

# fact sheet

## FACT SHEET

Established in 1984, the National Osteoporosis Foundation (NOF) is the nation's leading voluntary health organization solely dedicated to osteoporosis and bone health.

NOF's mission is to prevent osteoporosis and related fractures, to promote lifelong bone health, to help improve the lives of those affected by osteoporosis, and to find a cure through programs of awareness, education, advocacy and research.

NOF's vision is to make bone health a reality and a lifelong priority for all individuals.

### **EDUCATION:** *education*

NOF offers a breadth of information and resources on a range of issues from lifestyle behaviors to treatment options to help patients and health professionals throughout the country make informed decisions about bone health and osteoporosis.

### **AWARENESS:** *awareness*

NOF is working to increase awareness of osteoporosis and bone health among women and men of all ages and backgrounds. Our initiatives are dedicated to diminishing the scope and burden of the disease and helping people maintain active, healthy and independent lives.

### **ADVOCACY:** *advocacy*

NOF works at the federal and state level to expand governmental support of osteoporosis research and quality patient care and assure comprehensive public prevention and education programs through federal and state funding.

### **RESEARCH:** *research*

NOF funds and supports researchers at the beginning or at early stages of their scientific career, and also advocates for continued congressional funding for programs that include research on osteoporosis and bone health.

### **About Osteoporosis** *about osteoporosis*

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased susceptibility to fractures, especially of the hip, spine or wrist, although any bone can be affected.

- According to NOF prevalence estimates and reinforced in *Bone Health and Osteoporosis: A Report of the Surgeon General*, osteoporosis is a major public health threat for an estimated 44 million Americans, or 55 percent of people 50 years of age and older.
- In the U.S. today, 10 million individuals are estimated to already have the disease. Almost 34 million more people are estimated to have low bone mass, placing them at increased risk for osteoporosis.
- 1 in 2 women and 1 in 4 men age 50 and older will have an osteoporosis-related fracture in her or his lifetime.