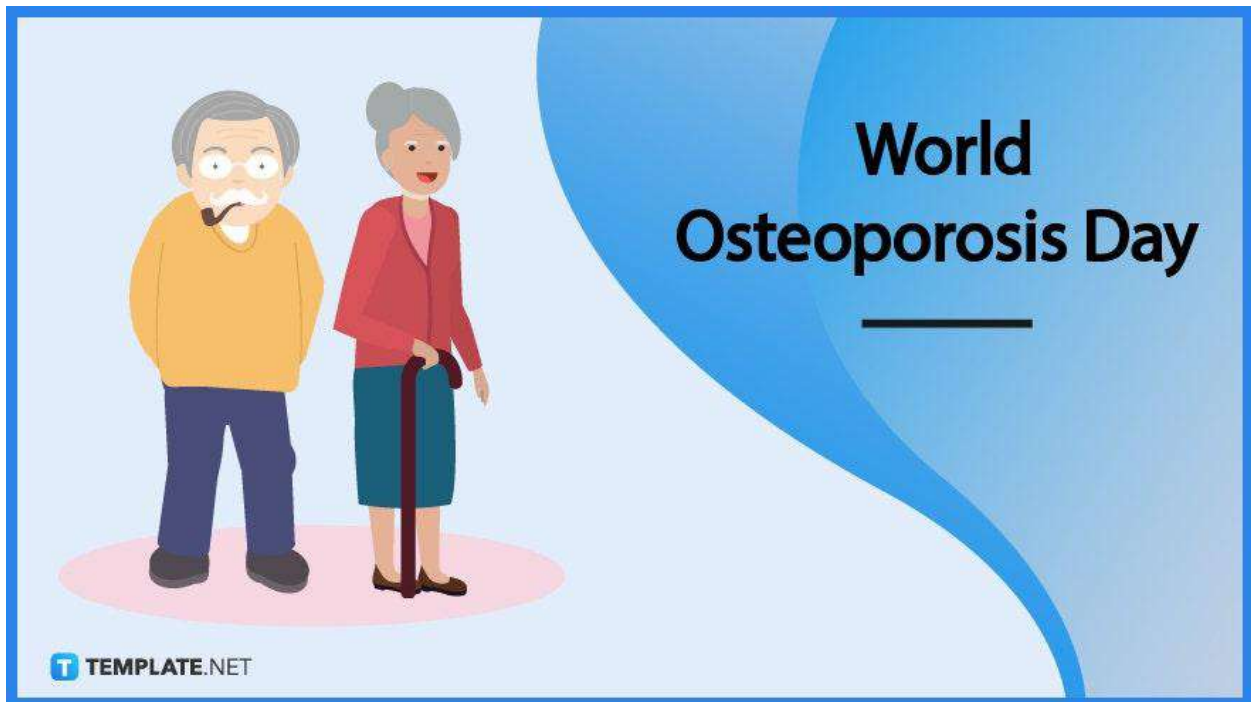


# World Osteoporosis Day

World Osteoporosis Day is one of many annual celebrations that advocates awareness about a common health issue. As its name suggests, it aims to educate people about osteoporosis, how it affects the daily life of the people afflicted with it, and how we can avoid it.



## Table of Content

- [World Osteoporosis Day Definition & Meaning](#)
- [When Is World Osteoporosis Day?](#)
- [World Osteoporosis Day History](#)
- [World Osteoporosis Day Purpose, Importance](#)
- [What's on World Osteoporosis Day?](#)
- [How to Create a World Osteoporosis Day Social Media Post](#)
- [World Osteoporosis Day vs. World Heart Day](#)
- [World Osteoporosis Day Ideas & Examples](#)
- [FAQs](#)

## **World Osteoporosis Day Definition & Meaning**

World Osteoporosis Day is a yearly observance organized by the International Osteoporosis Foundation (IOF) aiming to promote awareness of osteoporosis and other metabolic bone diseases such as arthritis.

World Osteoporosis Day is an annual event in the orthopedic medical arts that strives to educate the masses on the prevention and treatment of osteoporosis.

## **When Is World Osteoporosis Day?**

World Osteoporosis Day is celebrated annually on October 20. In 2022, World Osteoporosis Day falls on a Thursday.

## **World Osteoporosis Day History**

The first World Osteoporosis Day celebration occurred on October 20, 1996, which was then organized by the UK's National Osteoporosis Society with the support of the European Commission. A year later, the International Osteoporosis Foundation took over as its organizers and has since then spearheaded the event every year since 1997. Since it was launched, the mission of World Osteoporosis Day has always been to promote osteoporosis knowledge and awareness.

## **World Osteoporosis Day Purpose, Importance**

Healthcare organizations observe World Osteoporosis Day not just as a holiday to be celebrated festively, they observe it for much bigger reasons.

## **Launch Osteoporosis Awareness Campaigns**

There's no better day to launch osteoporosis awareness campaigns than World Osteoporosis Day. Though osteoporosis is a common health risk, many individuals aren't aware of its symptoms. The campaigns aim to fix that by spreading facts about the prevention, medications, and complications of osteoporosis. Healthcare organizations and orthopedic professionals achieve that through seminars, checkups, or sharing knowledge resources and portals.

## **Encourage People to Adopt Osteoporosis Preventative Measures**

It's one thing to share preventative measures and another to encourage people to do it. As the common saying goes, "prevention is better than cure." On World Osteoporosis Day, healthcare organizations, professionals, and individuals who support the campaigns encourage people to adopt osteoporosis preventative measures before it's too late. These measures involve regular exercises, adequate intake of calcium, proper posture, and most importantly, being mindful of the signs and symptoms of osteoporosis.

## **Show Appreciation to the Professionals**

World Osteoporosis Day is mainly centered around osteoporosis awareness campaigns. However, know that it can also be a day to appreciate the professionals in the orthopedic field. That includes doctors, orthopedic surgical professionals, osteoporosis therapy experts, and all the other employees or volunteers working in orthopedics. Without their efforts, more and more people will suffer the dire consequences of osteoporosis.

## **What's on World Osteoporosis Day?**

On World Osteoporosis Day, campaigns promoting osteoporosis will launch locally and internationally. Most of them will be shared on social media to better spread the word. Other than that, free checkups and patient screenings will take place to assess whether they have signs of osteoporosis such as a bone fracture.

## **How to Create a World Osteoporosis Day Social Media Post**

We can do our part in promoting World Osteoporosis Day simply by sharing all about it on social media. Spreading the word about this yearly event can go a long way in saving people from osteoporosis.

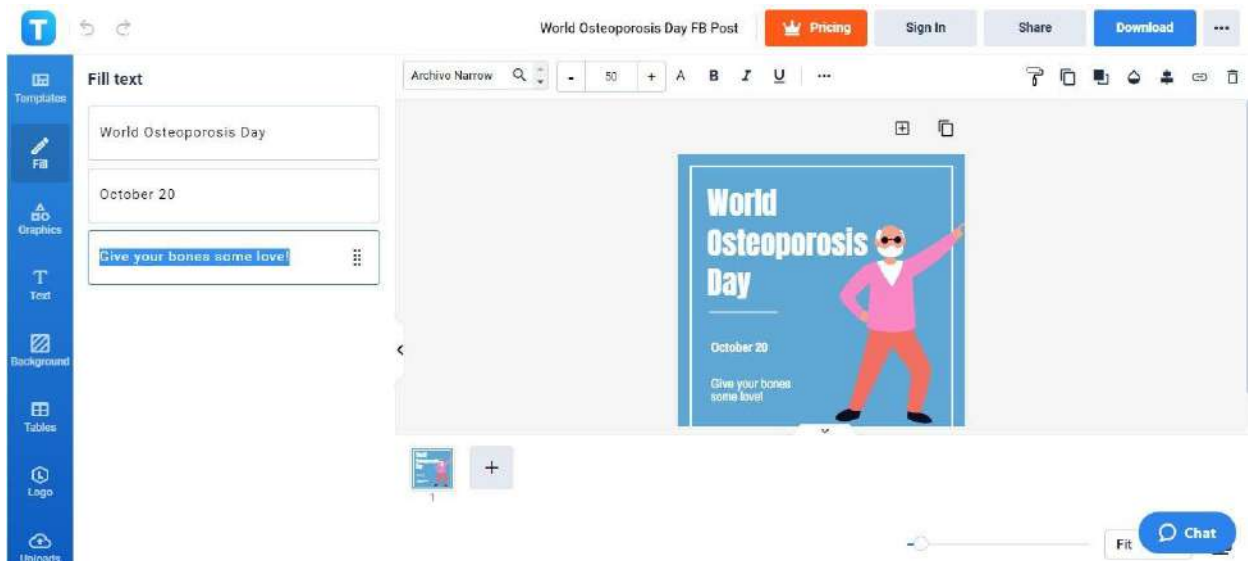
### **Facebook**

1. Choose a [World Osteoporosis Day FB Post](#) Template to customize.



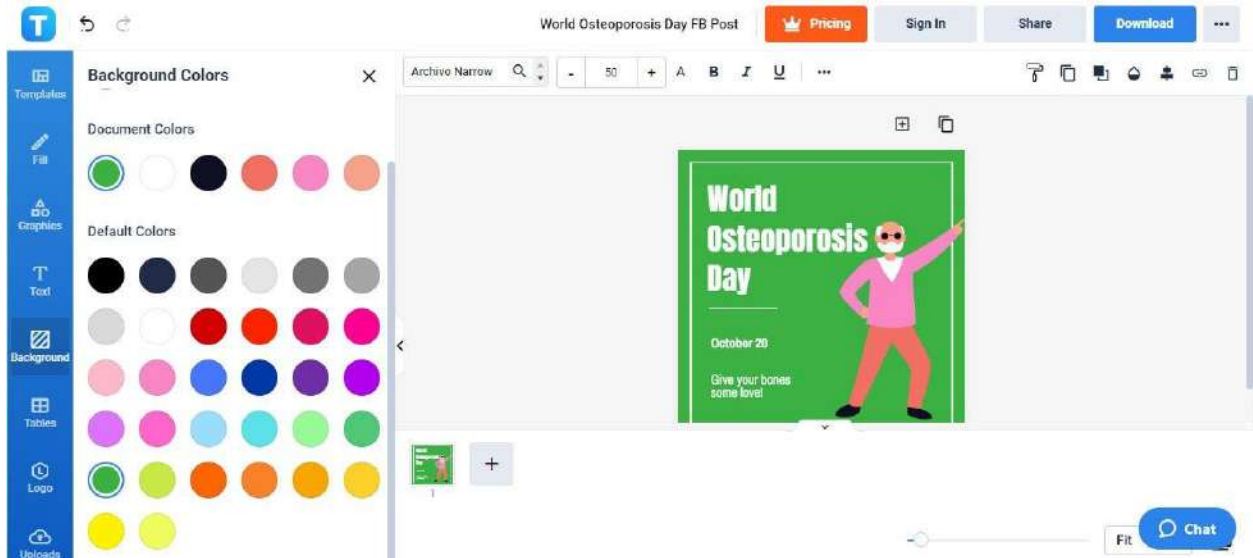
Use the World Osteoporosis Day FB Post Template so you don't have to craft your creative post from scratch. Its visuals and layout are perfect for Facebook. Open this template and begin customizing it in the Editor tool. Start by clicking the "Edit This Template FREE" button.

2. Type in your meaningful Osteoporosis Day message.



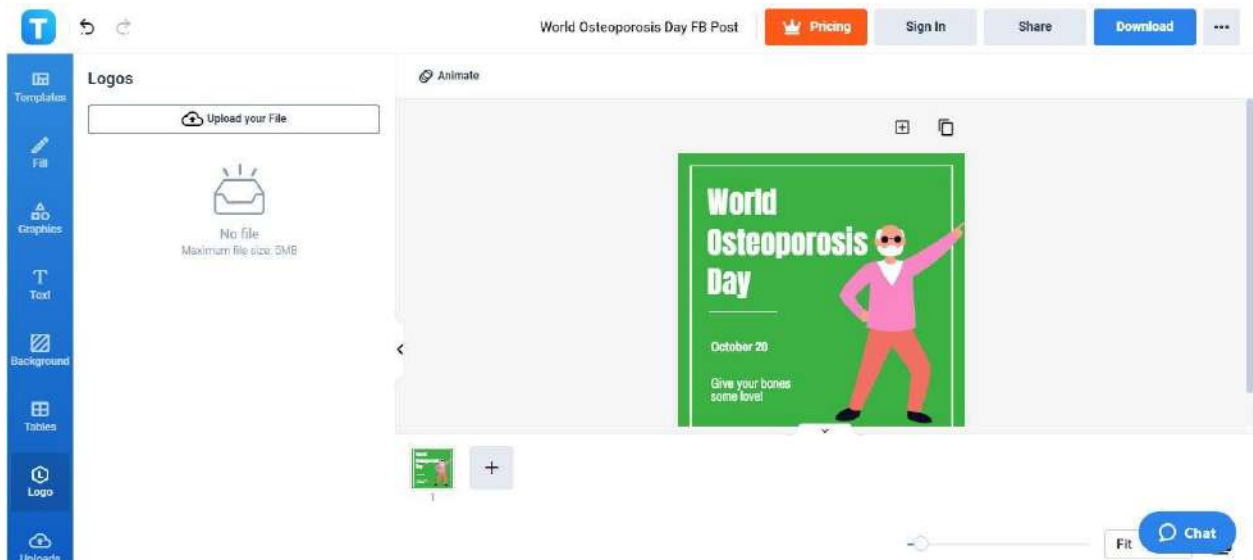
The FB post won't be complete and whole without your meaningful Osteoporosis Day message. So to add it to the post, open the Fill tab of the Editor tool and write your message on the third Fill Text box. Just change the existing content. However, you can use the existing content as it is; no need to change anything in that case. Moreover, you can change the font style of the template's text, including those in the first and second Fill Text boxes.

3. Set up a cool background color that you fancy.



The background is the largest visual element of the post and you can get creative with it. You may change its background to any color of your liking. Open the Background tab, click the “See All” option under the Colors section, and choose any color you want. Just click it to set it up as the background color of the post.

4. Include your logo to represent your organization.



If you're part of a humanitarian or healthcare organization supporting Osteoporosis Day, include your logo to represent it. You may upload an image file of your logo to the Editor tool. Just open the Logo tab and click the “Upload Your File” button. Grab the image file and upload it to the Editor tool, then once

uploaded, drag and drop it into the FB post template. You can position the logo in the upper right corner of the post.

5. Click Save to save the edited FB post template.



Now that you're done editing the template and made it your own, click Save. The Save button is located in the Recommended pop-up menu which only appears after you select the button on the upper right side of the Editor page. It's the one with a three-dotted icon.

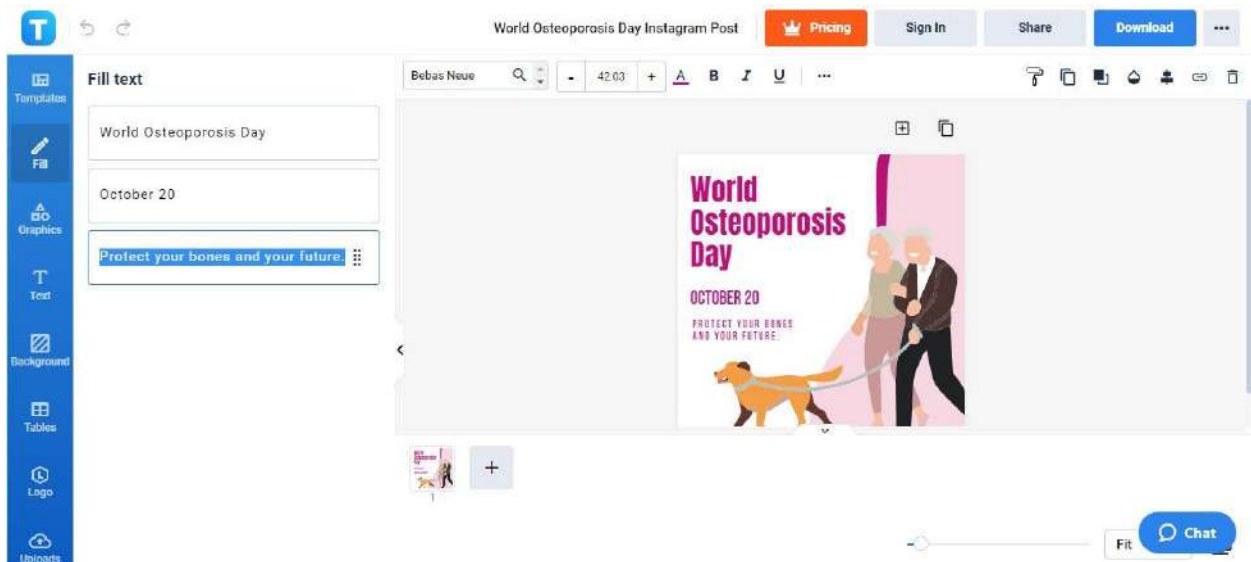
## Instagram

1. Select a [World Osteoporosis Day Instagram Post Template](#).



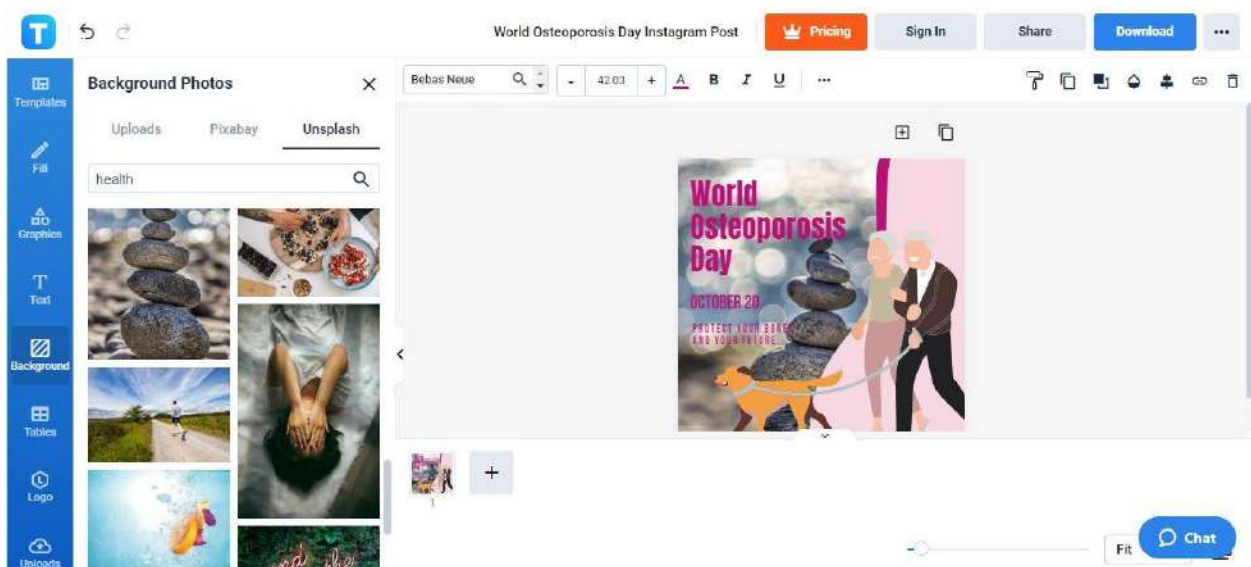
Grab the World Osteoporosis Day Instagram Post Template and start editing it in the Editor tool. Visit its web page and click the button with the “Edit This Template Free” text. That button will bring you straight to the Editor tool with the template opened and ready for customization.

2. Write one of your Osteoporosis Day quotes.



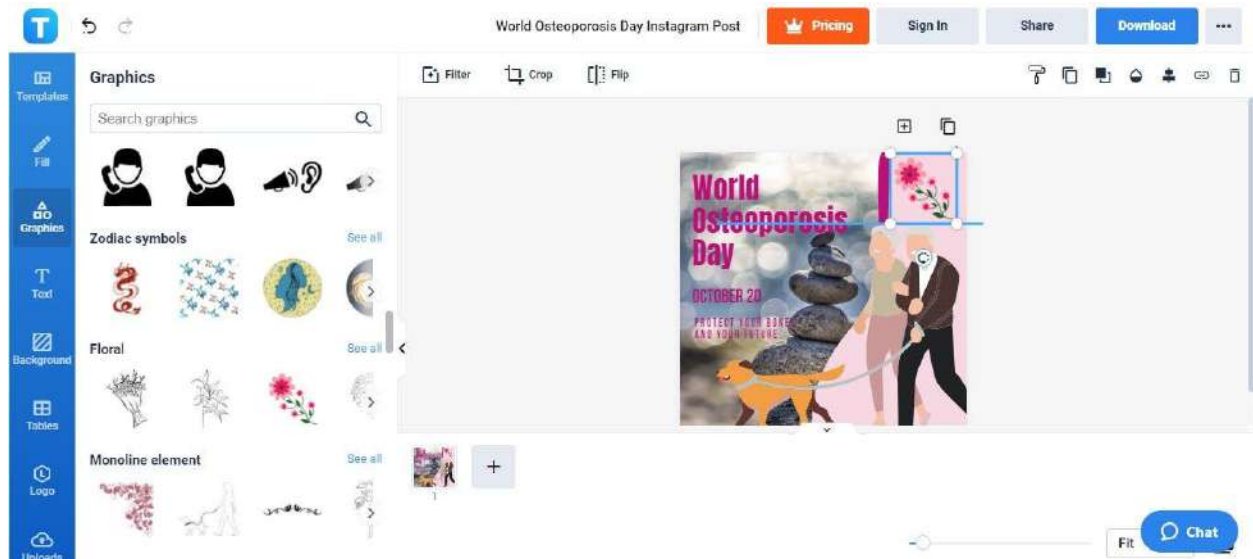
Add your personal touch to the template by writing your Osteoporosis Day quote on it. To do that, open the Fill tab and type in your quote in the third Fill Text box. Just overwrite the existing content if you don't want to use any word of it. Then after writing your quote, you can try to experiment with different font styles which also apply to the text of the other Fill Text boxes.

3. Use an Instagrammable image as the background.



Set up an elegant background image to make your post more Instagram-worthy. To find such an image, open the Background tab, click the “See All” option in the Photos section, and search for photos in either Unsplash or Pixabay. You can use photos related to health and wellness. Simply click the image you want to set it up as the Instagram post background.

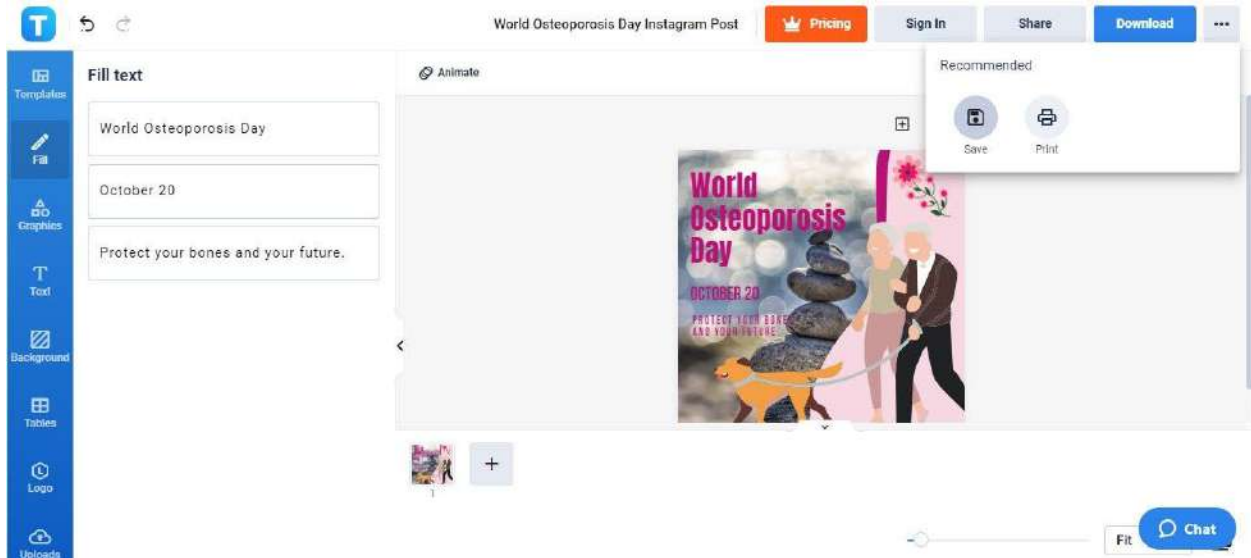
4. Drag and drop an artistic graphic.



The Editor tool's Graphics tab has plenty of artistic graphics that you can use as stickers. You can simply drag and drop them into the Instagram template. Explore the Graphics tab and choose a sticker that you wish to insert. There are plenty of categories to explore and you can even find specific ones using the search box.

5. Save and keep your customized World Osteoporosis Day Instagram post template.

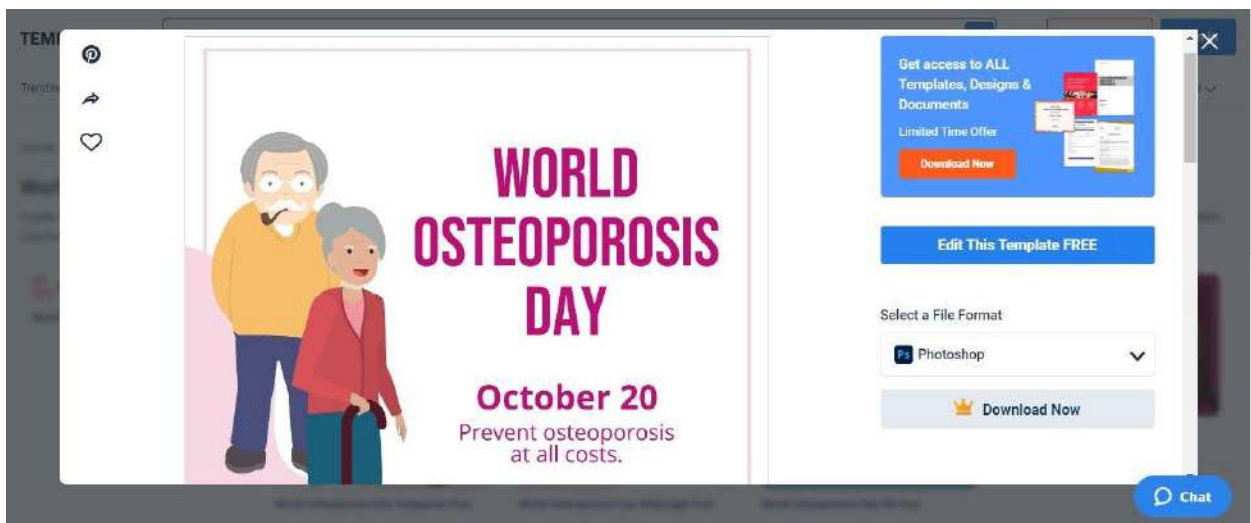




The last step is simply to save your customized World Osteoporosis Day Instagram post template. Store it in your file folders for now. Only upload it to Instagram once October 20 arrives.

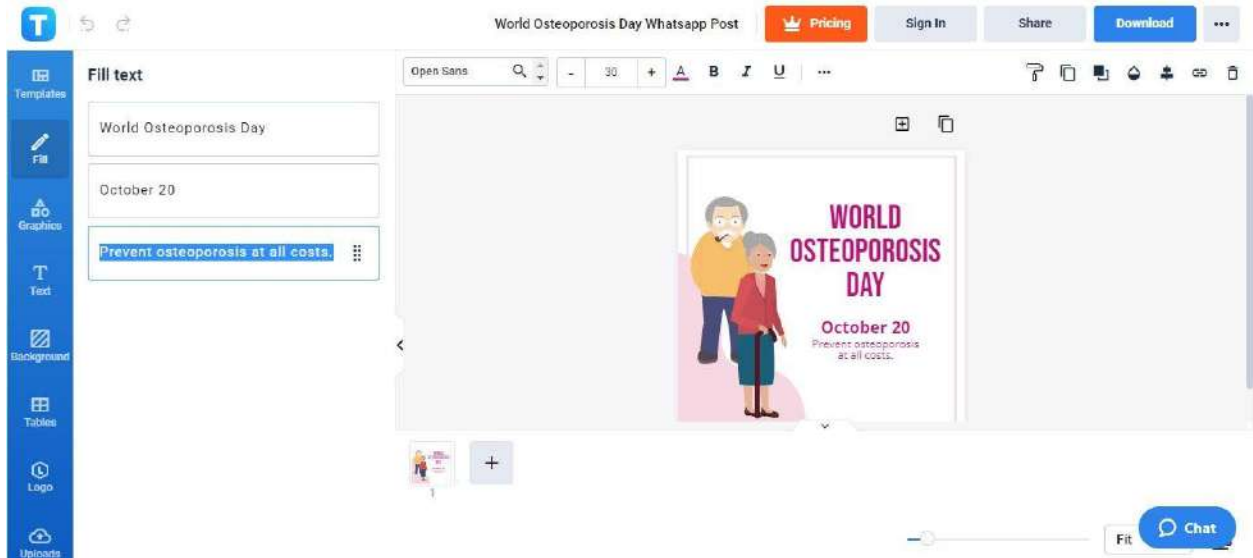
## Whatsapp

1. Look for a [World Osteoporosis Day Whatsapp Post Template](#).



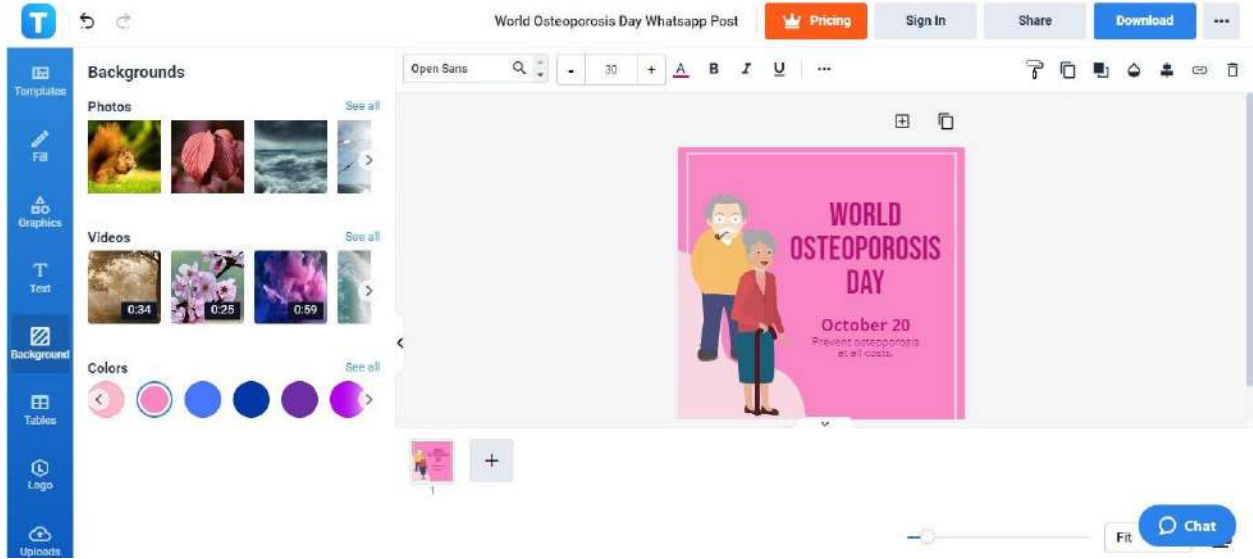
Visit the product page of the World Osteoporosis Day Whatsapp Post Template and open it in the Editor tool. Once you've done that, you can start customizing right away. To open this Whatsapp template in the Editor tool, just click the "Edit This Template FREE" button.

2. Input your Osteoporosis Day slogan.



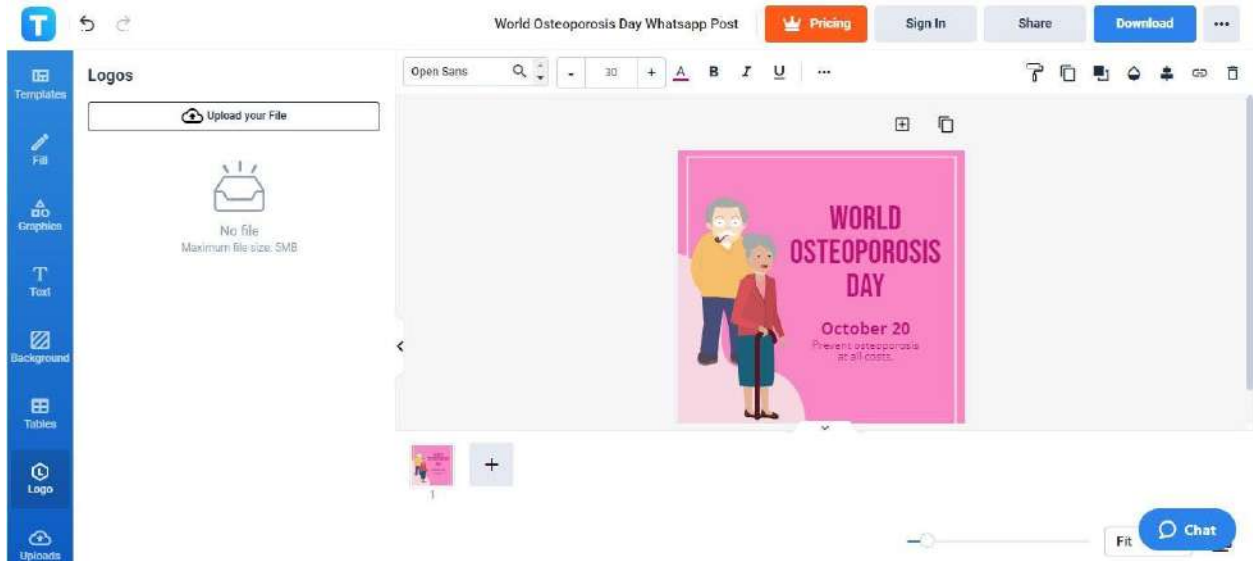
Your Osteoporosis Day slogan is the core message of the post. To add it to the template, go to the Fill Tab, and overwrite the existing text of the third Fill Text box. Just make your slogan short so it's easier to remember for the readers. However, if you like the existing text, you can use it as your slogan, so no need to edit the third Fill Text box content.

3. Beautify the background of the Whatsapp post template.



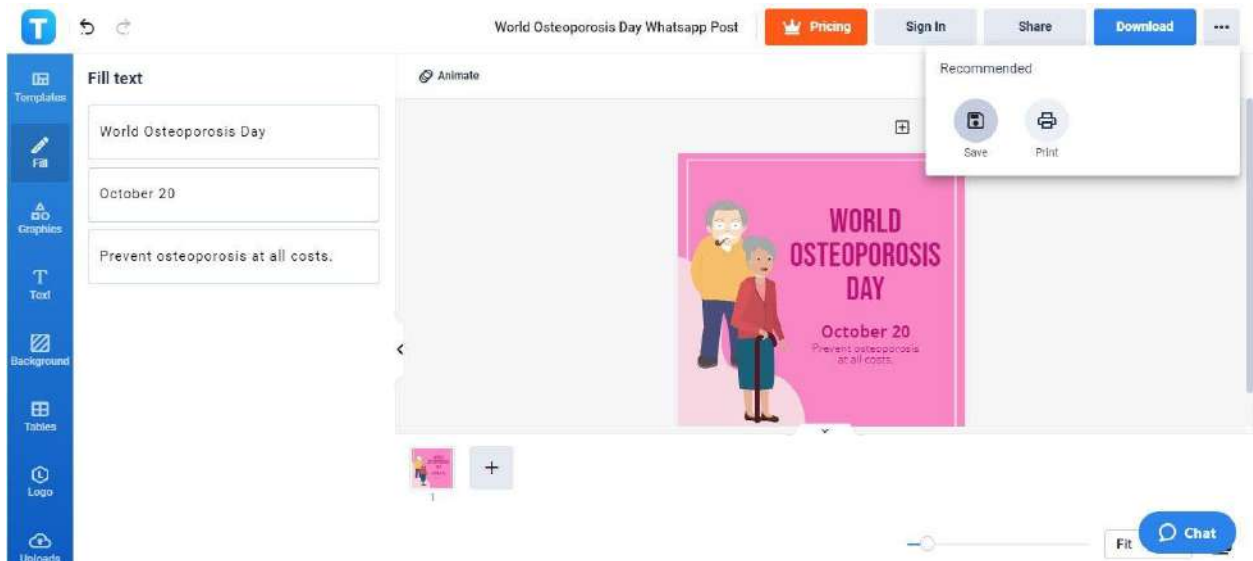
The template allows you to get creative with its background, so take advantage of that. Access the Background tab of the Editor tool. You can choose to change the background color or set up a background image. It's up to you which design choice you think is best for your Osteoporosis Day Whatsapp post.

#### 4. Attach your logo to the Osteoporosis Day post.



Represent the image and brand of your organization in the post by attaching its logo. It's easy to add your logo to the post. Go to the Logo tab, select the “Upload Your File” button, and select the image file of your logo from your folders to upload it. Once the uploading is complete, drag the logo to the template. You can place it on the upper left or upper right side. Adjust the logo's size as needed.

#### 5. Secure your customized Osteoporosis Day Whatsapp post draft.



Lastly, make sure to secure a copy of your customized Osteoporosis Day Whatsapp post draft. To do that, select the Save button. Don't upload it to Whatsapp right away after saving. Wait until October 20—the official date of World Osteoporosis Day.

## World Osteoporosis Day vs. World Heart Day

World Osteoporosis Day is a celebration and an observance in the medical field that looks to spread awareness of osteoporosis and promote measures to prevent it.

[World Heart Day](#) is an international event celebrated to raise awareness of cardiovascular diseases and encourage people to maintain their heart health.

## World Osteoporosis Day Ideas & Examples

This coming World Osteoporosis Day, you can expect social media and some websites to be full of Osteoporosis Day promotional material. It'll be a sight for sore eyes seeing online platforms doing their part in raising awareness and educating people about osteoporosis.

## World Osteoporosis Day Banner Ideas & Examples

The design of the [World Osteoporosis Day Banner](#) is a perfect tool to catch people's attention and it also makes for a beautiful promotional poster.



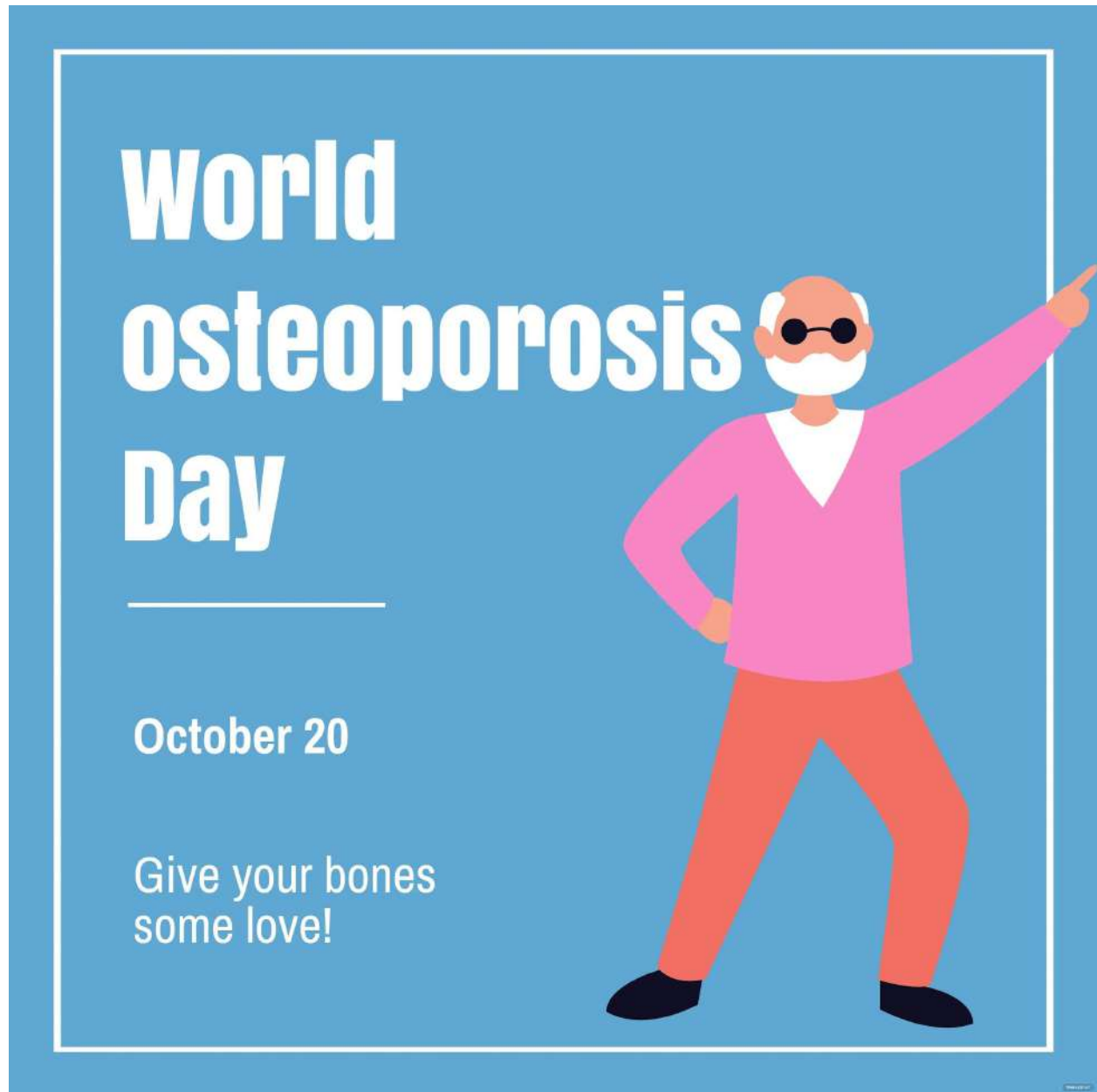
## World Osteoporosis Day Website Banner Ideas & Examples

Healthcare organizations can use the [World Osteoporosis Day Website Banner](#) to set up the theme of their official websites.



## World Osteoporosis Day FB Post Ideas & Examples

Facebook is a great platform to spread Osteoporosis awareness, especially with the help of the [World Osteoporosis Day FB Post](#).



## World Osteoporosis Day Instagram Post Ideas & Examples

People on Instagram will surely admire the warm and welcoming feel of the [World Osteoporosis Day Instagram Post](#).

# World Osteoporosis Day

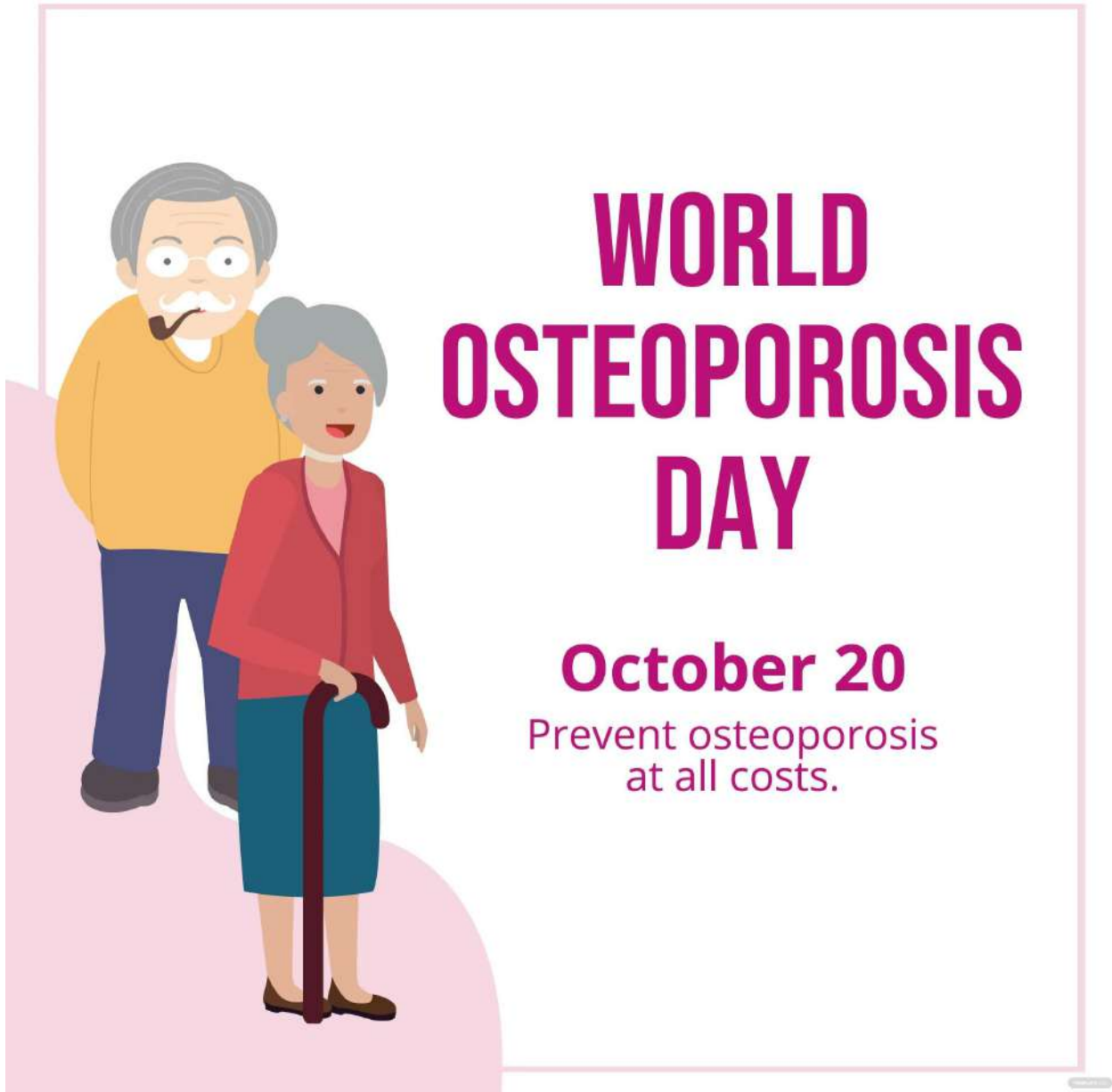
OCTOBER 20

PROTECT YOUR BONES  
AND YOUR FUTURE.



## World Osteoporosis Day Whatsapp Post Ideas & Examples

The [World Osteoporosis Day Whatsapp Post](#) is a fitting material to use for promoting the event among Whatsapp users.



## **FAQs**

### **Why is World Osteoporosis Day celebrated?**

World Osteoporosis Day is celebrated to raise awareness of osteoporosis and to educate people about traditional and new ways to prevent the disease.

### **What is the theme of World Osteoporosis Day?**

Among the themes of World Osteoporosis Day is “Serve Up Bone Strength.”

## **What happens on World Osteoporosis Day?**

On World Osteoporosis Day, year-long campaigns will launch aiming to promote global awareness of the treatment, prevention, and symptoms of osteoporosis and other bone-related diseases.

## **Who created World Osteoporosis Day?**

World Osteoporosis Day was created and first launched by the National Osteoporosis Society in the United Kingdom.

## **What do you say on World Osteoporosis Day?**

You can say “Happy World Osteoporosis Day” or simply remind people to take care of their bone health.

## **How can you prevent osteoporosis?**

You can prevent osteoporosis by consuming calcium-rich meals and exercising regularly.

## **What are the common causes of osteoporosis?**

The common causes of osteoporosis are hereditary, a BMI of 19 and below, and excessive use of strong steroid tablets.

## **Why is World Osteoporosis Day important?**

World Osteoporosis Day is important to remind people that osteoporosis is a threat to everyone but can be prevented and treated.

## **Which country has the least osteoporosis?**

The countries with the least osteoporosis cases are Switzerland and France.

## **What is the message of World Osteoporosis Day?**



The message of World Osteoporosis Day is to take care of your bone and muscle health to avoid osteoporosis as you age.

## **What are some reasons for osteoporosis?**

Among the reasons behind osteoporosis are having low estrogen levels in women, being bedridden for long periods due to an illness, and having health issues that heighten body inflammation internally.

## **What are the facts about World Osteoporosis Day?**

The most important facts about World Osteoporosis Day are that it's celebrated every October 20, it promotes awareness of osteoporosis, and educates the global population about the symptoms, causes, and preventative measures of osteoporosis.

## **How do you explain osteoporosis to a child?**

You can tell children that osteoporosis is a sickness in the bones that occurs if their body doesn't take enough calcium—a good way to encourage them to drink their milk.

## **What population is most affected by osteoporosis?**

According to Mayo Clinic, caucasian and Asian women are the population that is at the highest risk to get diagnosed with osteoporosis.

## **What are the values of World Osteoporosis Day?**

The values of World Osteoporosis Day are raising awareness of osteoporosis, encouraging people to practice preventative measures, and reminding them to never ignore the symptoms.

## **When did the first World Osteoporosis Day start?**

World Osteoporosis Day was first celebrated on October 20, 1996.