

Oral Abstract

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Declining incidence of osteoporotic hip fracture in Australia

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Aim: Previous reports described an increasing trend in fracture incidence in Australia prior to the 1990s. Shifts from an increasing trend to a decreasing trend have been noted in other countries. The aim of this study was to describe recent trends in the incidence of osteoporotic hip fracture in Australia.

Methods: Data for the period 1995–96 to 2005–06 were obtained from the National Hospital Morbidity Database. An osteoporotic hip fracture was identified as a separation of a person aged 40 years or over with the principal diagnosis of hip fracture and an external cause code indicating a minimal trauma event. Cases where the patient was transferred in from another hospital were excluded. Age-standardised incidence rates were calculated and a linear test for trend applied.

Results: The age-standardised incidence of osteoporotic hip fracture in Australia is falling. Over the period 1998–99 to 2005–06, the incidence in females declined by 14.5% in absolute terms, from 235 to 201 per 100,000. The incidence in males also declined by 1%. Both trends were statistically significant. The sex difference in incidence rates narrowed between 1998–99 (females 92% higher) and 2005–06 (females 72% higher).

Conclusion: This is the first time a decreasing trend at the national level has been reported in Australia. The decline in the age-standardised incidence of osteoporotic hip fractures is a positive sign, especially in females, and is most likely related to the uptake of bisphosphonates and the rollout of public health campaigns and strategies addressing osteoporosis.