

# Bone Health Patient Awareness Toolkit for Healthcare Providers

## Join us in raising awareness about bone health and osteoporosis!

The Bone Health and Osteoporosis Foundation (BHOF) recently launched a Bone Health Quiz to help people understand their risk factors for osteoporosis and broken bones. After completing the Bone Health Quiz, users are encouraged to begin a discussion with their healthcare providers about creating a bone health plan. The Bone Health Quiz consists of 15 questions about specific risk factors. As users answer each question, explanatory text provides additional information about the topic. If their response indicates a risk factor, it is flagged to appear in red type. After completion, the quiz results can either be emailed or immediately downloaded.

By sharing the information in this toolkit with your networks and patients, you can empower them to take proactive steps in safeguarding their bone health and preventing fractures. In this toolkit, you'll find sample social media posts, an email template, infographics, and handouts that make it simple to spread awareness and encourage early intervention.

Please join us in promoting better bone health and ensuring more people receive the care they need!

[Click here](#) to download the accompanying images and graphics.

## Sample Social Media Posts

Your family history can tell a story about your bone health. If osteoporosis runs in your family, it's time to take a closer look at your own risk. Discover your risk and take the Bone Health Quiz today!  
<https://www.bonehealthandosteoporosis.org/bone-health-quiz> #BeBoneStrong  
#OsteoporosisAwareness #BoneHealthQuiz



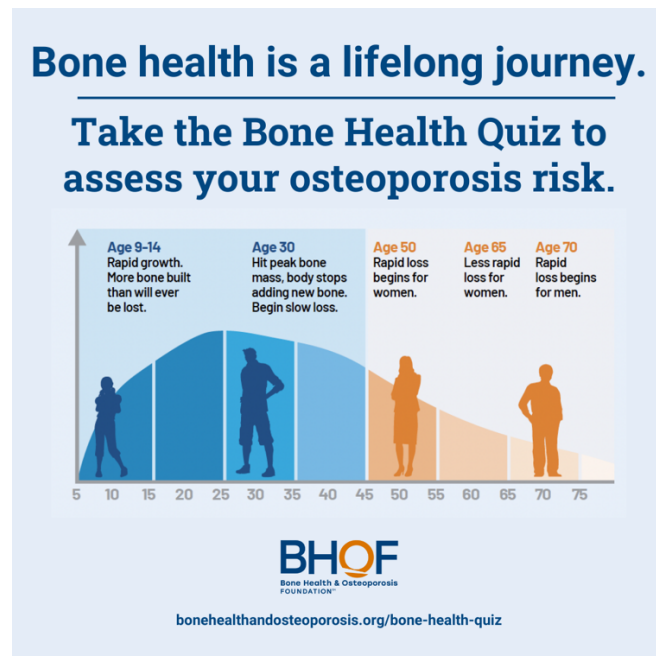
Did you know some medications may lower your bone density? It's important to know how your prescriptions could be impacting your bones. Learn more about this connection by taking the Bone Health Quiz. <https://www.bonehealthandosteoporosis.org/bone-health-quiz> #BeBoneStrong #OsteoporosisAwareness #BoneHealthQuiz



Women are more likely than men to develop osteoporosis due to hormonal and lifestyle factors. Understand your risks and learn proactive steps you can take to protect your bones by taking the Bone Health Quiz. <https://www.bonehealthandosteoporosis.org/bone-health-quiz> #BeBoneStrong #OsteoporosisAwareness #BoneHealthQuiz

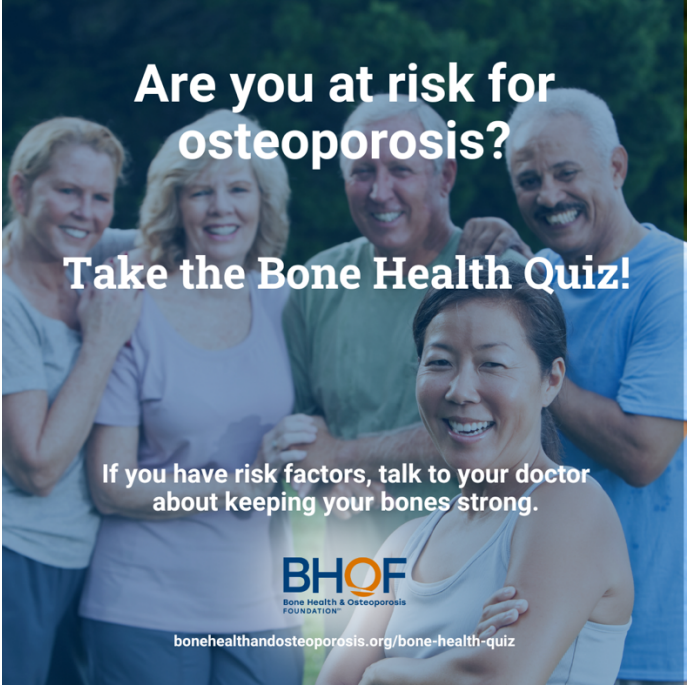


Bone health isn't just a concern for seniors—it's a lifelong journey. Whether you're young or older, every step you take can strengthen your bones. No matter your age, take the first step with the Bone Health Quiz. <https://www.bonehealthandosteoporosis.org/bone-health-quiz> #BeBoneStrong #OsteoporosisAwareness #BoneHealthQuiz



Many factors can impact your bone health. Understanding these risks early can make all the difference. Identify your personal risk factors with the Bone Health Quiz. <https://www.bonehealthandosteoporosis.org/bone-health-quiz> #BeBoneStrong #OsteoporosisAwareness #BoneHealthQuiz





**Are you at risk for  
osteoporosis?**

**Take the Bone Health Quiz!**

If you have risk factors, talk to your doctor  
about keeping your bones strong.



[bonehealthandosteoporosis.org/bone-health-quiz](https://bonehealthandosteoporosis.org/bone-health-quiz)



## Draft Sample Email Template

**Email Subject:** Are You at Risk for Osteoporosis?

**To:** Your Networks and Patients

[Click here](#) to download the graphic below.



Did you know that about 54 million Americans have osteoporosis or low bone mass, putting them at greater risk for fractures? One in two women and up to one in four men over 50 will break a bone due to osteoporosis. But the good news? You can take steps to protect your bones—starting today.

The Bone Health and Osteoporosis Foundation (BHOFF) has launched a quick and easy Bone Health Quiz to help you understand your risk factors and take action to build stronger bones at any age.

### Why Bone Health Matters

- Bones are living tissue—constantly breaking down and remodeling.
- Strong bones start in childhood, but it's never too late to improve bone health.
- Healthy habits, nutrition, and exercise can help maintain bone strength and reduce fracture risk.

### Take the Bone Health Quiz Today!

Get personalized insights in just a few minutes and start a conversation with your healthcare provider about protecting your bones.

[Click here](#) to take the Bone Health Quiz now!

# Infographic/Poster

## Healthy Bones: The Foundation of Healthy Bodies

This infographic provides essential information on osteoporosis and how to maintain strong bones at every stage of life. It highlights key risk factors for weakened bones and fractures, including age, gender, low bone density, certain medical conditions, and lifestyle choices such as smoking and excessive alcohol intake. The infographic also emphasizes the importance of nutrition, physical activity, and fall prevention in protecting bone health and encourages individuals to take the Bone Health Quiz to assess their risk. It serves as a quick reference guide for anyone looking to take proactive steps to prevent osteoporosis and maintain lifelong bone strength.

[Click here](#) to download the printable infographic/poster below.



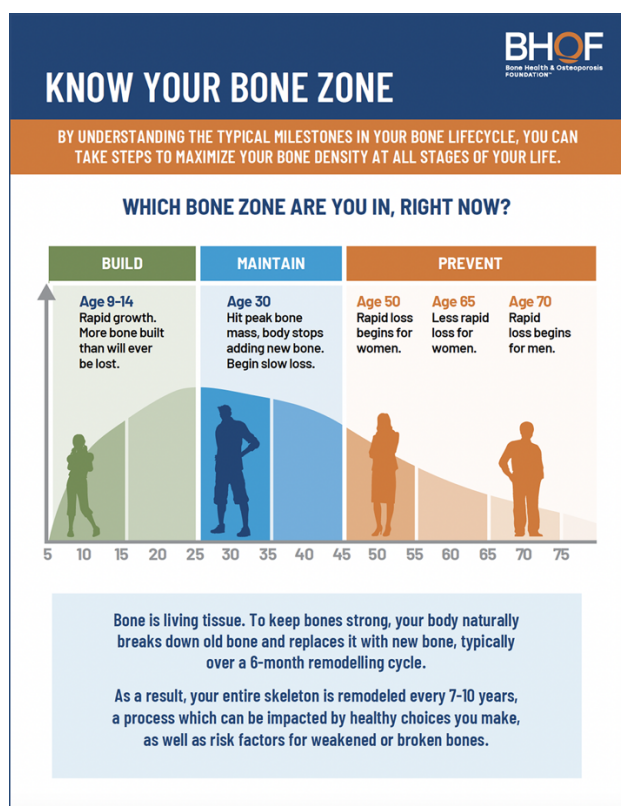
# Infographic/Handout

## Know Your Bone Zone

This handout provides a clear and informative guide to understanding bone health across different life stages. It explains the natural cycle of bone growth, maintenance, and loss, emphasizing that bone is living tissue that continuously remodels itself. The handout outlines key bone milestones, from rapid growth in childhood to peak bone mass around age 30, and the gradual loss that occurs with aging—especially in women after menopause and men after age 70. It highlights risk factors that can impact bone density, such as inactivity, poor nutrition, certain medical conditions, and hormonal changes.

The resource encourages individuals to identify which "bone zone" they are in and take proactive steps to build, maintain, and prevent bone loss through nutrition, physical activity, and medical assessments. Readers are directed to the Bone Health Quiz and Fracture Risk Calculator to better understand their bone health and take action to protect their bones for life.

[Click here](#) to download the printable infographic/handout below.



	BUILD	MAINTAIN	PREVENT
What's typically happening during this stage?	<ul style="list-style-type: none"><li>Throughout childhood, bone-forming osteoblast cells work faster than osteoclast cells, which break down bone.</li><li>At around age 10, the skeleton grows very rapidly until around age 20. These are a person's peak bone-building years.</li></ul>	<ul style="list-style-type: none"><li>After reaching peak bone mass, osteoblast and osteoclast activity is balanced, so bone mass stays relatively stable.</li></ul>	<ul style="list-style-type: none"><li>Estrogen regulates the bone cells and how bone tissue is broken down and rebuilt.</li><li>A loss of estrogen at menopause, at any age, results in rapid bone loss, because osteoclast cells are then working faster than osteoblast cells.</li><li>During the five years around menopause, women can lose as much as 15-20% of their bone mass.</li><li>Men lose bone density at a steady and slower rate than women.</li><li>Around age 70, the reduction in men's hormone levels begins to cause more rapid bone loss.</li><li>Around age 70, men and women lose bone at the same pace.</li></ul>
What are some of the risk factors that can impact bone density during this stage?	<ul style="list-style-type: none"><li>Inactivity: anything that "unloads" the skeleton, such as prolonged bedrest or inactivity, weakens the bones</li><li>Athletic Energy Deficit (AED), when teenagers in active sport programs (like ballet, running, gymnastics) burn up so many calories that even a "normal" caloric intake is not enough to meet their energy requirements</li><li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li><li>No period by age 15 or three consecutive periods missed.</li></ul>	<ul style="list-style-type: none"><li>Early menopause</li><li>Low testosterone</li><li>Certain health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li><li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li><li>Inactivity</li></ul>	<ul style="list-style-type: none"><li>Falls can lead to fractures, loss of mobility or abnormal gait</li><li>Low testosterone</li><li>Health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li><li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li><li>Inactivity</li></ul>
>>> For a more comprehensive list of risk factors for weakened or broken bones, download the handout, <b>HEALTHY BONES: The Foundation of Healthy Bodies</b> .			
What are the first steps in creating a Bone Health Plan to maximize bone density during this stage?	<ul style="list-style-type: none"><li>If you have risk factors, ask health care provider about a DXA bone density test and TBS (trabecular bone score) analysis</li></ul>	<ul style="list-style-type: none"><li>Take the Bone Health Quiz on the Bone Health and Osteoporosis Foundation website</li><li>If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis</li></ul>	<ul style="list-style-type: none"><li>Use the Bone Health and Osteoporosis Foundation Fracture Risk Calculator (developed by American Bone Health)</li><li>Learn about your fracture</li><li>Understand your risk level for breaking a bone during the next 10 years.</li><li>If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis</li></ul>
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# Questionnaire/Handout

## Questions to Ask Your Healthcare Provider About Your Bone Health

This handout serves as a helpful checklist for individuals preparing for a medical visit. It includes key questions to discuss with a healthcare provider, covering topics such as osteoporosis risk factors, calcium and vitamin D intake, exercise, medications that could affect bone health, and the potential need for a bone density test (DXA scan). The form provides space to write down answers, making it a convenient tool to keep track of important information and refer to later. By bringing this checklist to medical appointments, individuals can ensure they get the most out of their visit and take proactive steps to maintain strong bones and prevent fractures.

[Click here](#) to download the printable questionnaire/handout below.

**BHOF**  
Bone Health & Osteoporosis  
FOUNDATION

QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER  
ABOUT YOUR BONE HEALTH

USE THIS HANDY CHECKLIST TO HELP YOU REMEMBER TO GET YOUR QUESTIONS ANSWERED AND MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROVIDER. WRITE THE ANSWERS IN THE SPACE PROVIDED.

- Do I have any risk factors for osteoporosis or broken bones (fractures)?  
\_\_\_\_\_
- Am I getting enough calcium and vitamin D? \_\_\_\_\_  
Amount of calcium I should get every day: \_\_\_\_\_  
Amount of vitamin D I should get every day: \_\_\_\_\_
- What kind of exercise can help me build strong bones?  
\_\_\_\_\_
- Could any of the medications I take cause bone loss or increase my risk of falls?  
\_\_\_\_\_
- Do I have any medical conditions that could cause bone loss?  
\_\_\_\_\_
- Do I need a Bone Density Test? *(also called a DXA scan)*  
\_\_\_\_\_
- Are my Bone Density Test results normal? *(if you have had this test)*
  - What do the results mean? \_\_\_\_\_
  - If I have osteoporosis or low bone density, will good nutrition and exercise help keep my bones strong? \_\_\_\_\_
  - If I have osteoporosis or low bone density, do I need medication? \_\_\_\_\_
- How can I prevent falls?  
\_\_\_\_\_

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

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