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**National Osteoporosis Month 2021: The Incidence and Impact of Osteoporosis in Insert Name of Your State**

May is National Osteoporosis Month. It is critical for Americans to understand that osteoporosis is not a normal part of aging and is largely a preventable disease. Each year, approximately one-third of adults in the U.S. age 65 and older will fall, and many of these falls will result in broken bones. As an Ambassador for the National Osteoporosis Foundation (NOF) and insert any personal or professional connection to osteoporosis, I believe it’s important to raise awareness about a recently released study, which examined the differences nationwide in the number of fractures caused by this debilitating disease along with the resulting costs and deaths.

NOF contracted with the independent, actuarial firm Milliman to analyze the state-by-state economic and clinical impact of bone fractures suffered by Americans insured by Medicare. Key national findings include the following:

* Approximately 2.1 million osteoporotic fractures were suffered by 1.8 million Americans covered by Medicare in 2016. The incremental annual allowed medical cost for osteoporotic fractures was $21,564 per Medicare Fee-For-Service (FFS) beneficiary in 2016.
* Medicare FFS beneficiaries suffered additional subsequent fractures within one year of the initial fracture at over three times the annual rate of new osteoporotic fractures for all Medicare FFS beneficiaries. In the six-month period following subsequent fractures that were suffered up to three years following an initial fracture in 2016, the cost was $5.7 billion.
* Preventing between 5% and 20% of these subsequent fractures could have saved between $272 million and $1.1 billion for the Medicare FFS program during a follow-up period that lasted up to three years after a new osteoporotic fracture.

Below is what the study revealed about the cost and clinical impact in insert state:

* For this information, visit <https://www.bonehealthpolicyinstitute.org/state-reports-2021>, click on your state. On page 1, you will find “key findings” specific for your state.
* Note that key findings are followed by your state’s osteoporotic fracture incidence, events following a fracture and cost.
* In addition, on pg. 5, there is a summary of findings comparing your state and nationwide stats.

While the statistics and costs presented in the study are highly concerning, there are simple steps that everyone can take to better their bone health: at the top of the list are diet and exercise. You must remember that you are never too young – [peak bone mass](https://www.nof.org/preventing-fractures/nutrition-for-bone-health/peak-bone-mass/) is achieved in our mid-20s – or too old to take action. Here are NOF’s top tips for bone-healthy eating and exercise:

* Eat a well-balanced diet with enough [calcium and vitamin D](https://www.nof.org/patients/treatment/calciumvitamin-d/).
* Consume some of the seasonal bounty that is [good for bone health](https://www.nof.org/patients/treatment/nutrition/), such as fruits and vegetables.
* [Weight-bearing and muscle-strengthening exercises](https://www.nof.org/patients/treatment/exercisesafe-movement/how-much-exercise-do-you-need/) are critical for building and maintaining bone density. Between hiking and lifting weights – and so many more exercise options – there is a healthful activity for everyone.

It is critical that lawmakers in insert state make osteoporosis and fracture prevention a higher priority on our state’s health agenda.

Visit [www.nof.org](http://www.nof.org) to learn more. If applicable, add your organization’s website address, too.

Contact Information**:** Include your name, the title or affiliation that substantiates your expertise on the issue, email address and a daytime telephone number.