

Proclamation

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; and

WHEREAS, approximately 1.8 million Medicare beneficiaries suffered approximately 2.1 million osteoporotic fractures a year and osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, or breast cancer; and

WHEREAS, the total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion in 2018 and is expected to grow to over \$95 billion in 2040 without reforms, as the population ages; and

WHEREAS, in Hawai'i, over 6,000 Medicare beneficiaries suffered over 7,500 osteoporotic fractures in 2016; and

WHEREAS, an estimated 700 Hawaiians on Medicare suffered a subsequent fracture, resulting in estimated costs of over \$15.7 million; and

WHEREAS, osteoporosis and its impacts are not part of normal aging. Building strong bones begins in childhood and is essential to the prevention of osteoporosis. Caring for our bones is important throughout our lives, but we reach our peak bone mass by early adulthood; and

WHEREAS, osteoporosis can be prevented in part by a balanced diet rich in calcium and vitamin D, weight-bearing muscle-strengthening exercise and a healthy lifestyle free of 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; and


WHEREAS, cost effective post-fracture care which improves care coordination has been demonstrated to reduce the number of subsequent or repeat fractures, yet is not widely available or incentivized.

THEREFORE, I, Josh Green, M.D., Governor of the State of Hawai'i, do hereby proclaim May 2026, to be

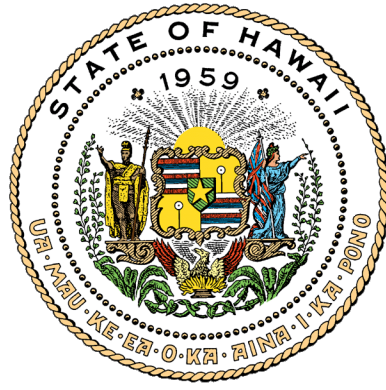
“OSTEOPOROSIS AWARENESS AND PREVENTION MONTH”

in Hawai'i and encourage everyone in the Aloha State to observe appropriate diet programs and physical activities with respect to promoting good bone health through the lifetime in order to prevent and control osteoporosis.

Done at the State Capitol in the Executive Chambers, Honolulu, State of Hawai'i, on this twenty-second day of April 2026.



Josh Green, M.D.



Governor, State of Hawai'i