



Arizona Osteoporosis Coalition

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The Arizona Osteoporosis Coalition (AZOC) started in 1998 as an outreach from the Arizona Public Health Association when a group of concerned citizens discussed the impact of osteoporosis in Arizona. AZOC has grown over the years as a 501c3 non-profit organization bringing together a wide range of professionals, organizations, and individuals to prevent osteoporosis. *AZOC is dedicated to working together to build strong bones for life.*

Even though osteoporosis is a silent disease, it is preventable. The National Osteoporosis Foundation estimates that **one in two women and one in four men over age 50** will have an osteoporosis-related fracture in her/his remaining lifetime. Twenty percent of non-Hispanic white and Asian women aged 50 and older are estimated to have osteoporosis, and 52 percent are estimated to have low bone mass.

Education and Outreach

- From 1999-2001, AZOC worked to bring osteoporosis education across Arizona in partnership with the University of Arizona Cooperative Extension, county health departments, the Arizona Department of Health Services and others. Outreach continues at health fairs, classes and screening across Arizona with new funding.
- The AZOC campaign "One Woman in Two, Don't Let it Be You" combines English/Spanish posters, flyers and radio/TV spot
- **Fitbones.org** is AZOC's website with information on local resources.
- AZOC continues to educate Arizonans to reduce their risks for osteoporosis and increase public understanding of its costs and impacts.

Research

- AZOC commissioned an Arizona HIP Research Project to review if elderly patients with non-trauma hip fractures had been diagnosed and treated for osteoporosis.
- Arizona White paper on Osteoporosis identified critical issues in treatment, health care costs and availability in Arizona.
- New funding is providing prevalence and fracture data for Arizonans

Public Policy

- AZOC worked with the Arizona Senate Ad Hoc Committee on Osteoporosis to develop an osteoporosis status report and recommendations in December 2005.

Working together to build strong bones for life!
www.fitbones.org