Bone Health & Osteoporosis:
What You Need to Know

AMERICAN BONE HEALTH
HEALTHY BONES TAMPA BAY™

Osteoporosis is a disease in which the bones become weak and fragile, leading to an increased risk of breaking a bone even after a minor fall or bump. This silent disease impacts women and men from all racial groups, and because there are no obvious symptoms, many people don't know they have osteoporosis until they suffer a fracture, which can be life-altering, robbing people of their independence and quality of life.

Osteoporosis Is Common
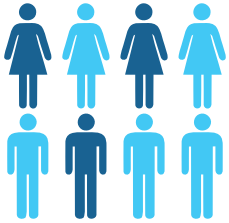
**1 in 2 women and 1 in 4 men over the age of 50 in the US will break a bone due to osteoporosis.**[1]

More people suffer fractures due to osteoporosis than heart attack, stroke and breast cancer combined.[3]

Pie chart labels: Fractures, Heart Attack, Stroke, Breast Cancer
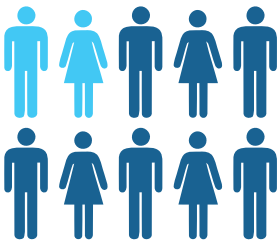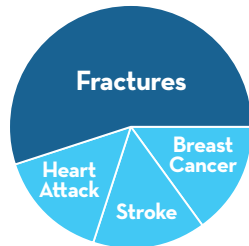
84% of older Americans who suffer bone breaks are not tested or treated for osteoporosis.[2]

Osteoporosis Is Serious & Costly

There are 2 million preventable fractures a year in the US at a cost of over $20 billion.[2]

$20 BILLION
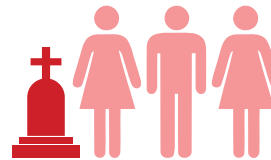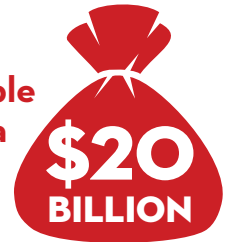
25% of hip fracture patients die within a year.[4]

1 in 3 people who lived independently before a hip fracture spend a year or more in a nursing home afterward. 40% of hip fracture sufferers are unable to walk independently a year later.[5]

Florida is home to approximately 4.7 million women and 4.1 million men over the age of 50,[6] this means that approximately 3 million Floridians are estimated to be at risk of breaking a bone due to osteoporosis.[1] Each day in the Tampa Bay Area, approximately 44 osteoporosis-related fractures occur in women aged 65 years and older.[7]

1. Wright NC, etal. JBMR doi:10.1002/jbmr2269|Linday et al. Osteoporosis. 2. Lewiecki, Hannon, doi: 10.1002/jbm4.10192. 3. American Orthopaedic Association's Own the Bone. 4. Kilci, Oye et al. "Postoperative Mortality after Hip fracture surgery: A 3 Years Follow Up." PloS one vol. 11,10 e0162097.27 Oct.2016, DOI:10.1371/journal.pone.0162097. 5. Johns Hopkins Medicine. 6. U.S. Census Bureau. American Fact Finder:2019 estimates. 7. Based on claims data from Symphony Health Solutions, data period Jan-2018 to Dec. 2018. Tampa Bay area is defined as Tampa, St. Petersburg, Clearwater statistical metropolitan area.

Healthy Bones Tampa Bay is non-partisan, grassroots coalition of health care professionals, local and state policymakers and community advocates. Our goal is to reduce the number of fractures in our community by 20% by 2025. This project is made possible by American Bone Health, a national nonprofit dedicated to teaching people of all ages to build and keep healthy bones.

americanbonehealth.org/HBTB 888-266-3015 info@americanbonehealth.org