

## OSTEOPOROSIS

Osteoporosis is a bone weakness characterized by low bone density with symptoms that generally occur only after the disease is advanced.<sup>46</sup> Bone fractures are the most common consequence; others include loss of height, stooped posture, and back and neck pain from spinal fractures. Risk of osteoporosis increases with age and is much more common among women than men. In 2007–2010, an estimated 10 million women (9.0 percent) and 1.3 million men (1.3 percent) had osteoporosis. More than one in four women aged 65 and older had been diagnosed with osteoporosis, compared with 4.3 percent of men. Osteoporosis also varied significantly by race and ethnicity. About 30 percent of non-Hispanic White and Hispanic women aged 65 and older reported that they had been diagnosed

with osteoporosis, compared to 12.9 percent of non-Hispanic Black women of the same age (data not shown).

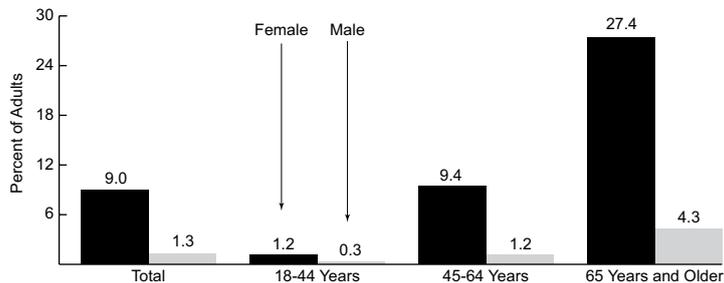
Osteoporosis may be prevented and treated by getting the recommended amounts of calcium and vitamin D, by engaging in regular weight-bearing physical activity (such as walking), and by taking prescription medication when appropriate.<sup>46,47</sup> To promote early diagnosis and the prevention of complications, bone density tests are recommended for all women aged 65 and older and younger women who have a risk factor, including low weight, parental history of hip fracture, smoking, and daily alcohol use.<sup>48</sup>

Bone fractures among the elderly most commonly occur among those with osteoporosis and can have devastating consequences. For example, 1 in every 5 hip fracture patients

die within a year of their injury.<sup>47</sup> Falls are a common direct cause of osteoporosis-related fracture and are the leading cause of injury—both fatal and nonfatal—among adults aged 65 and older. In 2010, there were 2.4 million unintentional nonfatal fall injuries treated in emergency departments among adults aged 65 and older (data not shown). The rate of nonfatal fall injury was higher among women than men and increased with age. Among both women and men, the rate of nonfatal fall injury was about five times higher among those aged 85 and older than those aged 65–69. Fall prevention efforts can include muscle strengthening, home hazard assessments and modifications, and avoiding sedative medications that may impair balance and coordination.<sup>47</sup>

### Diagnosed Osteoporosis\* Among Adults Aged 18 and Older, By Age and Sex, 2007–2010

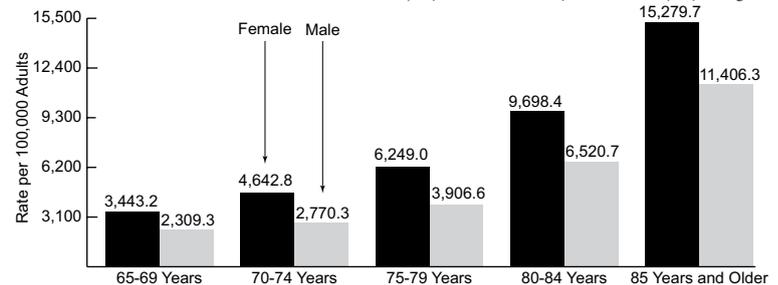
Source II.10: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey



\*Reported a health professional had ever told them they had osteoporosis.

### Nonfatal Unintentional Injury Due to Falls\* per 100,000 Adults Aged 65 and Older, by Age and Sex, 2010

Source II.6: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, National Electronic Injury Surveillance System, All Injury Program



\*Treated in hospital emergency departments.