

# Protecting Aussie Bones for 21 years

2001 – 2022

## Healthy Bones Australia Top 5 Scorecard

- ✓ Advocated for osteoporosis to be a nationally recognised chronic disease impacting the lives of older Australians. Culminated in Federal Strategic Action Plan for Osteoporosis, launched 2019
- ✓ Developed the first, and all subsequent, national clinical guidelines for GPs on osteoporosis diagnosis and management in partnership with the Royal Australian College of General Practitioners (RACGP)
- ✓ Introduced Australia's first online bone health self-assessment, *Know Your Bones*, in partnership with the Garvan Institute of Medical Research
- ✓ Provided community access to evidence-based osteoporosis resources – national website, toll-free national helpline, consumer videos and fact sheets, magazines and consumer guides
- ✓ Advocated for Fracture Liaison Services (FLS) to be established in hospitals to capture patients post-fracture and have bone health investigated; awarded Medical Research Future Fund (MRFF) grant to conduct Australia's first FLS pilot in General Practice

## Ongoing National Activity

-  Advocating for patient access to treatment innovations
-  Collaborating with key stakeholders to develop and release National Position Statements for bone health
-  Teaming with International Osteoporosis Foundation (IOF), with support from high profile Australians, to promote World Osteoporosis Day (October 20) each year
-  Engaging with Federal and State politicians to ensure bone health is recognised as an essential component of general healthcare in Australia
-  63 bone researchers supported with AUD 2.5M in grants, including young investigator travel grants to foster future researcher potential

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## Bone Field Milestones

Previously



Osteoporosis is overlooked and dismissed as a part of ageing

1994



Osteoporosis finally acknowledged and defined as a disease by the World Health Organization (WHO)

1995



Australia's first osteoporosis treatment listed on PBS

Subsequent treatment innovations lead to current options for diagnosed patients, including weekly tablets, 6-monthly injections, annual infusions and restricted-use medications (prescribed by specialists)

2001



Osteoporosis Australia established (in future becomes Healthy Bones Australia)

2003



First Fracture Liaison Service (FLS) opens in a NSW hospital

2004



Healthy Bones Australia (then known as Osteoporosis Australia) awards first research grants

2006



NHMRC release Nutrient Reference Values (NRVs) including daily recommendations for calcium and vitamin D

2010



International Osteoporosis Foundation (IOF) hosts first Asia Pacific Osteoporosis Meeting in Singapore, recognising region with the fastest growing number of fractures worldwide

2012



Australia and New Zealand Hip Fracture Registry established

2013



Australia's first national Burden of Disease Report released, outlining prevalence and cost over next decade. Subsequent release of state-based reports



Partnership with mobile testing service to improve diagnosis in regional areas

2016



Australia's first online bone health self-assessment, *Know Your Bones*, goes live

2018



Inaugural Community Risk Report released presenting data from *Know Your Bones*

2021



Healthy Bones Australia (formerly Osteoporosis Australia) is launched to focus on prevention, early diagnosis and improve osteoporosis care to support bone health and stop unwanted fractures

2022



Healthy Bones Australia turns 21!