



Annex 1–Pilot study results

Table S1. Pilot study population features (N 20).

Population features.	N (%)
Total	20 (100)
Women	13 (65)
Man	7 (35)
Age	
< 40	5 (25.0)
40–49	7 (35.0)
50–59	5 (25.0)
≥ 60	3 (15.0)
Mean women	47.2
Mean men	44.8
BMI (kg/m ²) < 19	5(25.0)
> 19	15 (75.0)
Menopause	
No	6 (46.2)
Before 45 years old	2 (15.4)
After 45 years old	5 (38.4)
Fragility fracture history	3 (15.0)
Familiarity fragility fracture	3(15.0)
Smoke	No
	<10/die
	>10/die
	12 (60.0)
	5 (25.0)
	3 (15.0)
Immobilization past 6 months	1 (5.0)
	15–30 days
	31–60 days
	61–120 days
	0 (0.0)
	1 (5.0)
	0 (0.0)
Sedentary: extremely sedentary lifestyle	4 (20.0)
occasional physical activity	5 (25.0)
regular physical activity	5 (25.0)
agonistic physical activity	1 (5.0)
Sun exposure: no	10 (50.0)
no, but taking vitamin D	8 (40.0)
yes	2 (10.0)
1l/die water high calcium concentration intake (>200mg/l)	11 (55.0)
Daily intake of food with high calcium content	
0 portion	3 (15.0)
1–2 portions	11 (55.0)
3 or more portions	7 (30.0)
Alcohol use (wine/beer/spirits)	
0 glasses	13 (65.0)
1–2 glasses	5 (25.0)
More than 2	2 (10.0)
Daily food rich in salt	4 (20.0)
People declaring regular drug intake in the last 3 months	7 (30.0)
Number of diseases detected	5

Table S2. Association analysis between survey-score and Bindex score (N 4).

	Survey score, N. (%)	
	≥1 and <2	≥2
Bindex score		
>0.783	1 (50.0)	1 (50.0)
≤0.783	0 (00)	2 (100.0)
Total	1 (25.0)	3 (75.0)

Annex 2–Criteria for inclusion in PEUS

	Figure 1. major risk factor. Age > 50 years + 1 or more minor risk factor Age > 65 years	Male Any age with 1 major risk factor Age > 50 years + 2 or more minor risk factor Age > 70 years
Major risk factor	Menopause Previous fragility fracture Family history of fractures Low body mass index <19 Smoking (> 10 cigarettes / day) Premature menopause <45 years Immobilization protracted over time Transplants Diseases associated with osteoporosis Drugs associated with osteoporosis	Previous fragility fracture Family history of fractures Low body mass index <19 Smoking (> 10 cigarettes / day) Premature menopause <45 years Immobilization protracted over time Transplants Diseases associated with osteoporosis Drugs associated with osteoporosis
Minor risk factor	Smoking (<10 cigarettes / day) Alcohol (3 or more international units / day) Vitamin D deficiency Sedentary lifestyle Reduced calcium intake Excessive sodium intake	Smoking (<10 cigarettes / day) Alcohol (3 or more international units / day) Vitamin D deficiency Sedentary lifestyle Reduced calcium intake Excessive sodium intake