**BLACK TEA ASSOCIATED WITH 30% REDUCED RISK OF FRACTURE**

Consumption of three or more cups of black tea daily is associated with a 30% reduced risk of osteoporotic fracture according to a new Australian study, just published.[[1]](#footnote-1)

Commenting on the study, women’s health expert, Dr Catherine Hood from the Tea Advisory Panel notes: “The aim of this study was to examine the associations of black tea drinking with fracture risk in a prospective cohort of women aged 75 years or more.

“The study involved a total of 1188 women whose usual dietary and beverage intake and incidence of fracture due to osteoporosis was assessed.

“Over 10 years of follow-up, osteoporotic fractures were identified in 288 (24.2%) women; 212 (17.8%) were identified as a major osteoporotic fracture, and of these, 129 (10.9%) were a hip fracture.

“Compared with the lowest tea intake category (one or fewer cups of tea each week), consumption of three or more cups of tea each day was associated with a statistically significant 30% decrease in the risk of any osteoporotic fracture.

“Compared with women in the lowest third of total flavonoid intake (from tea and diet combined), women in the highest third had a statistically significant 35% lower risk of any osteoporotic fracture 34% lower risk of major osteoporotic fracture 42% lower risk of hip fracture.”

Dr Tim Bond from the Tea Advisory Panel adds:

“Osteoperosis is the age related loss of bone density that leads to increased risk of bone fractures and breakage. Bone structure - like many body tissues - is a dynamic system with different cells forming bone (osteoblasts) and wearing bone (osteoclasts). With age there is tendency for more bone wearing than forming. The flavonoid polyphenols in tea are thought to maintain bone density through a number of mechanisms including a general antioxidant activity allowing cells to function optimally as well as specifically maintaining and even encouraging osteoblast (bone forming) activity.

Dr Tim Bond continues: “This is good news for Britain’s older tea drinkers in particular. Older women are at increased risk of fracture which often leads to hospitalisation and nursing home stays at substantial cost to the NHS and the patient. Consumption of three or more cups of tea each day is a pleasant activity and according to the findings from this study helps to maintain the bone health among older women.”

In summary Dr Tim Bond notes: “Tea is the second most commonly consumed beverage in the world after water. As a result, these latest study findings together with many other published studies continue to suggest that Britain’s’ favorite beverage is good for our health including our bones, heart, vascular system and skin to name just a few health and wellbeing benefits, whatever your age.”

-ENDS-

**The Tea Advisory Panel:** The Tea Advisory Panel is supported by an unrestricted educational grant from the **UK TEA & INFUSIONS ASSOCIATION**, the trade association for the UK tea industry. The Panel has been created to provide media with impartial information regarding the health benefits of tea. Panel members include nutritionists; dieticians and doctors.

For further information please contact:

* **Nicky Smith:** nicky.smith@nexuspr.com/ 0207 052 8850
* **Isla Haslam:** isla.haslam@nexuspr.com / 0207528880

1. [Myers G](http://www.ncbi.nlm.nih.gov/pubmed/?term=Myers%20G%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)1, [Prince RL](http://www.ncbi.nlm.nih.gov/pubmed/?term=Prince%20RL%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)2, [Kerr DA](http://www.ncbi.nlm.nih.gov/pubmed/?term=Kerr%20DA%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)3, [Devine A](http://www.ncbi.nlm.nih.gov/pubmed/?term=Devine%20A%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)4, [Woodman RJ](http://www.ncbi.nlm.nih.gov/pubmed/?term=Woodman%20RJ%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)5, [Lewis JR](http://www.ncbi.nlm.nih.gov/pubmed/?term=Lewis%20JR%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)2, [Hodgson JM](http://www.ncbi.nlm.nih.gov/pubmed/?term=Hodgson%20JM%5BAuthor%5D&cauthor=true&cauthor_uid=26269364)6. Tea and flavonoid intake predict osteoporotic fracture risk in elderly Australian women: a prospective study. [Am J Clin Nutr.](http://www.ncbi.nlm.nih.gov/pubmed/?term=Tea+and+flavonoid+intake+predict+osteoporotic+fracture+risk+in+elderly+Australian+women%3A+a+prospective+study.) Published by The Royal Society of Medicine, January 2016 [↑](#footnote-ref-1)