



State of New York

Executive Chamber

Proclamation

Whereas, New York State recognizes the critical need to inform all individuals about the prevalence, risk, treatment, and prevention options available regarding osteoporosis—often called a “silent disease” because one cannot feel bones weakening—and that timely screening, diagnosis, and treatment are vital to preventing fractures; and

Whereas, optimal bone health and osteoporosis prevention can be achieved through a healthful lifestyle, which includes a balanced diet rich in calcium and vitamin D, regular weight-bearing and muscle-strengthening exercises, and no smoking or excessive alcohol intake; and

Whereas, an estimated 10 million Americans have osteoporosis and another 44 million have low bone density, which places them at an increased risk of the disease; an estimated one in two women and up to one in four men aged 50 and older will break a bone during their lifetime due to this debilitating condition; and

Whereas, in New York State alone, at least three million people aged 50 and older either have osteoporosis or are at increased chance of developing it, with over 98,000 Medicare beneficiaries sustaining over 116,100 osteoporotic fractures; and

Whereas, a longstanding commitment to mitigating the risk of osteoporosis was demonstrated by the establishment of the New York State Osteoporosis Prevention Education Program (NYSOPEP) in 1997, with the NYSOPEP Statewide Osteoporosis Center at Helen Hayes Hospital internationally recognized as a leader in the prevention, diagnosis, and treatment of osteoporosis; and

Whereas, osteoporosis and its resulting fractures are not a normal part of aging, building strong bones begins in childhood, and the promotion of lifetime bone health and access to quality health care is essential to the prevention and treatment of osteoporosis;

Now, Therefore, I, Kathy Hochul, Governor of the State of New York, do hereby proclaim May 2026, as

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in the Empire State.

G i v e n under my hand and the Privy Seal of the State
at the Capitol in the City of Albany this fifteenth day
of May in the year two thousand twenty-six.



Kathy Hochul

Governor

Karen Persichilli Keogh

Secretary to the Governor
Karen Persichilli Keogh