

## The National Coalition for Osteoporosis and Related Bone Diseases

### *Support a National Vision for Bone Health*

#### ***Request: Cosponsor the Bone Health Promotion and Research Act.***

### **The Bone Health Promotion and Research Act**

To lessen the burden of osteoporosis and related bone diseases on Americans -- and the overall costs to our health system -- the Coalition urges Congress to pass legislation to:

- Initiate a **National Bone Health Program** to:
  - Enhance the control, prevention, and surveillance activities of the Centers for Disease Control and Prevention (CDC);
  - Augment education and outreach initiatives on bone health;
  - Provide state grants for comprehensive osteoporosis and related bone disease surveillance, control, and prevention programs and activities;
- Intensify **research activities** by the National Institutes of Health on osteoporosis and related bone diseases;
- Authorize grants and cooperative agreements to **facilitate the collection, analysis, and reporting of data** regarding osteoporosis and related bone diseases; and
- Establish an **Osteoporosis and Related Bone Disease Advisory Committee** to advise the CDC and the NIH on matters relating to the National Bone Health Program and research on osteoporosis and related bone diseases.

#### Background

- The nation's annual direct and indirect costs for bone and joint health are **\$849 billion** -- 7.7 percent of the US gross domestic product.
- **10 million** Americans have osteoporosis -- a condition in which the bones become weak and can break from a minor fall or, in serious cases, from simple actions such as sneezing. An estimated **34 million Americans** have low bone mass or osteopenia, which puts them at risk for osteoporosis and bone fractures.
- Eight million of those with osteoporosis are women, and an estimated two million American men have osteoporosis. The U.S. Surgeon General says that by 2020 **one in two Americans over age 50** is expected to have or to be at risk of developing osteoporosis of the hip; even more will be at risk of developing osteoporosis at any site in the skeleton.
- According to estimated figures, osteoporosis was responsible for more than **2 million fractures in 2005**, including hip, spine, wrist, and other fractures. The number of fractures due to osteoporosis is expected to rise to more than 3 million by 2025. **Approximately 1 in 2 women and up to 1 in 4 men over age 50 will break a bone because of osteoporosis.**
- An average of 24 percent of hip fracture patients age 50 and older die in the year following their fracture.
- Osteoporosis costs our health care system an estimated **\$19 billion each year**. By 2025, experts predict that osteoporosis will account for **\$25.3 billion in costs**.
- Osteogenesis imperfecta is characterized by fragile bones and frequent fractures. It is estimated to afflict an estimated **40,000 people**.
- Paget's disease of the bone, a geriatric disorder that results in enlarged and deformed bones in one or more parts of the body, afflicts an estimated **700,000 Americans** over the age of 60.
- The 2004 Surgeon General's Report, "Bone Health and Osteoporosis: A Report of the Surgeon General," said that Americans must be encouraged to: get enough calcium and vitamin D; engage in regular weight-bearing and muscle-strengthening exercise; avoid smoking and excessive alcohol; and talk to their healthcare providers about bone health.

The National Coalition for Osteoporosis and Related Bone Diseases urges Congress to address the issue of bone health -- a critical factor in overall health and quality of life.