

# List of Tables and Figures

---

## Chapter 1 A Public Health Approach To Promote Bone Health

---

Table 1-1 Healthy People 2010 Osteoporosis and Bone Health Objectives, 10

## Chapter 2 The Basics of Bone in Health and Disease

---

Table 2-1 Most Critical Systemic Hormones Regulating Bone, 26

Table 2-2 Causes of Bone Loss and Fractures in Osteoporosis, 32

Figure 2-1 Front Longitudinal Midsection of Upper Femur, 20

Figure 2-2 Modeling and Remodeling, 22

Figure 2-3 Bone Remodeling, 23

Figure 2-4 Regulation of the Calcium Levels in the Body Fluids, 27

Figure 2-5 Normal vs. Osteoporotic Bone, 31

Figure 2-6 How Osteoclasts Are Formed, 34

## Chapter 3 Diseases of Bone

---

Table 3-1 Diseases That Cause or Contribute to Secondary Osteoporosis, 47

Table 3-2 Medications Associated With Secondary Osteoporosis, 51

Table 3-3 Causes of Drug-Induced Rickets/Osteomalacia, 54

Table 3-4 Clinical Heterogeneity and Biochemical Defects in Osteogenesis Imperfecta (OI), 58

Figure 3-1 Bone Fracture Areas in Osteoporosis, 42

Figure 3-2 Progressive Spinal Deformity in Osteoporosis, 45

Figure 3-3 Schematic Representation of Model for Bone Loss in Postmenopausal Women and Aging Men, 46

Figure 3-4 Rapid Increase in Vertebral Fracture Rates in Patients Treated With Glucocorticoids, 52

Figure 3-5 Paget's Disease of Bone, 56

## Chapter 4 The Frequency of Bone Disease

---

Table 4-1 Lifetime Risk of Fracture at Age 50 Years, 70

Table 4-2 Prevalence (Per 100 Persons) of Osteoporosis and Hip Fracture in Persons 65 Years of Age and Older, by Gender and Age: United States, 1988-1994, 78

- Figure 4-1 Age Specific Incidence Rates for Proximal Femur (Hip), Vertebral (Spine), and Distal Forearm (Wrist) Fractures in Rochester, Minnesota, Men and Women, 72
- Figure 4-2 Hip Fracture Incidence by Race/Ethnicity Among Women and Men, 55 Years of Age and Older in California, 1983 to 2000, 73
- Figure 4-3 Ratio of Hip Fracture Rates to the U.S. Average (2001), 74
- Figure 4-4 Projected Prevalence of Osteoporosis and/or Low Bone Mass of the Hip in Women, Men, and Both Sexes, 50 Years of Age or Older, 76
- Figure 4-5 Mean Bone Mineral Density of the Femoral Neck by Age for U.S. Men and Women of Different Racial/Ethnic Groups, 79

## Chapter 5 The Burden of Bone Disease

---

- Table 5-1 Resource Utilization Attributable to Osteoporotic Fractures Among Persons  $\geq$  45 Years of Age in the United States in 1995, by Type of Service and Type of Fracture, 92
- Table 5-2 Disability Resulting From Osteoporotic Fractures, 93
- Table 5-3 Direct Health Care Expenditures for Care of Osteoporotic Fractures Among Persons  $\geq$  45 Years of Age in the United States by Type of Service and Type of Fracture, 1995, 94

- Table 5-4 Postfracture Dependency at 12 and 24 Months Among Patients Who Were Independent Prior to Hip Fracture, 99
- Table 5-5 Clinical Consequences of Spine Fractures, 100
- Table 5-6 Costs Per Month Per Patient, Before and After Hip Fracture, Adjusted for Death and Excluding the Cost of the Initial Hospitalization, 102
- Figure 5-1 Observed and Expected Race- and Sex-Specific Survival Following Fracture of the Hip, All Ages Combined, 96
- Figure 5-2 Schematic Representation of the Morbidity Associated With Different Osteoporotic Fractures With Age, 97

## Chapter 6 Determinants of Bone Health

---

- Figure 6-1 Factors Influencing Bone Mass Structure, 112
- Figure 6-2 Bone Mass Versus Age With Optimal and Suboptimal Bone Acquisition, 113
- Figure 6-3 The Progression of Osteoporosis, 114
- Figure 6-4 Median Calcium Intakes of Females, 1988-1994, Compared to Adequate Intake Recommendations, 116
- Figure 6-5 Percent of Adults Aged 18 Years and Over Who Engaged in Regular Leisure Time Physical Activity, by Age Group and Sex: United States, January–September 2003, 123

Figure 6-6 Bone Mass Differences in the Playing Arms of Women Racquet Players, 127

Figure 6-7 High-Intensity Jumping Improves Hip and Lumbar Spine Bone Mass and Size in Pre-Pubertal Children, 128

Figure 6-8 Rationale for the Use of Hip Protectors To Prevent Fractures, 134

**Chapter 7**  
**Lifestyle Approaches To Promote Bone Health**

---

Table 7-1 Adequate Intakes (AI) or Recommended Dietary Allowances (RDA) and Tolerable Upper Intake Levels (UL) for Calcium, Vitamin D, Phosphorus, and Magnesium by Life-Stage Group for United States and Canada, 160

Table 7-2 Selected Food Sources of Calcium, 161

Table 7-3 Calcium and Lactose in Common Foods, 162

Table 7-4 Dietary Sources of Vitamin D, 165

Table 7-5 Other Nutrients and Bone Health at a Glance, 166-170

Table 7-6 Weight-Bearing Exercise for Kids and Teens, 173

Table 7-7 Weight-Bearing Exercise for Adults, 176

Table 7-8 Preventing Falls Among Seniors, 178

Figure 7-1 How To Use the Nutrition Facts Panel on Food Labels for Calcium, 163

Figure 7-2 General Recommendations for Physical Activity in Adults, 174

Figure 7-3 Examples of Strength Training Exercises, 175

Figure 7-4 Resources for Strength Training for Older Adults, 176

Figure 7-5 Fall Risks to Elderly in the Home, 179

**Chapter 8**  
**Assessing the Risk of Bone Disease and Fracture**

---

Table 8-1 Risk Factors for Hip Fracture Among Elderly White Women, 195

Table 8-2 FRACTURE Index Questions and Scoring, 197

Table 8-3 Techniques for Bone Mass Measurement, 203

Table 8-4 Currently Available Bone Biochemical Markers, 209

Figure 8-1 5-Year Hip Fracture Rates for Women With T-Score of -2 Without Previous Hip Fracture, by Age, 193

Figure 8-2 Clinical Risk Factors Independently Predict Hip Fracture Risk, 196

Figure 8-3 Five-Year Risk of Hip Fracture by Quintiles of FRACTURE Index, 197

Figure 8-4 Bone Mineral Density (BMD) Measurements at Spine and Hip, 200

Figure 8-5 Distribution of Bone Mineral Density in Healthy Women Aged 30-40 Years, 201

Figure 8-6 Distribution of Bone Mineral Density in Women of Different Ages and the Prevalence of Osteoporosis (Shaded Area), T-Score Below -2.5=Osteoporosis, 205

Figure 8-7 T-Scores and Z-Scores, 207

### **Chapter 9 Prevention and Treatment for Those Who Have Bone Diseases**

---

Figure 9-1 The Osteoporosis Pyramid for Prevention and Treatment, 221

### **Chapter 10 Putting It All Together for the Busy Health Care Professional**

---

Table 10-1 Summary Recommendations for Bone Health, 257

Table 10-2 Representative Disorders of the Pediatric Skeleton: Developmental Disorders of Bone and Cartilage, 261

Table 10-3 Calcium-Containing Foods by Calcium Content Per Serving With 100 mg, 263

Table 10-4 Risk Factors for Fracture, 271

Table 10-5 Scoring System for Osteoporosis Risk Assessment Instrument (ORAI), 272

Figure 10-1 Assessment of Bone Health and Management of Osteoporosis, 269

Figure 10-2 Osteoporosis Self-Assessment Tool (OST) Chart, 273

### **Chapter 11 Systems-Based Approaches to Bone Health**

---

Table 11-1 Health Systems Intervention for Osteoporosis and Bone Health That Can Be Provided at Different Organizational Levels, 283

Table 11-2 ACOVE-2 Quality Indicators for the Management of Osteoporosis In Vulnerable Elders, 295

### **Chapter 12 Population-Based Approaches To Promote Bone Health**

---

Table 12-1 Recommendations From the Task Force on Community Preventative Services, 2001—Use of Selected Interventions To Increase Physical Activity (PA) Behaviors and Improve Physical Fitness, 314

Table 12-2 Recommendations From the Task Force on Community Preventative Services, 2000—Selected Population-Based Interventions To Reduce Tobacco Use and Exposure to Secondhand Tobacco Smoke, 316

Figure 12-1 Powerful Bones. Powerful Girls. The National Bone Health Campaign, 322

Figure 12-2 Weight Training Exercises Can Improve Strength, Balance, and Flexibility in Older Adults, 329