

OSTEOPOROSIS and RELATED FRACTURES in Canada

2023

Osteoporosis occurs when bone tissue loss is faster than normal, causing it to become weak and fracture easily. Often people are not aware that they have osteoporosis until a fracture occurs. Common fragility fracture sites include forearm, hip, spine, upper arm and pelvis. Hip fractures are among the most serious.

According to the data from the Public Health Agency of Canada's Canadian Chronic Disease Surveillance System (CCDSS):¹

OSTEOPOROSIS BURDEN

In 2019–2020:

Almost **2.5 million** Canadians aged 40+ were living with diagnosed osteoporosis



About **81%** of those living with diagnosed osteoporosis were women

2x every **5** years

The risk of osteoporosis diagnosis **doubles every 5 years**, between the ages of 40 and 65

ÉCART DANS LES SOINS DE L'OSTÉOPOROSE

Les lignes directrices de pratique clinique canadiennes recommandent² :



A bone mineral density (BMD) test in adults that had a fragility fracture after age 40



Osteoporosis medication for all adults aged 50+ who had a fragility fracture of the hip

The most recent data show a major gap between best practices and actual care. After sustaining a fracture at sites most attributable to osteoporosis:



Only **15%** of Canadians aged 40+ had a BMD test



Only **21%** of Canadians aged 65+ received a prescription for an anti-osteoporosis medication

Men are less likely to receive any intervention

PRINCIPALES COMPLICATIONS



In 2019–2020, there were:

156 hip fractures per **100,000** Canadians aged 40+

More than **1 in 5** Canadians with a hip fracture died of any cause within the following year

Sex differences:



Women were **2x** more likely to fracture their hip compared to men



Men were **1.5x** more likely to die of any cause within a year of a hip fracture compared to women

BONE HEALTH PROMOTION STRATEGIES

Prevent, delay or reduce bone loss by following a healthy lifestyle. Basic bone health includes³:



Balanced nutrition, ideally starting from childhood



Adequate calcium and vitamin D intake



Physical activity and resistance training exercises



Avoid smoking and excessive alcohol intake

LEARN MORE ABOUT OSTEOPOROSIS:

Visit **Canada.ca** and search 'Osteoporosis'

Get Data **Canadian Chronic Disease Surveillance System**

More **Osteoporosis Canada**

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SOURCES:

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ACKNOWLEDGEMENTS

This work was made possible through collaboration between the Public Health Agency of Canada (PHAC) and all Canadian provincial and territorial governments, and expert contribution from the CCDSS Osteoporosis Working Group. This infographic was developed by PHAC; no endorsement by the provinces and territories should be inferred.

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Cat.: HP35-123/1-2023E-PDF | ISBN: 978-0-660-68810-7 | Pub.: 230577



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