



Living Well North Tyneside

Supporting Health and Wellbeing

What is National Osteoporosis Month?

Each May, **National Osteoporosis Month** highlights the importance of bone health and raises awareness of osteoporosis — a condition that weakens bones, making them fragile and more likely to break. In 2025, this national campaign continues its mission to educate the public about how diet, lifestyle, and early prevention can help maintain strong bones throughout life.

The campaign is supported by organisations like the **Royal Osteoporosis Society**, which offers expert advice, research, and resources for those living with or at risk of osteoporosis.

A Brief History of National Osteoporosis Month

National Osteoporosis Month began as a public health effort to bring attention to the silent nature of osteoporosis. Often undiagnosed until a fracture occurs, the condition affects over 3 million people in the UK. Awareness campaigns like this aim to change that through education, early diagnosis, and improved support for those affected.

How to Get Involved in 2025

- **Assess Your Bone Health**
Take the time to learn about your personal risk factors. Visit your GP or use the Royal Osteoporosis Society's online risk checker to assess your bone strength and determine if further action is needed.
- **Eat for Your Bones**
Include calcium-rich foods such as dairy products, leafy greens, and fortified cereals in your meals. Don't forget about Vitamin D, which helps your body absorb calcium — sunshine and supplements both help!
- **Stay Active**
Engage in weight-bearing and muscle-strengthening exercises. Walking, dancing, and resistance training are excellent ways to keep bones strong and reduce your risk of fractures.
- **Spread the Word**
Use social media to raise awareness by sharing facts, infographics, and personal experiences. The hashtag **#OsteoporosisMonth** helps amplify your voice.

Why This Awareness Matters

- **Prevention is Powerful:** Many lifestyle changes can reduce the risk of osteoporosis, especially when started early.
- **It Affects All Ages:** While commonly associated with older adults, bone health is important at every life stage — especially for children and teenagers building peak bone mass.
- **Fractures Can Be Life-Changing:** Hip and spine fractures from osteoporosis often lead to reduced independence and quality of life. Awareness can lead to prevention and early intervention.

Strong bones start with smart choices

Bone health often goes unnoticed until something breaks — literally. National Osteoporosis Month is a valuable reminder to check in on your lifestyle, diet, and activity. Whether you're looking after your own health or supporting a loved one, every action you take helps build a stronger future.

Related Links

- [Royal Osteoporosis Society – Leading UK charity dedicated to bone health.](#)
- [NHS: Osteoporosis – Medical advice and treatment options.](#)
- [Versus Arthritis – Bone Health – Practical support for managing osteoporosis.](#)

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