


# Bone Health and Falls

## Recommendations & Resources:

- Follow the U.S. Preventive Services Task Force Screening recommendations: [bit.ly/USPSTFOsteoporosis](https://bit.ly/USPSTFOsteoporosis).
  - Look at your local falls and osteoporosis/osteopenia prevalence data to inform prevention.
  - Share this information with patients to raise awareness, prevent injuries, and improve health outcomes.
  - Refer patients to community exercise or health promotion programs. Aging & Disability Resource Centers (ADRC) are a great starting place: [dhs.wisconsin.gov/adrc/contacts.htm](https://dhs.wisconsin.gov/adrc/contacts.htm).
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## Falls, Hip Fractures, and Osteoporosis Data:

- In the U.S. it is estimated that 10 million people ages 50+ have osteoporosis (80% of which are female), and over 43 million more people have low bone mass (63% female).<sup>1</sup>
- In the U.S., **13%** of people 50+ years old have osteoporosis at either the femur neck or lumbar spine. For prevalence of low bone mass, this increases to **43%**.<sup>2</sup>
- Each year, almost **319,000 hospitalizations** are due to fall-related hip fractures in older adults.<sup>3</sup>
- Low bone mass (below peak) in the hip leads to a 2.5x greater risk of hip fracture.<sup>4</sup>

## References

1. [Healthy People 2030](#).
  2. [Centers for Disease Control and Prevention](#).
  3. [Centers for Disease Control and Prevention](#).
  4. [John Hopkins Arthritis Center](#).
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