Preventing Secondary Fractures through an Evidence-based Exercise Training Program
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Background

About Osteoporosis

Osteoporosis is a major public health threat for an estimated **54 million Americans** 50 years of age and older.

Osteoporosis-related bone breaks cost patients, their families, and the healthcare system **$52 billion annually**.

Approximately **75,000** Americans who experience a hip fracture die in the year following the fracture.

About BoneFit™ USA

**Need:** Research shows that weight-bearing and muscle-strengthening exercises play an important role in building and maintaining bone strength throughout the lifespan. Caution needs to be considered for patients with osteoporosis or a history of fractures to prevent secondary fractures.

**Target Audience:** Personal trainers, exercise and fitness professionals, physical therapists, and clinicians that incorporate exercise recommendations into their practice.

**International Collaboration:** In 2019, the Bone Health and Osteoporosis Foundation successfully adapted the BoneFit™ program developed by Osteoporosis Canada to meet the requirements of the U.S.

**Program Demand:** The program’s popularity/wait list indicates an unmet need for professional education across multiple domains to address the growing population of osteoporosis patients who would benefit from exercise intervention post-fracture.

Objectives

- Identify the importance of safe and evidence-based exercise training programs for professionals specifically for osteoporosis patients
- Describe the training components of BoneFit™ USA

Reach

**2019 Trainings**
- La Jolla, CA – May 15th: 23 attendees
- Albuquerque, NM – September 14th-15th: 41 attendees

**2021 Trainings**
- Virtual – October 17th: 29 attendees

**2022 Trainings**
- Virtual – February 6th & 13th: 30 attendees
- Virtual – June 4th-5th: 28 attendees
- Arlington, VA – October 1st: 19 attendees

**2023 Trainings**
- Virtual – January 28th & 29th
- In-person – April/May
- Virtual – September/October

170 individuals in the U.S. have been trained within 6 trainings with the goal to reach 90 attendees annually.

Future of BoneFit™ USA

- Research updates to be addressed by BoneFit™ USA-Canada Oversight/Scientific Committee:
  - Providing more details on fracture risk assessment for attendees to prepare for clients
  - Providing updated research on impact exercise and Erector Spina training
  - Providing position statements for FAQs such as weighted vests and vibration platforms
- Increasing attendee numbers and trainings:
  - Currently reaching more of a clinical audience
  - Working to reach more exercise professionals