

# OSTEOPOROSIS IN UTAH

## *How Common is the Disease?*

### Nationally:

- 10 million individuals have been diagnosed<sup>1</sup>
- 1-4% of males age 50 years plus and 13-18% of females age 50 and older have the disease<sup>2</sup>

### Utah:

- 55,000 have been diagnosed<sup>3</sup>
- 2.4% of males age 50 years plus and 16.3% of females age 50 and older have the disease<sup>3</sup>
- Rates\* increase for females age 65-74 years (22%) and females age 75 years plus (27.7%)<sup>3</sup>

*\*National comparable data is not available*



## *What is Osteoporosis?*

Osteoporosis is a disease of the bone in which the bone density is reduced, thus weakening the bones.



## *What Can Be Done to Prevent Osteoporosis?*

Sex, age and an individual's measure of body fat, based on height and weight, all play a role in determining risk for osteoporosis. Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis.

# Osteoporosis in Utah

## Medications and Treatments

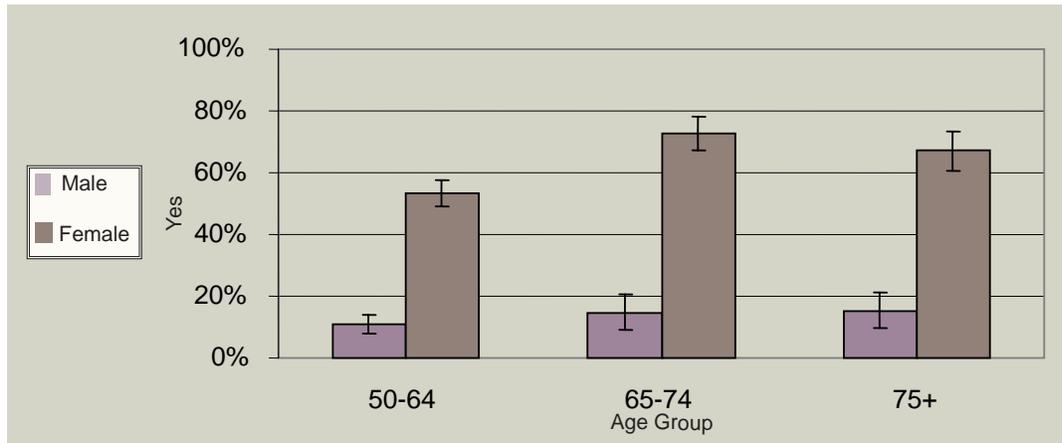
Research suggests that calcium intake is not the only factor in predicting osteoporosis outcomes. A combination of all the following factors can help in treating the disease:

- A healthy lifestyle with no smoking or excessive alcohol intake
- Participating in weight bearing exercises<sup>4</sup>
- Bone density testing for postmenopausal females<sup>5</sup>
- A balanced diet rich in calcium and vitamin D
- Eating foods high in vitamin D or taking a supplement<sup>6</sup>



In 2006, Utah residents were asked questions about osteoporosis during a Behavioral Risk Factor Surveillance Survey (BRFSS). BRFSS is a state-based system of health surveys, done over the phone, that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.

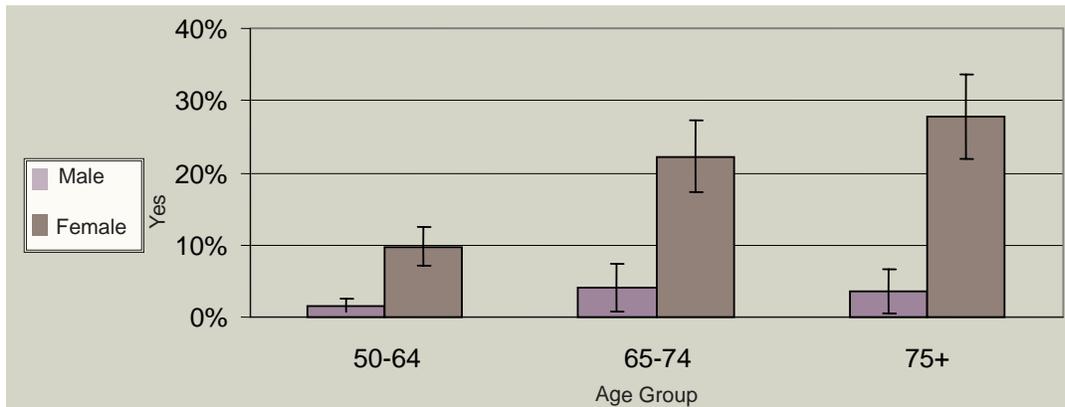
**Percent Reporting Completion of a Bone Density Test by Age and Sex**  
2006 BRFSS (N= 2,324)



*Females were four times more likely than males to have completed a bone density test.*

*This difference in testing may be due to insurance, including Medicare, may not cover the cost of screening for men.*

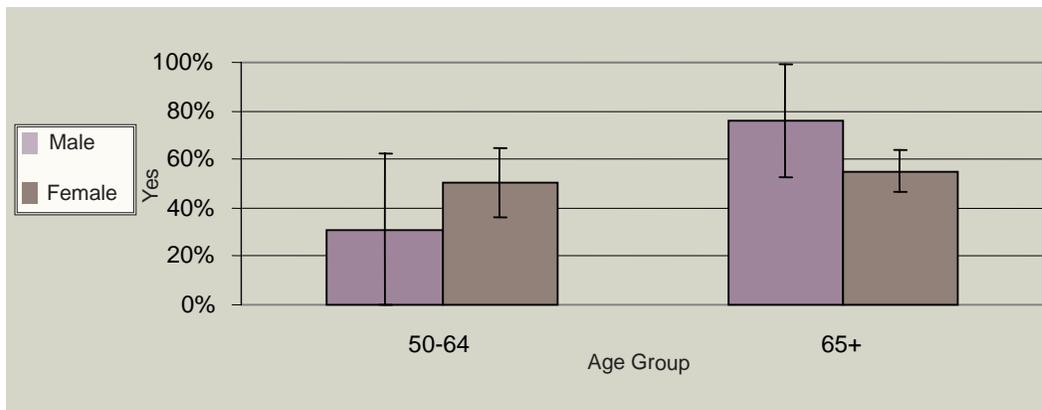
**Percent Reporting Being Told by a Health Professional They Had Osteoporosis by Age and Sex**  
2006 BRFSS (N= 2,345)



*Fewer than 5% of males reported being told by a health professional that they had osteoporosis.*

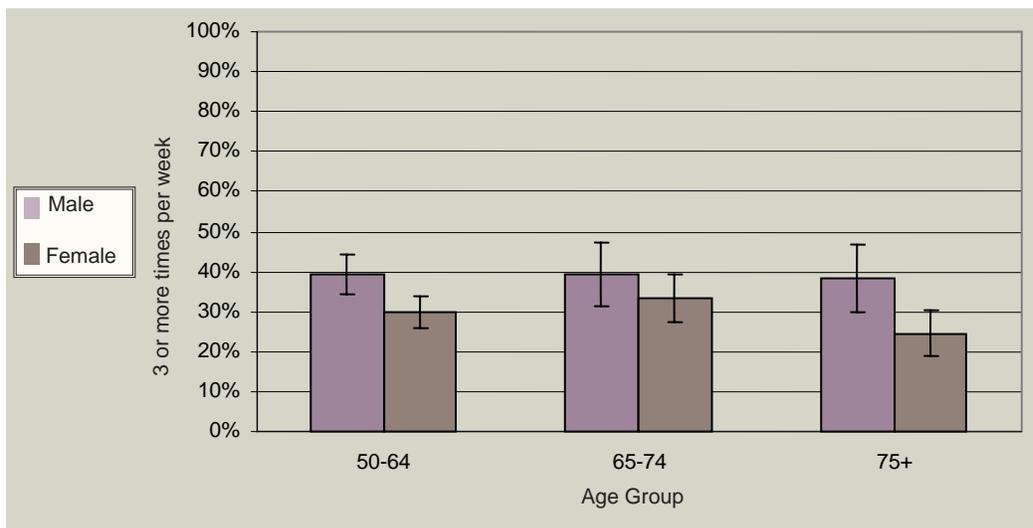
# Osteoporosis in Utah

**Percent Reporting Having a Current Prescription for Osteoporosis Medication by Age and Sex  
(Not Including Calcium Supplements and Multivitamins)**



*Females were more likely to have a prescription for osteoporosis medication prior to age 64 and males were more likely after age 65.*

**Percent Reporting Muscle Strengthening Physical Activities 3 or More Times per Week by Age and Sex  
2006 BRFSS (N= 2,264)**



*Males reported doing more muscle strengthening activities at all ages.*

# Osteoporosis in Utah

## *Are You Over Age 65 ?*

Unintentional injuries pose a significant threat to the health and well being of Utah seniors aged 65 and older. By 2020, one in two Americans aged 50 years and older will be at risk for fractures from osteoporosis or low bone mass<sup>1</sup>. Most fractures among older adults are caused by falls and falls are the leading cause of unintentional injury among older adults in Utah.

Focusing on the following recommendations is critical, as seniors are living longer than ever before. By taking prevention measures, older adults who hope to spend their golden years in good health will increase their likelihood of doing so.

### Recommendations to prevent falls include<sup>7</sup>:

*Recommendation 1: Individuals can work with family members and health care providers to assess their medical risks for falling, by:*

- Having an annual physical exam
- Having an annual eye exam
- Reviewing medications for possible side effects and interactions
- Being screened for osteoporosis
- If recommended by a doctor, taking medications to strengthen bones
- If recommended by a doctor, beginning a strengthening/exercise program.

*Recommendation 2: All seniors and those who care for them should check the home for the following hazards and correct problems as necessary:*

- Unstable furniture
- Loose throw rugs
- Slippery bathroom surfaces
- Loose or missing stair railings
- Poor lighting
- Clutter
- Electrical cords in walkways
- Lack of grab bars near toilets and in tubs/showers.

*Recommendation 3: Exercise regularly*

Examples of weight bearing physical activities include:

- Walking, running, jogging, jump roping
- Tennis, racquetball
- Stair climbing, hiking
- Basketball
- Dancing
- Weight lifting.



References:	1	National Osteoporosis Foundation: <a href="http://www.nof.org/">http://www.nof.org/</a>
	2	<a href="http://www.smilevermont.com/research/chronic/osteoporosis.aspx">http://www.smilevermont.com/research/chronic/osteoporosis.aspx</a>
	3	Utah Department of Health: 2006 Utah Behavioral Risk Factor Surveillance Survey
	4	Reumatizam. 2006;53(2):45-50
	5	Nippon Rinsho. 2003 Feb; 61(2):305-13
	6	Med Clin North Am. 1989 Nov; 73(6): 1455-70
	7	Utah Department of Health, VIPP: <a href="http://www.health.utah.gov/vipp/pdf/Final%20Falls%20Report.pdf">http://www.health.utah.gov/vipp/pdf/Final%20Falls%20Report.pdf</a>