Let’s raise awareness about bone health and osteoporosis prevention!
Get involved in May!

May is National Osteoporosis Month

Osteoporosis is responsible for more than two million broken bones annually in the U.S. at the cost of a staggering $52 billion. Chronic bone disease is a silent killer that is both preventable and treatable. Americans of all ages need to take charge and understand the importance of good bone health. Learning the facts about osteoporosis, staying active and eating a well-balanced diet are easy, actionable first steps.

There is so much you can do to spread awareness and show your support by using social media. It’s more important than ever that we come together to support each other, rally our communities, and raise awareness about bone health during National Osteoporosis Month in May!

We’ve prepared this user-friendly toolkit with everything you need to share information on social media with your peers, colleagues, friends, family and in your community. Check out the information below and let’s spread awareness far and wide.

<table>
<thead>
<tr>
<th>Help us spread the word:</th>
<th>Tag NOF in your posts so we can share/amplify!</th>
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</thead>
<tbody>
<tr>
<td>Hashtags:</td>
<td>Facebook: <a href="https://facebook.com/nationalosteoporosisfoundation">facebook.com/nationalosteoporosisfoundation</a></td>
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<tr>
<td></td>
<td>@NationalOsteoporosisFoundation</td>
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<tr>
<td>#osteoporosis</td>
<td>Twitter: <a href="https://twitter.com/@OsteoporosisNOF">@OsteoporosisNOF</a></td>
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<td>#BeBoneStrong</td>
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<td>#NationalOsteoporosisMonth</td>
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<td>#NOM2020</td>
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<td>#10KaDayInMay</td>
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<td>#10KaDayChallenge</td>
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**Tips:**
- Personalize your posts
- Encourage your social media followers to get involved and spread the word
Update Your Facebook Photo Frame

Update your Facebook profile photo with a National Osteoporosis Month frame and let your colleagues, friends and family know that you are raising awareness during the month of May.

Take these simple steps: just sign into your Facebook account and then visit Profile Picture Frames. Search for “National Osteoporosis Month” and select the frame. Don’t forget to click “Use as Profile Picture” to save your changes!

Suggested Facebook Posts

May is #NationalOsteoporosisMonth! Join us in the 10,000 Steps a Day in May Challenge to celebrate and promote bone health. #10KaDayInMay https://www.nof.org/national-osteoporosis-month-may-2020/

May is National Osteoporosis Month! Here are 31 Ways to Stay Bone Strong during the entire month! https://cdn.nof.org/wp-content/uploads/NOM-Digital-Calendar.pdf

Diet and exercise play critical roles in building and maintaining good bone health for people at every life stage – from infancy through adulthood. Learn more about osteoporosis and find resources to promote bone health during May’s National Osteoporosis Month at https://www.nof.org/national-osteoporosis-month-may-2020/.

Did you know that the number of annual osteoporotic fractures is projected to grow 68% by 2040? Learn more about osteoporosis and how you can raise awareness during May’s National Osteoporosis Month at https://www.nof.org/national-osteoporosis-month-may-2020/.

With more than 50,000 participants, NOF’s online support community hosted by Inspire is an excellent forum for people to discuss bone health topics of interest. May is #NationalOsteoporosisMonth and it’s a great time to join the online community! http://www.inspire.com/groups/national-osteoporosis-foundation/

Every 20 seconds, someone in the U.S. breaks a bone as a result of osteoporosis. We need your help now to reverse this trend. Give during the month of May to help improve patient care and protect future generations from this debilitating disease. https://www.nof.org/support-nof/donate/ #NationalOsteoporosisMonth

In the U.S., more than two million broken bones are caused by osteoporosis annually. Learn more about osteoporosis and how you can raise awareness during May’s National Osteoporosis Month at https://www.nof.org/national-osteoporosis-month-may-2020/.

This month I’m raising awareness about osteoporosis by joining the #10KaDayInMay challenge! Low-impact, weight-bearing exercise, like walking at a brisk pace and getting 10,000 steps a day, can help keep bones healthy and strong. Learn more at https://www.nof.org/national-osteoporosis-month-may-2020/.
You are never too young or too old to protect your bones. Now is the time to take action! Join me in raising awareness about osteoporosis by participating in the #10KaDayInMay challenge and aim for 10,000 steps a day! [https://www.nof.org/national-osteoporosis-month-may-2020/#NationalOsteoporosisMonth](https://www.nof.org/national-osteoporosis-month-may-2020/#NationalOsteoporosisMonth)

About half of all women and up to one in four men age 50 and older will break a bone due to osteoporosis. Learn more about this disease and how you can raise awareness during May’s [National Osteoporosis Month](https://www.nof.org/national-osteoporosis-month-may-2020/)

### Suggested Twitter Posts

Challenge your family and friends to take the #10KaDayInMay challenge for bone health! Ten thousand steps for each day in May! [#NationalOsteoporosisMonth](https://www.nof.org/national-osteoporosis-month-may-2020/)

May is [National Osteoporosis Month](https://www.nof.org/national-osteoporosis-month-may-2020/)! Join us in the 10,000 Steps a Day in May Challenge to promote bone health. [#10KaDayInMay](https://www.nof.org/national-osteoporosis-month-may-2020/)

NOF’s online support community, hosted by Inspire, is an excellent forum for people to discuss bone health topics of interest. Join during May’s [National Osteoporosis Month](https://www.nof.org/national-osteoporosis-month-may-2020/) to get connected: [http://www.inspire.com/groups/national-osteo/foundation/](http://www.inspire.com/groups/national-osteo/foundation/)

Help improve patient care for those suffering from osteoporosis by making a donation during [#NationalOsteoporosisMonth](https://www.nof.org/support-nof/donate/). Together we can make a difference! [https://www.nof.org/support-nof/donate/](https://www.nof.org/support-nof/donate/)

Did you know that the number of annual osteoporotic fractures is projected to grow 68% by 2040? Learn more about osteoporosis and find resources to promote bone health during May’s [National Osteoporosis Month](https://www.nof.org/national-osteoporosis-month-may-2020/)

Today approximately 10 million people in the U.S. have osteoporosis. About 2 million men and 8 million women have the disease. Learn more and find resources to promote bone health during May’s [National Osteoporosis Month](https://www.nof.org/national-osteoporosis-month/)

Low-impact exercise, like walking 10,000 steps a day, can help keep bones healthy and strong. I’m participating in the #10KaDayInMay challenge to help raise awareness during National Osteoporosis Month. Join me! Learn more at [https://www.nof.org/national-osteoporosis-month-may-2020/](https://www.nof.org/national-osteoporosis-month-may-2020/).

### A Few Shareable Osteoporosis Facts

Osteoporosis is responsible for an estimated two million broken bones per year, yet nearly 80 percent of older Americans who suffer bone breaks are not tested or treated for osteoporosis.

Eating a healthy diet and exercising regularly can help slow or stop the loss of bone mass and help prevent fractures.

A woman’s risk of fracture is equal to her combined risk of breast, uterine and ovarian cancer.

A man is more likely to break a bone due to osteoporosis than he is to get prostate cancer.
24 percent of hip fracture patients age 50 and over die in the year following the fracture.

Six months after a hip fracture, only 15 percent of patients can walk across a room unaided.

Every year, of nearly 300,000 hip fracture patients, one-quarter end up in nursing homes and half never regain previous function.

Women lose up to 20 percent of their bone density in the five-to-seven years after menopause.

People with osteoporosis cannot feel their bones getting weaker, and many people do not know they have osteoporosis until they break a bone.