



BONE HEALTH

Exploring Bone Health among People with Intellectual Disability.

OSTEOPOROSIS

is known as the silent thief of bone, often only diagnosed after a fracture.

20% of people with ID report having experienced a fracture.

70% presented with poor bone health.

8 out of 10 with objective evidence of osteoporosis did not have a doctor's diagnosis.



Over 6 in 10 people with ID were taking medications that contribute to bone loss.



Of those with Down syndrome over half have evidence of poor bone health.



People with severe/profound level of ID were 4 times more likely to present with osteoporosis.

Those with difficulty walking were 6 times more likely to have osteoporosis.



6 in 10 people with severe/profound level of ID had evidence of osteoporosis.

People with ID often have difficulty engaging with DXA scan.



Men were at greater risk
9 in 10 men versus
7 in 10 women

Men with ID were 12 times more likely to present with osteoporosis than their peers in the general population.

