BY THE NUMBERS
Osteoporosis and Related Conditions

Bone Health

Osteoporosis Major Health Concern

- **10.2 million**: number of adults estimated to currently have osteoporosis, expected to grow to **13.6 million** in 2030*
- **43.4 million**: number of adults estimated to currently have low bone mass, often a precursor to osteoporosis, expected to grow to **57.8 million** in 2030*
- **$70.5 billion**: annual cost to treat persons with an osteoporosis condition**

Bone Health Conditions

- Osteoporosis (loss of bone mass due to aging or other causes)
  - Based on bone mineral density (BMD) at hip and spine
  - BMD T-score of ≤ -2.5 the BMD value of healthy, white 20-to-29-year old female
- Low bone mass (common precursor to osteoporosis)
  - BMD T-score between -2.5 and -1.0
- Fragility fractures (occur in many sites, but often measured by the presence of vertebral fractures, which may be asymptomatic)
  - Lifetime height loss of 1.5 inches or more
- **325,200**: number of hospitalizations for hip fractures**
- **245,800**: number of hospitalizations with diagnosis of spine fractures**
- **2.3 million**: number of physician office visits with diagnosis of a fragility fracture**

Long Term Health Care Impact

- **6.8% to 34.9%**: change in proportion of women with osteoporosis ages 50 to 59 versus ages 80 and older*
- **3.4% to 10.9%**: change in proportion of men with osteoporosis ages 50 to 59 versus ages 80 and older*
- **84%**: increase in probability of a stay in skilled nursing facility following fragility fracture versus no fracture
- Hip fracture outcomes include double the risk of death, four-fold increased risk of becoming nursing home resident, and double the risk of enrolling in Medicaid within one year of fracture*

* 2010, ** 2011, *** 2012
References: For additional information, refer to the tables listed below at www.boneandjointburden.org.

Osteoporosis Major Health Concern

Bone Health Conditions
[1]-[3] T5.2.1: Health Care Visits With Diagnosis of Osteoporotic Fracture for Persons Age 50 and Over, United States 2008-2011

Long Term Health Care Impact
[1]-[2] T5.1: 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
[3] T5.3: Percentages of Individuals Hospitalized or Admitted to Skilled Nursing Facility within Six Months After Various Fracture Types Compared With Six Months Preceding the Fracture, United States 2000-2004