

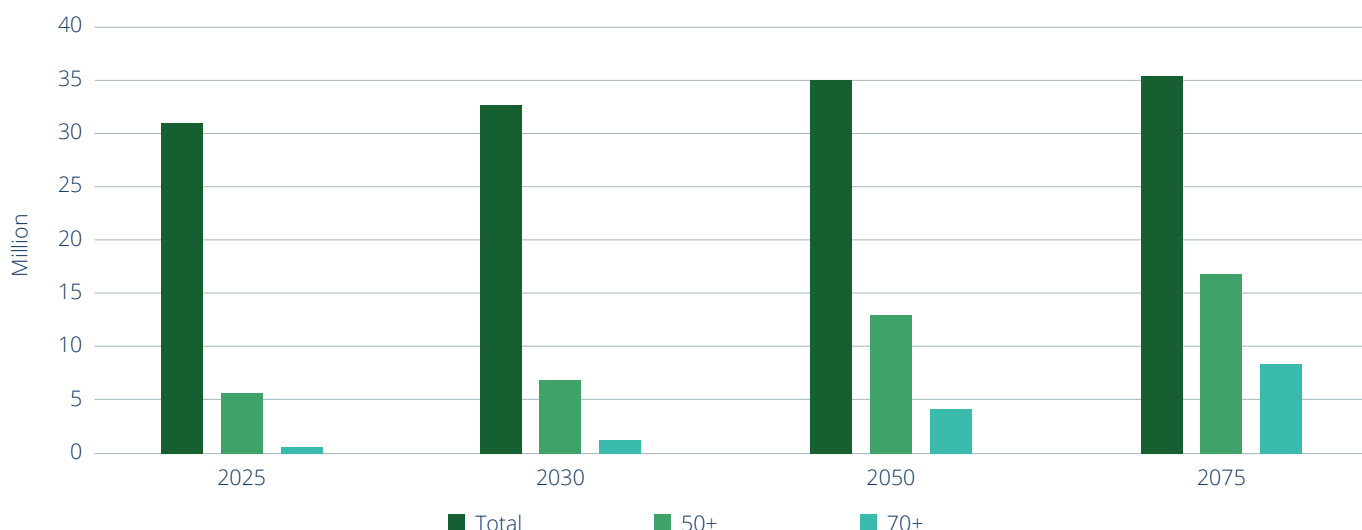
## DEMOGRAPHIC TRENDS

Nepal's population is projected to grow steadily until the mid-21<sup>st</sup> century, increasing by 13% from 31.3 million in 2025 to 35.3 million by 2050. However, population growth is expected to slow significantly in the second half of the century, with only a marginal increase of less than 1% to 35.4 million by 2075 (*Figure 1*). Nepalis currently have an average life expectancy of 73.2 years, which is expected to rise to 84.6 years by 2075, an increase of 16%.

The proportion of Nepalis aged 50 years or older is set to rise significantly. In 2025, this group of almost 5.8 million people represents 18% of the total population. By 2075, this will increase to 48%, with numbers almost tripling to 16.9 million (*Figure 1*).

The most dramatic demographic shift in Nepal will be among those aged 70 years or older, whose numbers are projected to surge from 1.2 million in 2025 to almost 7.8 million in 2075, a 525% increase in absolute terms. Equally striking is their growing share of the total population. In 2025, those aged 70+ accounted for just 4% of Nepal's 31.3 million people. By 2075, they will make up 22% of a larger 35.4 million population, reflecting a 452% relative increase in their proportion of the total population.

**Figure 1. Population projections for Nepal from 2025 to 2075<sup>[1]</sup>**



## CENTRALISED DATABASES FOR FRACTURES AND EPIDEMIOLOGY

There is no centralised database for fractures in Nepal.

## PATIENT SUPPORT ORGANISATIONS

There are no patient support organisations that focus on osteoporosis in Nepal.

## 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
675*	300*	7*

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

## CLINICAL SPECIALTY RESPONSIBLE FOR MANAGEMENT OF OSTEOPOROSIS

Osteoporosis is not primarily managed by primary care physicians. Instead, it is under the care of orthopaedic surgeons. Osteoporosis is neither recognised as a standalone medical specialty nor formally included in specialty medical training programmes.

## OSTEOPOROSIS AS A DOCUMENTED NATIONAL HEALTH PRIORITY (NHP)

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

## FRACTURE LIAISON SERVICES (FLS) REIMBURSEMENT AND AVAILABILITY

There are no FLS in Nepal.

## WAITING TIME FOR HIP SURGERY

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

## ACCESS TO DXA AND/OR ULTRASOUND AND REIMBURSEMENT

DXA is available in Nepal.

	Waiting time (d)	0
	Cost (USD)	100
	Is it reimbursed?	No
	Is reimbursement a barrier to accessing treatment?	Yes

No data was provided on access to ultrasound in Nepal.

## AVAILABILITY AND REIMBURSEMENT OF MEDICATION

As shown in *Table 1*, a range of osteoporosis treatments are available in Nepal. Alendronate is the only treatment designated as first-line.

Treatment costs are partially reimbursed through a combination of the national health system, private insurance, and patient co-payments. The extent of reimbursement varies depending on the individual patient's insurance coverage and financial circumstances. Currently, there are no specific conditions or clinical criteria that must be met for treatment reimbursement. As a result, reimbursement policies do not restrict or interfere with physicians' ability to prescribe treatments based on clinical judgment.

**Table 1. Availability and reimbursement of osteoporosis treatments in Nepal**

Treatment	Available	Reimbursed	% Reimbursed
Risedronate	X		
Alendronate	X	X	50%
Ibandronate	X		
Zoledronic acid	X		
Clodronate			
Pamidronate			
Raloxifene			
Bazedoxifene			
Denosumab			
Strontium Ranelate			
Teriparatide			
PTH (1-84)			
Abaloparatide			
Romosozumab			
Vitamin D/Calcium supplements	X	X	100%
Calcitonin	X		
Hormone Replacement Therapy			
Testosterone			
Alfacalcidol	X		
Calcidiol	X		
Calcitriol	X		
Tibolone			

## GUIDELINES FOR OSTEOPOROSIS MANAGEMENT

There are no guidelines for osteoporosis management in Nepal.

## FRACTURE RISK ASSESSMENT TOOLS

Nepal uses FRAX®, but it isn't widely used within the country.

# QUALITY INDICATORS

Level	Title	Topics covered	Frequency of reporting
National	National Health insurance	Hip fracture	Don't know



## OVERVIEW OF OSTEOPOROSIS IN NEPAL

The number of patients with osteoporosis is rising steadily. However, both clinicians and government authorities have yet to take a proactive approach to its management. Nepal currently lacks an adequate reimbursement policy for osteoporosis care, and support is urgently needed. The *International Osteoporosis Foundation (IOF)* and similar organisations should consider tailored strategies specifically designed to address the needs of low-and-middle-income countries.

## 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](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 Nepal, 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>*

## ACKNOWLEDGMENTS

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