

# RESULTS FOR ACT

## Burden of Osteoporosis, Osteopenia and Associated Fractures in ACT



**Authors**  
Kerrie M Sanders, Jennifer J Watts, Julie Abimanyi-Ochom, Ghulam Murtaza

# Summary – Key Findings

## Burden of Osteoporosis, Osteopenia and Associated Fractures in ACT

### Poor Bone Health: 2012-2022

- By 2022, it is estimated there will be 90,000 older people in ACT with low bone mass, an increase of 30% from 2012.
- 78,400 people in ACT aged 50 years and older (67%) have osteoporosis or osteopenia (poor bone health) in 2017.
- 68,800 people in ACT aged 50 years and older (66%), had osteoporosis or osteopenia (poor bone health) in 2012.
- Among people in ACT aged 50 years and older, 14% had osteoporosis and 52% have osteopenia.
- Among people in ACT aged 70 years and older, 43% of women and 13% of men had osteoporosis.

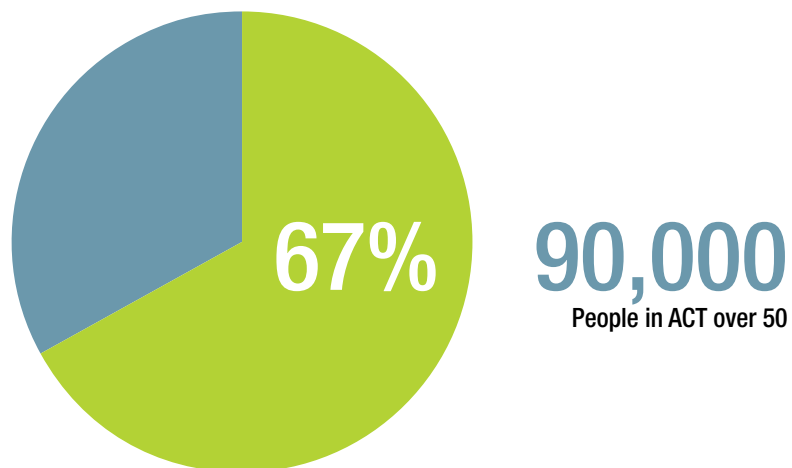
### Fracture Impact: 2012-2022

- The total number of fractures over the ten year period 2013 to 2022 is projected to be 23,546.
- In 2022 it is expected there will be a 33% increase in the annual number of fractures (over 10 years) resulting in 2,708 fractures per annum.
- In 2017 there were 6 fractures each day among older people in ACT.

### Cost Impact: 2012-2022

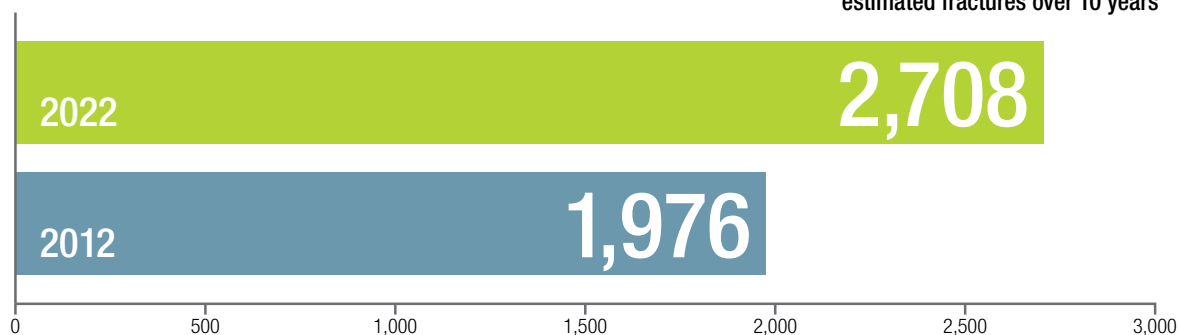
- The total direct costs of fractures over the ten years 2013 to 2022 will be \$311.6 million (2012\$). These costs include ambulance services, hospitalisations and emergency and outpatient departments, rehabilitation, limited aged care and community services.
- In 2017 the total costs of osteoporosis and osteopenia in people in ACT over 50 years of age will be \$45.5 million of which \$30.2 million (66%) relates to the treatment of fractures.

**People in ACT over 50 estimated to have osteoporosis or osteopenia in 2022**



**Number of fractures due to osteoporosis and osteopenia**

**23,546**  
estimated fractures over 10 years



**Total direct costs of fractures, 2013-2022 (2012\$) \$millions**

**\$311.6 million**  
total cost over 10 years