Table 5.1: Estimated Number of Persons Age 50 and Older With Osteoporosis and Low Bone Mass at Either the Femoral Neck or Lumbar Spine, by Sex, Age, and Race, United States 2005-2010

	Total population n	Osteoporosis		Low Bone Mass	
		Prevalence[1] % (SE)	OP n (95% CI)[2]	Prevalence[1] % (SE)	LBM n (95% CI)[2]
Both sexes					
Total population	99,048,838	10.3 (0.37)	10.2 (9.4, 10.9)	43.9 (0.72)	43.4 (42.0, 44.8)
50–59	41,962,930	5.1 (0.60)	2.2 (1.7, 2.6)	40.2 (1.12)	16.9 (16.0, 17.8)
60–69	29,253,187	8.0 (0.87)	2.3 (1.8, 2.8)	43.6 (1.18)	12.8 (12.1, 13.4)
70–79	16,595,961	16.4 (0.94)	2.7 (2.4, 3.0)	47.3 (1.41)	7.9 (7.4, 8.3)
80 & over	11,236,760	26.2 (1.59)	2.9 (2.6, 3.4)	52.9 (2.22)	5.9 (5.5, 6.4)
Race/ethnicity[3]					
NH white	75,272,609	10.2 (0.47)	7.7 (7.0, 8.4)	44.9 (0.89)	33.8 (32.5, 35.1)
NH black	9,830,977	4.9 (0.65)	0.5 (0.4, 0.6)	29.7 (1.51)	2.9 (2.6, 3.2)
Mexican American	4,595,535	13.4 (1.10)	0.6 (0.5, 0.7)	43.2 (1.41)	2.0 (1.9, 2.1)
Women					
Total population	53,151,456	15.4 (0.63)	8.2 (7.5, 8.9)	51.4 (0.93)	27.3 (26.3, 28.3)
50–59	21,506,008	6.8 (0.83)	1.5 (1.1, 1.8)	49.3 (1.69)	10.6 (9.9, 11.3)
60–69	15,323,140	12.3 (1.44)	1.9 (1.5, 2.3)	53.4 (1.54)	8.2 (7.7, 8.6)
70–79	9,169,601	25.7 (1.56)	2.4 (2.1, 2.6)	51.8 (1.70)	4.7 (4.4, 5.1)
80 & over	7,152,707	34.9 (2.44)	2.5 (2.2, 2.8)	52.7 (3.07)	3.8 (3.3, 4.2)
Race/ethnicity[3]					
NH white	40,089,289	15.8 (0.81)	6.3 (5.7, 7.0)	52.6 (1.17)	21.1 (20.2, 22.0)
NH black	5,534,149	7.7 (1.10)	0.4 (0.3, 0.5)	36.2 (2.03)	2.0 (1.8, 2.2)
Mexican American	2,371,091	20.4 (1.70)	0.5 (0.4, 0.6)	47.8 (2.33)	1.1 (1.0, 1.2)
Men					
Total population	45,897,382	4.3 (0.40)	2.0 (1.6, 2.3)	35.2 (0.93)	16.1 (15.3, 17.0)
50–59	20,456,922	3.4 (0.68)	0.7 (0.4, 1.0)	30.7 (1.78)	6.3 (5.6, 7.0)
60–69	13,930,047	3.3 (0.73)	0.5 (0.3, 0.7)	32.9 (1.82)	4.6 (4.1, 5.1)
70–79	7,426,360	5.0 (0.78)	0.4 (0.3, 0.5)	41.8 (2.51)	3.1 (2.7, 3.5)
80 & over	4,084,053	10.9 (1.7)	0.4 (0.3, 0.6)	53.1 (2.82)	2.2 (1.9, 2.4)
Race/ethnicity[3]					
NH white	35,183,320	3.9 (0.39)	1.4 (1.1, 1.6)	36.0 (1.13)	12.7 (11.9, 13.4)
NH black	4,296,828	1.3* (0.40)	0.1 (0.02, 0.1)	21.3 (1.75)	0.9 (0.8, 1.1)
Mexican American	2,224,444	5.9 (1.08)	0.1 (0.1, 0.2)	38.3 (2.55)	0.9 (0.7, 1.0)

OP = osteoporosis; LBM = low bone mass; SE = standard error; 95% CI = 95% confidence interval; NH = non-Hispanic.

1 Prevalence from NHANES 2005–2010 has been adjusted to the age, sex, and race/ethnic distribution of the US population at the time of the 2010 Census using the direct method.

2 Count expressed in millions.

3 Other races not shown separately.

* May be statistically unreliable; standard error/percent is 31% to 39% or sample size is <30.