World Osteoporosis Day 2026 – 20 Oct; theme: 'Build, Protect and Strengthen Your Bones for Life'

Important Days · 21 October 2026 · https://www.shanmugamiasacademy.in/current-affairs-english/2026/10/21



News

World Osteoporosis Day was observed on 20 Oct 2026. The 2026 campaign theme of the organiser, the International Osteoporosis Foundation (IOF, Nyon, Switzerland), is 'Build, Protect and Strengthen Your Bones for Life'. Its three messages: build strong bones early (nutrition, exercise); protect through risk checks, bone-density testing and fall prevention; strengthen through timely treatment after a fracture. Worldwide, 1 in 3 women and 1 in 5 men over 50 will suffer a fragility fracture.

Key facts

Date	20 October (annual)
Origin	20 Oct 1996 – UK National Osteoporosis Society (European Commission support); run by IOF since 1997
Organiser	International Osteoporosis Foundation (IOF) – Nyon, Switzerland
2026 theme	Build, Protect and Strengthen Your Bones for Life
Burden	Over 500 million people worldwide; up to 80% of fracture patients go undiagnosed/untreated

Test	DEXA scan – bone mineral density (BMD); T-score of −2.5 or lower = osteoporosis (WHO)

Background

- Science: 'Osteoporosis' is Greek for 'porous bone'. Bone density and quality fall, so even minor falls break the hip, spine or wrist. It progresses without symptoms – hence the 'silent disease'.
- Bone mineral is calcium phosphate (hydroxyapatite). Vitamin D is needed to absorb calcium; it is made in the skin under UV-B sunlight – the 'sunshine vitamin'. Deficiency: rickets in children, osteomalacia (bone softening) in adults.
- Risk factors: age, low oestrogen in post-menopausal women, smoking, alcohol, inactivity, long-term steroids. Prevention: calcium- and protein-rich diet, weight-bearing exercise, sunlight, fall prevention.

Tamil Nadu link: No dedicated State osteoporosis scheme could be verified. However, a State Government press release (5 July 2023) states that calcium-rich ragi (finger millet) is supplied at 2 kg per family card through ration shops in the Nilgiris and Dharmapuri districts.

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