

GOOD NUTRITION ENHANCES BONE HEALTH AT ALL AGES

Together with regular exercise, a balanced, bone-healthy diet is essential for strong bones and muscles at all ages. On World Osteoporosis Day, say yes to bone-healthy nutrition!

October 2018 - Geneva, Switzerland

No matter what your age, good nutrition can make a difference to your bone health and enhance your ability to lead an independent, mobile, fracture-free life into your senior years. That's a key message from the International Osteoporosis Foundation (IOF) on World Osteoporosis Day, marked annually on October 20.

A balanced diet rich in bone-healthy nutrients supports strong bones and helps us meet these objectives at different stages of life:

- Achieving our genetic potential for peak bone mass in childhood and adolescence
- Avoiding premature bone loss and maintaining a healthy skeleton in adulthood
- Preventing and treating osteoporosis in our senior years

Regular physical exercise together with adequate nutritional intake of calcium, protein and vitamin D (primarily from exposure to sunlight) help to lay the foundation for life-long bone health. A bone-healthy diet must also include fruits and vegetables that provide nutrients such as vitamin K, magnesium, zinc and carotenoids. A surprising fruit that may help support bone health is prunes. In fact, a recent study showed that eating 5-6 prunes per day may help to prevent bone loss in post-menopausal women. Prunes are also an excellent source of vitamin K, and have potassium and magnesium, which are key nutrients for bone health.

Lifestyle trends which lead to poor diet and nutrient deficiencies are a growing cause of concern in people of all ages, and particularly in children. Milk and dairy products such as cheese and yoghurt comprise the main source of calcium intake for most children, yet a decline in milk consumption has been observed across the world during the last few decades. Furthermore, vitamin D insufficiency is widespread among youth, which has led to recommendations in several countries for vitamin D supplements to be given to infants and young children.

IOF CEO Dr Philippe Halbout, commented: "So many young people eat unhealthy foods and spend too much time indoors, rather than outdoors enjoying physical activity in the sunshine. World Osteoporosis Day is a great opportunity to remind our kids about bone health - and how healthy nutrition and exercise will set the foundation for strong bones and muscles now and in the future."

As shown by a recent IOF study and corresponding global map of dietary calcium intake, worldwide intakes are often considerably below those recommended by national guidelines. Similarly, inadequate levels of vitamin D have been found in populations around the world. Other lifestyle factors, such as excessive alcohol consumption, smoking, and low body mass index (BMI), also serve to elevate osteoporosis risk for people worldwide.

Dr Halbout added: "While there are many osteoporosis risk factors which we can't control, such as family history of osteoporosis or certain bone-weakening diseases and medications, it is in our power to control negative lifestyle factors that place our bone health - and with it our future independence - at risk. World Osteoporosis Day serves as a reminder that you can take action for prevention - starting by following a bone healthy diet."

Various resources prepared by IOF for World Osteoporosis Day are available to support bone health and osteoporosis prevention. Download posters and informative leaflets at <http://worldosteoporosisday.org/resources>

###

Resources include:

IOF One Minute Risk Test <https://www.iofbonehealth.org/iof-one-minute-osteoporosis-risk-test>
Know Your Risk brochure http://share.iofbonehealth.org/WOD/2016/patient-brochure/WOD16-patient_brochure-EN.pdf
Serve Up Bone Strength (nutrition) brochure <http://share.iofbonehealth.org/WOD/2015/patient-brochure/WOD15->

WorldOsteoporosisDay

October20

[patient_brochure.pdf](#)

Calcium Calculator <https://www.iofbonehealth.org/calcium-calculator>

About Osteoporosis

Osteoporosis is a condition where bones weaken at a faster rate than normal; making them fragile and more likely to break. Even the slightest bump or fall can result in a broken bone (known as a 'fragility fracture'). After experiencing the first fracture, the likelihood of incurring another greatly increases. Worldwide, 1 in 3 women and 1 in 5 men over the age of 50 will fracture due to osteoporosis.

About IOF

The International Osteoporosis Foundation (IOF) is the world's largest nongovernmental organization dedicated to the prevention, diagnosis and treatment of osteoporosis and related musculoskeletal diseases. IOF members, including scientific experts and 240 patient and medical societies worldwide, work together to make fracture prevention a global health care priority. <http://www.iofbonehealth.org> , info@iofbonehealth.org @iofbonehealth

World Osteoporosis Day Official Partners: Amgen, Lilly, Sunsweet