

50+ y/o projected to sustain a fracture every 30 seconds by 2033: new report

Healthy Bones Australia to call for enhanced Government commitment to bone health

Healthy Bones Australia is teaming with an Olympian, doctors, politicians, and patients this Thursday, October 10, to launch key findings from their national burden of disease report, together with the Parliamentary Friends of Pain Management, at Parliament House, Canberra.

The new report – **Osteoporosis and fractures in Australia. A burden of disease analysis 2023 – 2033** – set for release in advance of World Osteoporosis Day (October 20, 2024), reveals:



- 6.2 million (67 per cent) Australians aged 50+ years are living with poor bone health – a marked 34 per cent increase from 2012 report, projected to increase to 7.7 million living with osteopenia (bone loss), or osteoporosis by 2033;¹
- In 2023, a fracture was sustained every 2.7 minutes in Australia, resulting in more than 193,000 fractures;
- The total cost of osteopenia and osteoporosis equated to \$4.8 billion in 2023, and is estimated to climb over the coming decade to \$8.3 billion in 2033;¹
- Fractures represent the highest cost associated with osteoporosis and osteopenia.¹

The new burden of disease report offers concerning future projections, demonstrates the under-prioritisation of bone health in Australia, and reinforces the urgent need for action from policy makers, healthcare professionals, and the community alike.

To learn more about the new findings from the **Osteoporosis and Fractures in Australia. A burden of disease analysis – 2023 - 2033**, tee up an interview with a spokesperson below.

EXPERTS	
Professor Peter R Ebeling, AO	Head of Department of Medicine, Monash University; Chair, Healthy Bones Australia; & Board member, International Osteoporosis Foundation (IOF), MELBOURNE (VISITING CANBERRA)
Professor Peter Wong	Head of Rheumatology, Western Sydney Local Health District; Clinical Professor, Sydney Medical School; Medical Director & Chair, Healthy Bones Australia Medic & Scientific Advisory Committee, SYDNEY (VISITING CANBERRA)
Mr Greg Lyubomirsky	CEO, Healthy Bones Australia, SYDNEY (VISITING CANBERRA)
Professor Mark Cooper	Board Member, Healthy Bones Australia; President, Australian & New Zealand Bone & Mineral Society (ANZBMS); Professor of Medicine & Head of Concord Clinical School, University of Sydney, SYDNEY
Professor Jennifer Watts	Burden of disease report co-author, and Head of School of Health and Social Development, Deakin University, MELBOURNE (VISITING CANBERRA)
HEALTHY BONES AUSTRALIA AMBASSADOR	
Sally Pearson, OAM	Healthy Bones Ambassador, 37, GOLD COAST (VISITING CANBERRA)
AUSTRALIANS LIVING WITH OSTEOPOROSIS	
Carole, 70	Retired business consultant who has sustained multiple bone fractures & loss of height, Glenning Valley, CENTRAL COAST, NSW (VISITING CANBERRA)
Susanne, 70, OAM	Writer & children's book author diagnosed with osteoporosis after multiple fractures, SYDNEY
Kristy, 33	Assistant brand manager, health coach, & women's health advocate diagnosed with osteopenia in her late 20's, SYDNEY
Marilyn, 69	Graphic designer & classic car enthusiast diagnosed with osteoporosis after falling & fracturing her arm, SYDNEY

Kimberely, 44	Wife & mother-to-two who was diagnosed with pregnancy-related osteoporosis following the birth of her second child, BRISBANE
DIGITAL MEDIA KIT	www.healthybonesmediakit.org.au
BROADCAST VISION	www.healthybonesmediakit.org.au/vision
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To learn more about Healthy Bones Australia, head to healthybonesaustralia.org.au, or for help and support, call 1800 242 141.

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Reference

1. Bohingamu Mudiyansele S , Watts JJ, Gebremariam K, Abimanyi-Ochom J. Osteoporosis and fractures in Australia. A burden of disease analysis, 2023 to 2033.: Healthy Bones Australia; 2024.