

# Weight change and bone health in older adults with obesity

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Weight loss in older adults is accompanied by loss in bone mineral density (BMD) and an increased risk of bone fracture.

A new study published in *Obesity* found that loss of hip BMD persists in the year following a weight loss intervention among [older adults](#) with obesity, regardless of whether they regain weight.

The study also found that losses in fat mass and lean mass contribute to reduced hip BMD; yet, loss in fat mass may signal improved trabecular bone score, which is a measure of bone texture and is a marker for the risk of osteoporosis.

The findings emphasize the importance of identifying and implementing interventions that can target [fat mass](#), but not lean mass, loss to optimize bone health during [weight loss](#) in older adults.

**More information:** Daniel E. Kammire et al, Effect of Weight Change Following Intentional Weight Loss on Bone Health in Older Adults with Obesity, *Obesity* (2019). [DOI: 10.1002/oby.22604](https://doi.org/10.1002/oby.22604)

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