Summary – Key Findings

Burden of Osteoporosis, Osteopenia and Associated Fractures in NSW & ACT

Poor Bone Health: 2012-2022

- By 2022, it is estimated there will be 2.07 million older people in NSW & ACT with low bone mass, an increase of 26% from 2012.
- 1.9 million people in NSW & ACT aged 50 years and older (70%) have osteoporosis or osteopenia (poor bone health) in 2017.
- 1.6 million people in NSW & ACT aged 50 years and older (66%), had osteoporosis or osteopenia (poor bone health) in 2012.
- Among people in NSW & ACT aged 50 years and older, 15% had osteoporosis and 52% have osteopenia.
- Among people in NSW & ACT aged 70 years and older, 43% of women and 13% of men had osteoporosis (183,000 women and 43,100 men).

Fracture Impact: 2012-2022

- The total number of fractures over the ten year period 2013 to 2022 is projected to be 569,080.
- In 2022 it is expected there will be a 29% increase in the annual number of fractures (over 10 years) resulting in 63,685 fractures per annum.
- In 2022 there will be 174 fractures every day among older people in NSW & ACT. More than one in six of these fractures will be a hip fracture.
- In 2017 there will be 155 fractures each day among older people in NSW & ACT.

Cost Impact: 2012-2022

- The total direct costs of fractures over the ten years 2013 to 2022 will be $7.5 billion (2012$). 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 NSW & ACT over 50 years of age will be $1.1 billion of which $740 million (67%) relates to the treatment of fractures.
- In 2012 the total costs of osteoporosis and osteopenia in people in NSW & ACT over 50 years of age were $938 million of which $635 million (68%) relates to the treatment of fractures.
People in NSW & ACT over 50 estimated to have osteoporosis or osteopenia in 2022

71% 2.07 million

People in NSW & ACT over 50

Number of fractures due to osteoporosis and osteopenia

569,080 estimated fractures over 10 years

2012 49,200
2022 63,685


$7.5 billion total cost over 10 years