

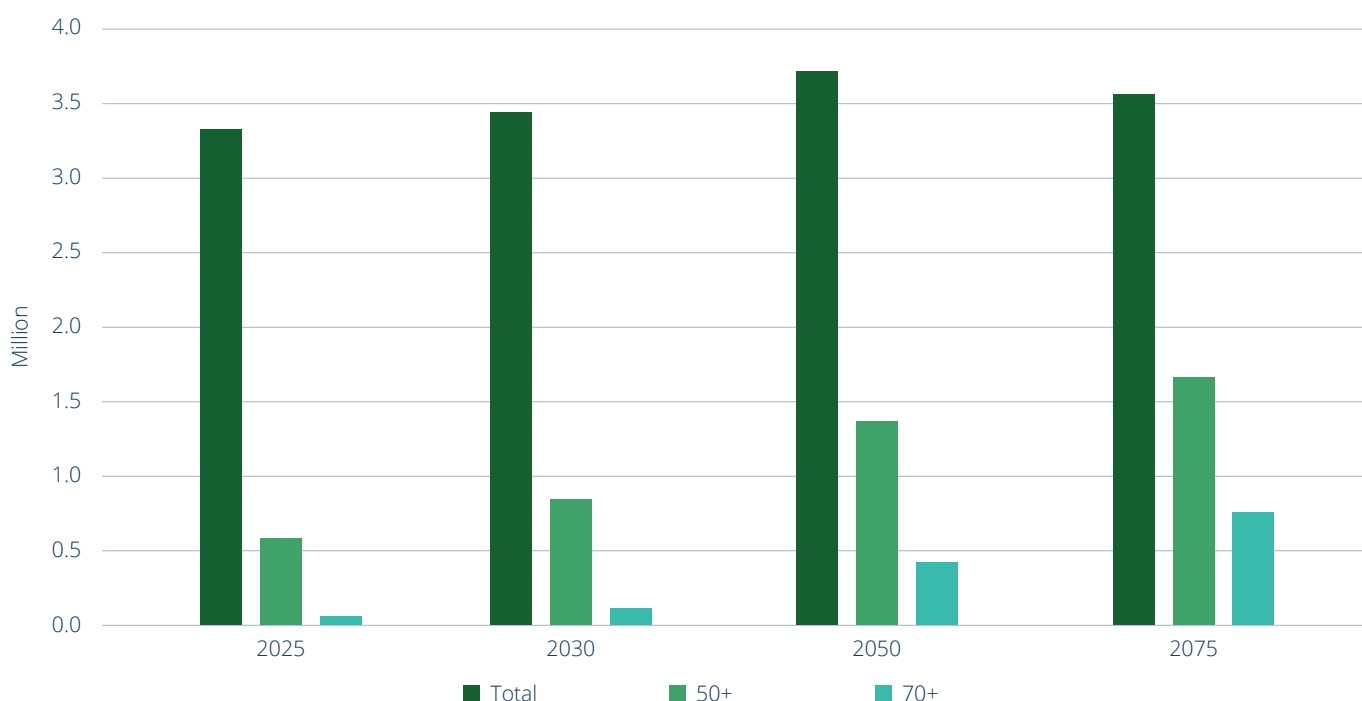
DEMOGRAPHIC TRENDS

Mongolia's population is projected to grow steadily until the mid-21st century, increasing by 12% from 3.3 million in 2025 to 3.7 million by 2050. However, this growth will be followed by a period of gradual decline, with the population decreasing by 2% to 3.6 million by 2075 (*Figure 1*). Mongolians currently have an average life expectancy of 72.2 years, which is expected to rise to 84.0 years by 2075, an increase of 16%.

The proportion of Mongolians aged 50 years or older is set to rise significantly. In 2025, this group of almost 700,000 people represents 21% of the total population. By 2075, this will increase to 46%, with numbers more than doubling to 1.7 million (*Figure 1*).

The most dramatic demographic shift in Mongolia will be among those aged 70 years or older, whose numbers are projected to surge from 113,000 in 2025 to 708,000 in 2075, a 527% increase in absolute terms. Equally striking is their growing share of the total population. In 2025, those aged 70+ accounted for just 3% of Mongolia's 3.3 million people. By 2075, they will make up 20% of a larger 3.6 million population, reflecting a 474% relative increase in their proportion of the total population.

Figure 1. Population projections for Mongolia from 2025 to 2075^[1]



CENTRALISED DATABASES FOR FRACTURES AND EPIDEMIOLOGY

There is no centralised database for fractures in Mongolia.

HEALTHCARE COSTS ASSOCIATED WITH FRAGILITY FRACTURES

Average direct hospital costs for treating osteoporotic hip fractures (USD)	Average indirect hospital costs for treating osteoporotic hip fractures (USD)	Average bed days for hip fractures
800*	No data	21*

*Best available estimates as reported by country experts in the absence of published data.

CLINICAL SPECIALTY RESPONSIBLE FOR MANAGEMENT OF OSTEOPOROSIS

Osteoporosis is primarily managed by primary care physicians, while specialist input is provided by rheumatologists, orthopaedic surgeons, gynaecologists, and rehabilitation medicine physicians. Osteoporosis is recognised as a standalone medical specialty. However, it is not currently a formal component of specialty medical training.

PATIENT SUPPORT ORGANISATIONS

The *Mongolian Naran Society for Osteoarthritis and Musculoskeletal Health* is a patient-focused organisation dedicated to osteoporosis and related musculoskeletal conditions (<https://www.facebook.com/naransociety/>). Operating at the national level, the society plays an active role in policy advocacy. Its mission includes raising awareness of osteoporosis and musculoskeletal disorders, enhancing health education, and improving access to healthcare services across Mongolia.

The organisation is actively engaged in capacity building and public education. For example, on World Osteoporosis Day, it led nationwide efforts to improve public understanding of osteoporosis and fracture prevention. In addition, the society is involved in research and development activities. However, it does not currently provide peer support services.

OSTEOPOROSIS AS A DOCUMENTED NATIONAL HEALTH PRIORITY (NHP)

Osteoporosis is not documented as a National Health Priority (NHP) in Mongolia.

FRACTURE LIAISON SERVICES (FLS) REIMBURSEMENT AND AVAILABILITY

There are no FLS in Mongolia.

WAITING TIME FOR HIP SURGERY

Average waiting time for hip surgery after hip fracture	> 3 days
% of hip fractures surgically managed	51 - 75%

AVAILABILITY AND REIMBURSEMENT OF MEDICATION

As shown in *Table 1*, several osteoporosis treatments are available in Mongolia. Calcium and vitamin D supplements are designated as first-line treatments.

Treatment costs are partially covered by the national health system. Reimbursement is subject to specific criteria, including age, BMD, secondary prevention, second line treatment, and prior authorisation. Reimbursement policy does not interfere with what physicians would normally recommend to patients.

Table 1. Availability and reimbursement of osteoporosis treatments in Mongolia

Treatment	Available
Risedronate	
Alendronate	X
Ibandronate	
Zoledronic acid	X
Clodronate	
Pamidronate	X
Raloxifene	
Bazedoxifene	
Denosumab	
Strontium Ranelate	
Teriparatide	
PTH (1-84)	
Abaloparatide	
Romosozumab	
Vitamin D/Calcium supplements	X
Calcitonin	
Hormone Replacement Therapy	
Testosterone	
Alfacalcidol	
Calcidiol	
Calcitriol	
Tibolone	

GUIDELINES FOR OSTEOPOROSIS MANAGEMENT

There are no guidelines for osteoporosis management in Mongolia.

ACCESS TO DXA AND/OR ULTRASOUND AND REIMBURSEMENT

Calcaneal ultrasound is available in a limited number of centres in Mongolia. However, at the time of this audit's publication, no central DXA scan service is available.

FRACTURE RISK ASSESSMENT TOOLS

Mongolia does not use any fracture risk assessment tools.

QUALITY INDICATORS

Level	Title	Topics covered	Frequency of reporting
National	Reimbursement scheme	Hip fracture	Annually



OVERVIEW OF OSTEOPOROSIS IN MONGOLIA

There is currently no research documenting the prevalence or clinical characteristics of osteoporosis in the Mongolian population, nor are there recent data on trends in hip or vertebral fractures. This lack of epidemiological evidence poses a significant barrier to informed public health planning and clinical guideline development. Diagnostic capacity is also limited. There are no dual-energy X-ray absorptiometry (DXA) machines available in Mongolia, however, there are some calcaneal ultrasound machines.

Financial support for osteoporosis-related initiatives remains insufficient, impacting efforts in prevention, early detection, treatment, and public education. Compounding these challenges is a shortage of healthcare professionals and researchers with expertise in osteoporosis. The limited number of specialists constrains both the advancement of clinical services and the development of a national research agenda to address the growing burden of osteoporosis and fragility fractures in Mongolia.

REFERENCES

1. US Census Bureau International Database (IDB) Website. 2025.
https://www.census.gov/data-tools/demo/idb/#/dashboard?dashboard_page=country&COUNTRY_YR_ANIM=2025. Accessed 22 May 2025.

This document highlights the key findings for Mongolia, published in "The Asia Pacific Regional Audit: Epidemiology, costs and burden of osteoporosis in 2025". View the complete report at: <https://www.osteoporosis.foundation/asia-pacific-audit-2025>

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Mongolian Naran Society of Osteoarthritis and Musculoskeletal Health
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