



251 18th Street South
Suite 630
Arlington, VA 22202
800-231-4222: tel
www.nof.org

What Is Osteoporosis?

Osteoporosis is a disease of the bone that makes a person's bones weak and more likely to break. Osteoporosis is a major public health threat for an estimated **54 million Americans**. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk of fractures.

What is the Human Impact of Osteoporosis?

- One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined. A man is more likely to break a bone due to osteoporosis than he is to get prostate cancer.
- The disease is responsible for an estimated two million broken bones per year, yet nearly 84 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.
- Every year, of nearly 300,000 hip fracture patients, one-quarter end up in nursing homes and half never regain previous function.
- A quarter of hip fracture patients age 50 and over die in the year following the fracture.

What is the Financial Impact of Osteoporosis?

- Osteoporosis-related bone breaks cost patients, their families and the healthcare system \$52 billion annually.
- By 2040, experts predict that osteoporosis will be responsible for 3.2 million fractures resulting in \$95 billion in costs per year.

About the National Osteoporosis Foundation (NOF)

Established in 1984, the National Osteoporosis Foundation is the nation's leading health organization dedicated to preventing osteoporosis and broken bones, promoting strong bones for life and reducing human suffering through programs of awareness, education, advocacy and research. NOF works to improve patient care and support for those who have broken bones due to osteoporosis. NOF is the nation's only health organization solely dedicated to osteoporosis and bone health.

NOF Resources

NOF helps to ensure that no patient, family member or caregiver feels alone or overwhelmed by the diagnosis of osteoporosis or the effects of the disease. To support those with osteoporosis or looking to learn more about the disease, NOF offers:

- An Online Support Community (<http://www.inspire.com/groups/national-osteoporosis-foundation>) with almost 50,000 participating members offering peer-to-peer support and advice to one another daily;
- NOF.org, our website offering information to help you learn about osteoporosis, live with the condition and connect with others for support and to make a difference in the fight against osteoporosis;
- A network of small Support Groups where those affected by osteoporosis can learn more about osteoporosis and how to live with the disease directly from those in similar situations.
<https://www.nof.org/patients/patient-support/nof-support-groups/>

NOF Initiatives

NOF conducts a variety of patient awareness and education programs as well as continuing medical education training for healthcare professionals. A few of our initiatives include:

- *Fracture Liaison Service (FLS) Model of Care* training program for healthcare professionals. FLS programs coordinate post-fracture care through a FLS coordinator (a nurse practitioner, physicians' assistant, nurse or other health professional) who ensures that individuals who suffer a fracture receive appropriate diagnosis, treatment and support. NOF is the educational partner for training FLS coordinators and helping healthcare professionals to establish an FLS program.
- *Bone Health Policy Institute* (<https://www.bonehealthpolicyinstitute.org/>) The National Bone Health Policy Institute was formed to raise awareness and drive policy that supports patients, and their caregivers, with osteoporosis. We are an advocacy movement to help create policies for healthy, strong bones and as a result, healthier aging.
- *Healthy Bones for Life™ Patient Registry (HBFL)*- A first of its kind tool in the osteoporosis field, surveys patients and caregivers about how osteoporosis and osteopenia impact their lives. This patient-reported information is collected anonymously, combined, and analyzed by the National Osteoporosis Foundation (NOF) to map out the patient journey. This map will show NOF and the broader bone health community what patients need and want most. <https://www.nof.org/hbfl/>
- *Interdisciplinary Symposium on Osteoporosis* – NOF's annual meeting and educational symposium for healthcare professionals, educators and industry professionals.

NOF Research

NOF supports a variety of research on topics related to prevention and treatment of osteoporosis. Some of NOF's recent research endeavors include:

- *NOF and ASCP Joint Position Statement on Calcium and Cardiovascular Disease* – National Osteoporosis Foundation (NOF) and the American Society of Preventative Cardiology (ASPC) have released a joint position statement on the lack of evidence linking calcium with or without vitamin D supplementation to cardiovascular disease in generally healthy adults. This official position statement has been adopted by the Boards of Directors of both societies as of July 2016 and will be published in the *Annals of Internal Medicine* in October 2016.
- *ASBMR-NOF Task Force on the Goals of Osteoporosis Treatment* – The American Society of Bone and Mineral Research (ASBMR) and the National Osteoporosis Foundation (NOF) established a Task Force to consider setting treatment targets to guide clinical decisions on the selection of initial treatment of osteoporosis and whether or when to change treatment according to the individual's risk of fracture.
- *NOF Prevalence Working Group* – The objective of this research project is to establish the current prevalence of osteoporosis in the United States using on 2010 Census data.
- *Peak Bone Mass* – Using an evidence-based systematic approach, NOF developed a position statement to set forth optimal intakes of foods and define physical activity patterns for individuals from childhood through adolescent years to optimize bone health and maximize outcomes during all life stages.

NOF Support

To accomplish its mission, NOF accepts support from a wide breadth of diversified sources, including individuals, foundations, government sources and corporations. To learn more, visit <https://www.nof.org/support-nof/>

While some of these funds may be restricted to specific projects, NOF maintains its independence and objectivity in accordance with the National Health Council's guiding principles. NOF does not endorse any particular product, service or point of view, but does inform the public about all FDA-approved therapies, as well as the availability of other appropriate products and services as part of its educational responsibility to the public and healthcare professionals.