

STATE OF ARKANSAS

EXECUTIVE DEPARTMENT

PROCLAMATION

TO ALL TO WHOM THESE PRESENTS COME - GREETINGS:

WHEREAS: An estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis;

WHEREAS: Osteoporosis and the broken bones it can cause are not part of normal aging. Building strong bones begins in childhood and is essential to the prevention of osteoporosis care for our bones is important throughout our lives, but we reach our peak bone mass by early adulthood;

WHEREAS: Optimum bone health and prevention of osteoporosis can be maximized by a balanced diet rich in calcium and vitamin D, weight-bearing and muscle-strengthening exercise, and a healthy lifestyle with no smoking or excessive alcohol intake; and

WHEREAS: Osteoporosis is often called a silent disease because one cannot feel bones weakening. Breaking a bone is often the first sign of osteoporosis. Timely bone health screening, diagnosis, and treatment can help prevent fractures leading to hospitalization and nursing home stays.

NOW, THEREFORE, I, SARAH HUCKABEE SANDERS, Governor of the State of Arkansas, by virtue of the authority vested in me by the laws of the State of Arkansas, do hereby proclaim May 2026, as

“OSTEOPOROSIS AWARENESS AND PREVENTION MONTH”

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Arkansas to be affixed this 28th day of April, in the year of our Lord 2026.



Sarah Huckabee Sanders, Governor



Attest:



Cole Jester, Secretary of State