



The Global Burden of Osteoporosis: A Factsheet

Osteoporosis is one of the most common chronic diseases. It causes a person's bones to become more porous and fragile, greatly increasing their risk of suffering a fracture. Sufferers of these serious yet largely preventable injuries often experience severe pain, long-term disability and even early death. The burden to health systems, economies and society is also huge – and on the increase.

WORLDWIDE EPIDEMIC

- 1 in 3 women and 1 in 5 men over the age of 50 will experience an osteoporotic fracture.
- Worldwide, a bone breaks due to osteoporosis every three seconds.
- In Europe, India, Japan and the USA alone, there are an estimated 125 million people with osteoporosis.
- The number of people living with osteoporosis in all regions of the world is set to increase dramatically in the coming decades, due to ageing populations and lifestyle changes.

DISABILITY AND LOSS OF INDEPENDENCE

- Osteoporotic fractures cause an annual global loss of 5.8 million healthy life years to disability.
- After a hip fracture, 40% of individuals cannot walk independently, and 80% cannot perform basic activities such as shopping independently.
- 10-20% of hip fracture sufferers require permanent nursing home care after the incident.
- In women over 45 years of age, osteoporosis accounts for more days in hospital than diabetes, heart attacks or breast cancer.
- In 2010, the cost of long-term disability from osteoporosis in the EU was 10.7 billion EUR.

EARLY MORTALITY

- Fractures are directly responsible for a 30% increase in mortality in the first year after incidence. An increased risk of dying persists 5 years after fracture.
- In the EU in 2010 there were 43,000 deaths directly attributable to fractures.

COSTLY

- Available data on the economic burden of osteoporosis shows that currently, the cost of osteoporosis is 37 billion EUR per year in the EU, and 19 billion USD per year in the USA. Costs are projected to rise dramatically alongside osteoporosis prevalence in coming years.
- Worldwide, 40% of osteoporotic fractures occur in people of working age. The direct annual cost of treating osteoporotic fractures of people in the workplace is 48 billion USD in Canada, Europe and the USA alone, not taking into account indirect costs such as disability and loss of productivity.