VITALS VAULT

FREE GUIDE

Bone health habits and daily exposures

Bone health is shaped by more than calcium. This page shows what some studies link to bone density and gives a checklist of everyday habits.

WHAT STUDIES FOUND (ASSOCIATIONS)

Exposure	Finding
Cadmium (smoke)	In 1,777 US adults, higher blood cadmium went with more osteoporosis (Huang 2023).
Plastic chemicals (BPA)	Higher urine BPA went with more spine bone loss in postmenopausal women (Wang 2020).
Mixed chemicals	In 6,766 adults, higher combined exposure went with lower bone density (Di 2023).
Air pollution	UK Biobank: top vs bottom pollution, 14% more osteoporosis, 8% more fractures (Yu 2023).

HABITS: TICK WHAT YOU DO

- [ ] Avoid cigarette smoke
- [ ] Less plastic food packaging
- [ ] HEPA air purifier
- [ ] Shoes off at the door
- [ ] Mediterranean-style meals
- [ ] Resistance exercise
- [ ] Walk or move daily

LIMIT

All human evidence here is observational, so these are links, not proof. Strength training and a Mediterranean-style diet are also linked to better bone health.

QUESTIONS TO ASK

- [ ] Am I due for a bone density scan?
- [ ] Which of my risks, like age or smoking, matter most?
- [ ] Which blood tests relate to bone health?
- [ ] What exercise is safe for my bones?

Sources: NHANES and UK Biobank studies. Observational and not proof of cause. Our own checklist.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com