

# Arizona Osteoporosis Program

## 20 - 25

## Osteoporosis in the U.S. and Arizona

### Background and Need:

- Osteoporosis affects 44 million Americans, **including over 800,000 Arizonans** in 2002 – almost 1 out of every 5 people.
- 1.5 million fractures in the U.S. from osteoporosis each year lead to more than 500,000 hospitalizations, over 800,000 emergency room visits, more than 2.6 million office visits, and the placement of nearly 180,000 Americans into nursing homes.

### Risk increases with age:

- The risk of fracture increases with age. Around 40% of white women age 50 and older will experience a fracture sometime during the remainder of their lives.
- By 2020, HALF of all Americans over age 50 are expected to be at risk of developing osteoporosis of the hip. ***This will include over 1.5 million Arizonans.***

### Women suffer the most:

- Women account for 80% of hip fractures.
- Women are at a greater risk because their bodies tend to have less bone mass naturally, and they lose it at a somewhat faster rate than men.

### References

- Arizona Osteoporosis Coalition. (2002). <http://www.fitbones.org/osteo>. Accessed 3/6/2007.
- Burge RT, King AB, Balda E, and Worley D. (2003). Methodology for estimating current and future burden of osteoporosis in state populations: application to Florida in 2000 through 2025. *Value in Health* 6 (5), 574-583.
- U.S. Department of Health and Human Services. (2004). *Bone Health and Osteoporosis: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General.

**The percent of people who break a hip that do not live through the first year**

### Disparities:

- Osteoporosis is most common among white and Asian women, followed by Hispanic women, while black women have the lowest rate of the disease.

### Cost:

- Annual direct expenditures for osteoporosis-related fractures range from \$12.2 – \$17.9 billion per year (in 2002 dollars) in the U.S.
- Costs for hip fractures, the most common type of fracture from osteoporosis, average between \$30,100 and \$43,400 per fracture (in 2002 dollars).
- The direct cost of all osteoporotic fractures are borne mostly by taxpayers, primarily through Medicare and Medicaid.
- In Arizona in 2005, the total (non-federal) hospitalization charges for just osteoporosis-related *hip fractures* was over \$25.4 million dollars, at least 68% of which were paid by taxpayers (Medicare or Medicaid).

