

BACKGROUND

- Osteoporosis affects 50M Americans, but remains underdiagnosed despite being preventable and treatable
- OBJECTIVES:**
 - ✓ To assess public knowledge and interest in bone health and determine learning interest.
 - ✓ Emphasize the role of PAs in educating patients on bone health.

METHODS

- Cross-sectional survey designed by NSHF Bone Health Task Force.
- Survey: demographics, bone health quiz, and learning interest questions.
- Quiz Grades:
 - A: 90-100%
 - B: 80-89%
 - C: 70-79%
 - D: 60-69%
 - F: 0-59%

Survey Characteristics

- Response rate - 89.3%
- Completed surveys - 1440

Cohort Characteristics

- 21-44 years - 50%
- 45-64 years - 33%
- 65+ years - 17%
- Female - 60.1%

QUIZ HIGHLIGHTS

At what age do bones reach maximum strength?

- ✓ 20-30 years old (**82%** correct)

Do bones weaken with age?

- ✓ Yes (**96%** correct)

Can osteoporosis affect men?

- ✓ Yes (**92%** correct)

Are osteoporosis-related fractures preventable?

- ✓ Yes (**88%** correct)

Lowest knowledge:

Impact of Caffeine: >**35%** no effect or good for bones

Impact of Sugar: **25%** no effect on bones

Sun Exposure: >**35%** no effect or bad for bones

Smoking Effects: **10%** no effect on bones

Greatest interest in learning more:

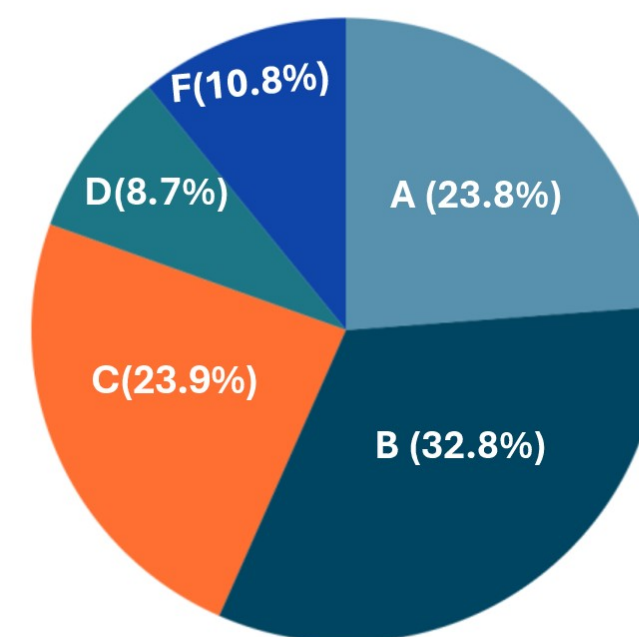
Why bone health matters to everyone - **70%** Yes

Screening tests for osteoporosis - **65%** Yes

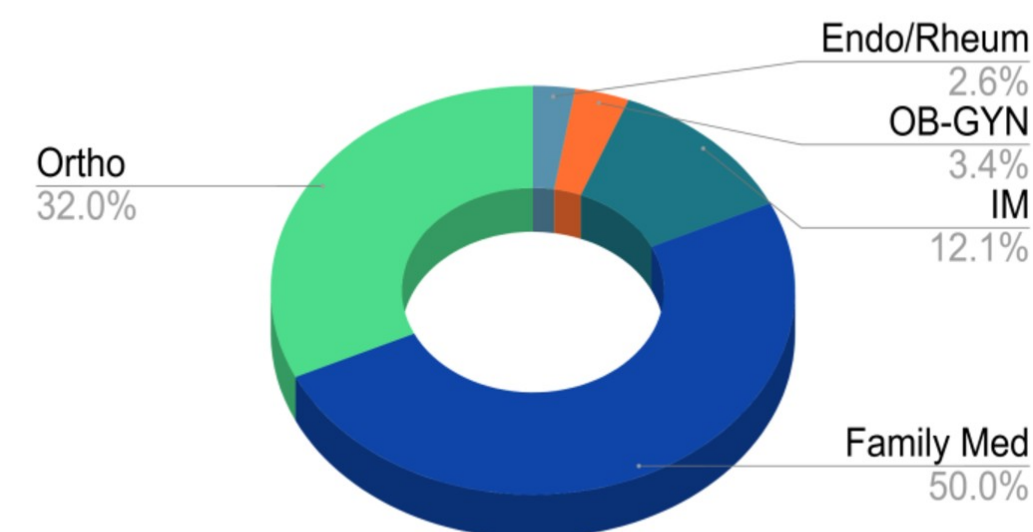
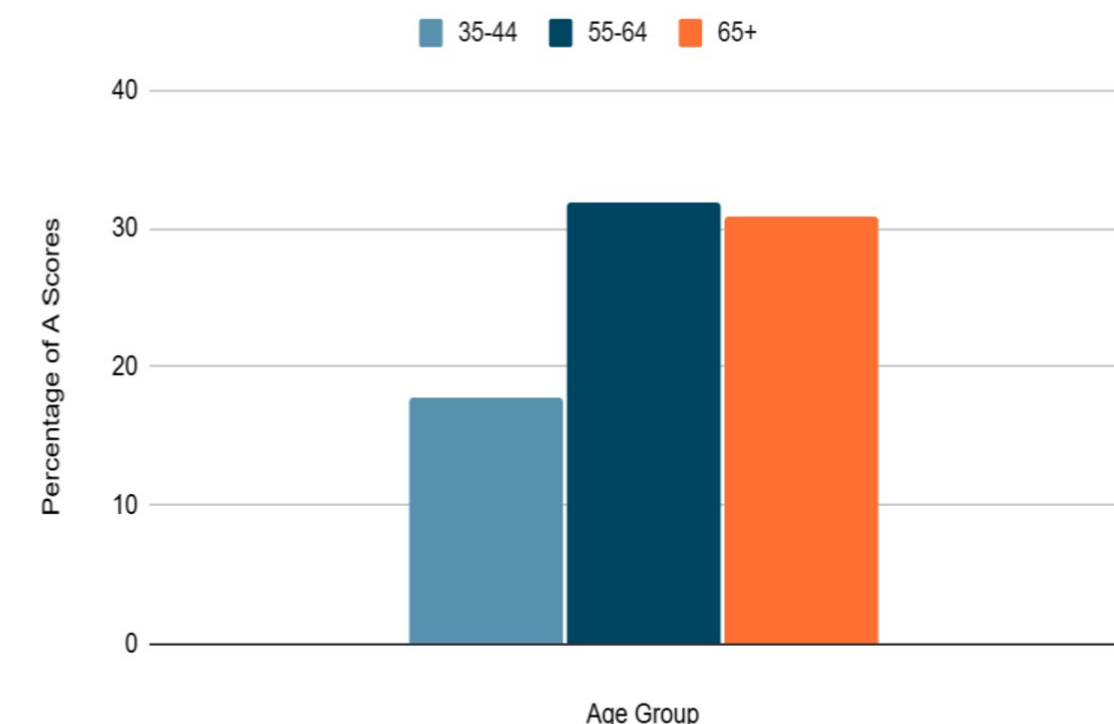
Treatment options - **71%** Yes

RESULTS

Overall Distribution of Quiz Scores



Percentage of A scores by Age Group



Percent breakdown of PAs who could fill bone health knowledge need.

Source: NCCPA

CONCLUSIONS

- ✓ There is a major gap in public knowledge about bone health.
- ✓ PAs are well-positioned to educate patients and address unmet healthcare needs.