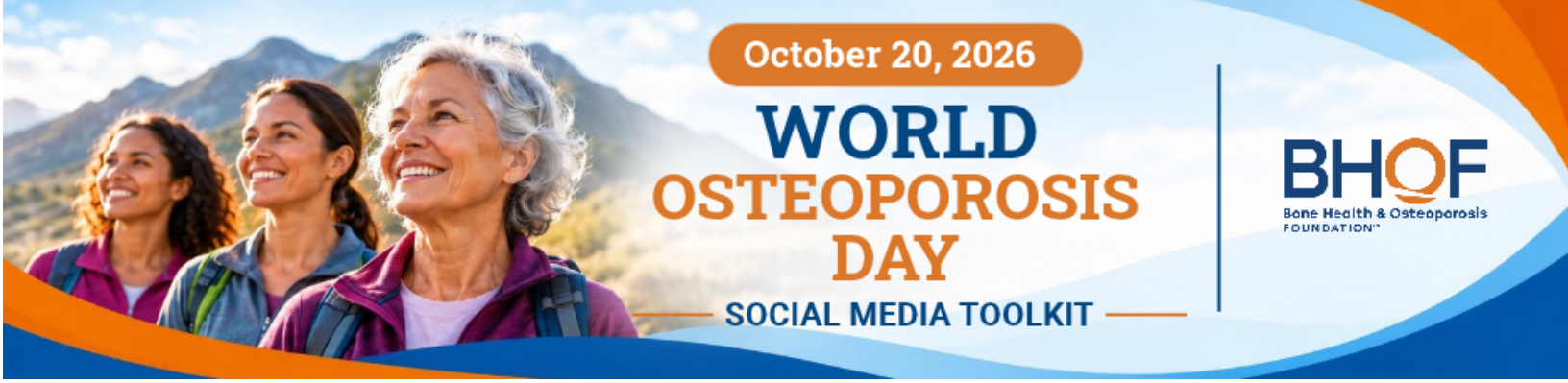


October 20th is World Osteoporosis Day. Join BHOF and organizations across the globe in raising awareness and sharing resources to promote better bone health!

Approximately 54 million Americans have low bone density or osteoporosis. This October, the Bone Health and Osteoporosis Foundation (BHOF) will commemorate **World Osteoporosis Day** by sharing information, tools and resources to raise awareness about osteoporosis and promote good bone health.

Show your support during the month of October, and ESPECIALLY on October 20, to help us raise awareness! We've prepared this user-friendly toolkit with everything you need to get information about osteoporosis, find support, and share on social media. Check out the information below and let's spread awareness far and wide!

Click here to learn more and download materials for World Osteoporosis Day.

Help us spread the word!

Tag BHOF in your posts so we can share/amplify!

Facebook: @bonehealthandosteoporosisfoundation
LinkedIn: @bonehealthandosteoporosis
Instagram: @bonehealthandosteoporosisfoundation

Use the following hashtags:

#WorldOsteoporosisDay
#BeBoneStrong
#OsteoporosisAwareness

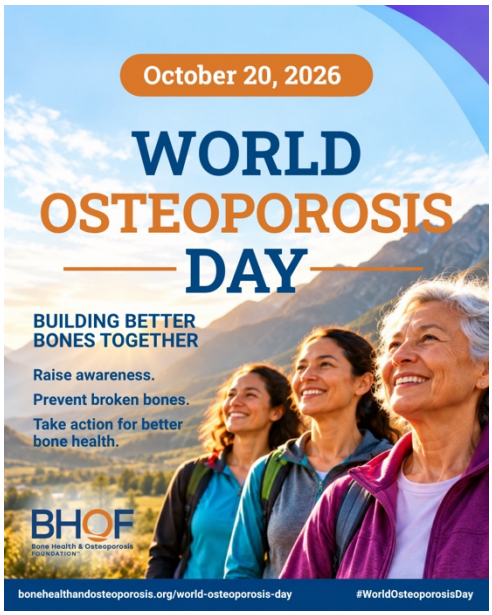
Additional tips:

- Personalize posts or copy and paste the suggested text we've provided.
- Encourage your social media followers to get involved and spread the word!
- Share and repost BHOF content.

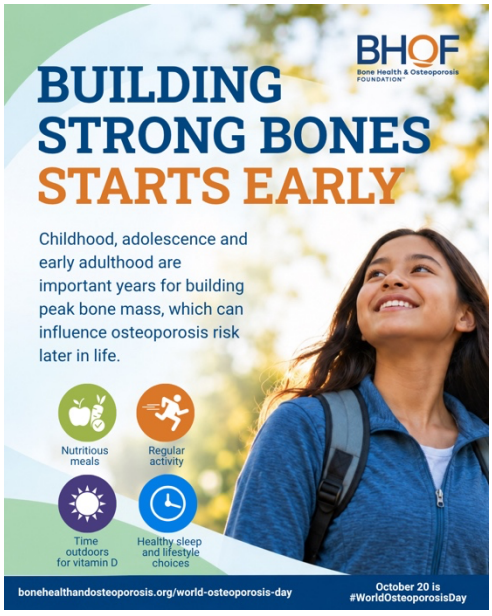
Sample Social Media Posts

Click here to access the social media graphics.

October 20 is World Osteoporosis Day! Strong bones are important at every age, and it's never too early or too late to take steps to protect your bone health. Join us in raising awareness about osteoporosis, preventing broken bones and helping more people take charge of their bone health. Learn more and get involved: https://www.bonehealthandosteoporosis.org/world-osteoporosis-day #BeBoneStrong #WorldOsteoporosisDay #OsteoporosisAwareness #BoneHealth #BuildingBetterBonesTogether



Building strong bones isn't just something to think about as you get older! Childhood and early adulthood are important years for building peak bone mass, which can influence osteoporosis risk later in life. Encourage healthy habits early, including nutritious meals, regular physical activity and adequate calcium and vitamin D. Learn more here: https://www.bonehealthandosteoporosis.org/preventing-fractures/nutrition-for-bone-health/peak-bone-mass #BeBoneStrong #WorldOsteoporosisDay #PeakBoneMass #BoneHealth #BuildingBetterBonesTogether



Small steps today can make a difference for your bones tomorrow! Eating a balanced diet with enough calcium, vitamin D and protein, staying physically active and including weight-bearing and muscle-strengthening exercises in your routine can help support strong bones throughout life. This World Osteoporosis Day, make bone health part of your everyday routine. Learn more here: https://www.bonehealthandosteoporosis.org #BeBoneStrong #WorldOsteoporosisDay #HealthyBones #HealthyAging #BuildingBetterBonesTogether