis than he is to get prostate cancer.
- The disease is responsible for an estimated two million broken bones per year, yet nearly 84 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.
- Of the nearly 300,000 hip fracture patients suffer annually, one-quarter end up in nursing homes and half never regain previous function.
- A quarter of hip-fracture patients age 50 and over die in the year following the fracture.

## **What is the Financial Impact of Osteoporosis?**

- Osteoporosis-related bone breaks cost patients, their families, and the healthcare system \$52 billion annually.
- By 2040, experts predict that osteoporosis will be responsible for 3.2 million fractures annually, resulting in \$95 billion in costs.

## **About the Bone Health and Osteoporosis Foundation (BHOFF)**

Established in 1984, the Bone Health and Osteoporosis Foundation is the nation's leading health organization dedicated to promoting strong bones for life, preventing osteoporosis and broken bones, and reducing human suffering through programs of awareness, education, advocacy, and research. For more information on BHOFF, visit [bonehealthandosteoporosis.org](https://bonehealthandosteoporosis.org).

Please note that on Oct. 20, 2021, the National Osteoporosis Foundation (NOF) changed its name to the Bone Health and Osteoporosis Foundation. To read the announcement, [click here](#).

## **BHOFF Resources**

BHOFF works to ensure that no patient, family member, or caregiver feels alone or overwhelmed by the diagnosis of osteoporosis or its effects. To help those with osteoporosis or those looking to learn more about the disease, BHOFF offers the following resources:

- The BHOFF website provides valuable information to help one learn about osteoporosis, live with the condition, connect with others for support, and to make a difference in the fight against this disease. [bonehealthandosteoporosis.org](https://bonehealthandosteoporosis.org)
- An Online Support Community, with more than 74,000 participating members, offers a platform for peer-to-peer support and advice with others daily. [bonehealthandosteoporosis.org/patients/patient-support/osteoporosis-support-community](https://bonehealthandosteoporosis.org/patients/patient-support/osteoporosis-support-community)
- A nationwide network of Support Groups, where those affected by osteoporosis can learn more about osteoporosis and how to live with the disease directly from those in similar situations. [bonehealthandosteoporosis.org/patients/patient-support/bhof-support-groups](https://bonehealthandosteoporosis.org/patients/patient-support/bhof-support-groups)
- The *Bone Talk* podcast and blog shares inspiring conversations that examine issues addressing osteoporosis from diverse perspectives so one can understand more about bone health and healthy and active aging, along with strategies to enhance the ability to live your best life. [bonetalk.org](https://bonetalk.org)
- *Huesos Sanos*, BHOFF's Spanish website, presents the same expert information that is available on our English language site. [huesosanos.org](https://huesosanos.org)

## **BHOFF Initiatives**

BHOFF conducts a variety of patient awareness and education programs, as well as continuing medical education training for healthcare professionals. Several of our initiatives include:

- *Fracture Liaison Service (FLS) Resources* were created for healthcare professionals and providers. FLS programs coordinate post-fracture care through a FLS coordinator (a nurse practitioner, physician's assistant, nurse, or other healthcare professional) who ensures that individuals who suffer a fracture receive appropriate diagnosis, treatment, and support. BHOFF is the educational partner for training FLS coordinators and helping healthcare professionals to establish an FLS program. [bonesource.org/fls-resources](https://bonesource.org/fls-resources)

- *Bone Health Policy Institute*: The National Bone Health Policy Institute was formed to raise awareness and drive policy that supports patients with osteoporosis and their caregivers. We are an advocacy movement to help create policies for healthy, strong bones, and as a result, healthier aging. [bonehealthpolicyinstitute.org](http://bonehealthpolicyinstitute.org)
- *Healthy Bones for Life™ Patient Registry (HBFL)*: A first of its kind tool in the osteoporosis field, the registry surveys patients and caregivers about how osteoporosis and osteopenia impact their lives. This patient-reported information is collected anonymously, carefully reviewed, and analyzed by BHOF to map out the patient journey. This map will show BHOF and the broader bone health community what patients need and want most. [bonehealthandosteoporosis.org/hbfl](http://bonehealthandosteoporosis.org/hbfl)
- *Interdisciplinary Symposium on Osteoporosis (ISO)*: ISO is BHOF's annual May meeting and educational symposium for healthcare professionals, educators, and industry professionals. ISO offers educational sessions and networking opportunities to benefit many medical disciplines and specialties working with patients who have and/or are at risk for osteoporosis and fractures. [interdisciplinariesymposiumosteoporosis.org](http://interdisciplinariesymposiumosteoporosis.org)

### **BHOF/NOF Research**

BHOF (as previously noted, formerly NOF) supports a variety of research on topics related to the prevention and treatment of osteoporosis.

A sample of BHOF/NOF's research endeavors include:

- **Medicare Cost of Osteoporotic Fractures – 2021**

*The Clinical and Cost Burden of Fractures Associated with Osteoporosis*: The National Osteoporosis Foundation contracted with the independent actuarial firm, Milliman, to analyze the state-by-state economic and clinical impact of osteoporotic fractures suffered by Americans insured by Medicare. These reports provide the latest and most detailed state-level review of the incidence of osteoporotic fractures, their healthcare impact, and associated Medicare costs. They are available for advocacy use to raise awareness and encourage policy makers to take action to improve bone health. The 50 state reports can be easily accessed by clicking on the individual state provided on the map. [bonehealthpolicyinstitute.org/state-reports-2021](http://bonehealthpolicyinstitute.org/state-reports-2021)

- *NOF and ASPC Joint Position Statement on Calcium and Cardiovascular Disease*: The National Osteoporosis Foundation and the American Society of Preventative Cardiology (ASPC) released a joint position statement on the lack of evidence linking calcium with or without vitamin D supplementation to cardiovascular disease in generally healthy adults. This official position statement was adopted by the Boards of Directors of both societies in July 2016 and was published in the *Annals of Internal Medicine* in October 2016. [bonehealthandosteoporosis.org/wp-content/uploads/2016/10/NOF-and-ASPC-Position-Statement](http://bonehealthandosteoporosis.org/wp-content/uploads/2016/10/NOF-and-ASPC-Position-Statement)
- *ASBMR-NOF Task Force on the Goals of Osteoporosis Treatment*: The American Society of Bone and Mineral Research (ASBMR) and the National Osteoporosis Foundation established a Task Force to consider setting treatment targets to guide clinical decisions on the selection of initial treatment of

osteoporosis and whether or when to change treatment according to the individual's risk of fracture.

- *Peak Bone Mass*: Using an evidence-based systematic approach, the National Osteoporosis Foundation developed a position statement to set forth optimal intakes of foods and define physical activity patterns for individuals from childhood through adolescent years to optimize bone health and maximize outcomes during all life stages.  
[link.springer.com/article/10.1007/s00198-015-3440-3](https://link.springer.com/article/10.1007/s00198-015-3440-3)

### **BHOF Support**

To accomplish its mission, BHOF accepts support from a wide breadth of diversified sources, including individuals, foundations, government sources, and corporations. To learn more, visit [bonehealthandosteoporosis.org/support-bhof](https://bonehealthandosteoporosis.org/support-bhof).

While some of these funds may be restricted to specific projects, BHOF maintains its independence and objectivity in accordance with the National Health Council's guiding principles. BHOF does not endorse any particular product, service or point of view, but does inform the public about all FDA-approved therapies, as well as the availability of other appropriate products and services as part of its educational responsibility to the public and healthcare professionals.