

Proclamation

WHEREAS, an estimated 54 million Americans have osteoporosis, or low bone mass; and

WHEREAS, osteoporosis is often called a silent disease because an individual is unable to feel bones weakening, and that when a bone is broken, it is often the first sign of osteoporosis; and

WHEREAS, osteoporosis and the result of broken bones is not part of normal aging; and

WHEREAS, studies suggest that approximately one in two women and up to one in four men aged 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, in 2018, the total annual cost of osteoporotic fractures among Medicare beneficiaries was \$57 billion, and without reforms, this figure is projected to exceed \$95 billion by 2040 as the population continues to age; and

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

WHEREAS, an estimated 700 individuals in Hawai'i on Medicare suffered not only an initial fracture, but also a subsequent fracture resulting in estimated costs of over \$15.7 million; and

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, 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 properly incentivized by Medicare; and

NOW, THEREFORE I, Josh Green, M.D., Governor of the State of Hawai'i, do hereby proclaim May 2025, as

“OSTEOPOROSIS AWARENESS AND PREVENTION MONTH”

in Hawai'i and ask the people of the Aloha State to join me in this awareness campaign to educate individuals from keiki to kūpuna that timely bone health screening, diagnosis, and treatment can help prevent fractures leading to hospitalization and nursing home stay, and that building strong bones begins in childhood and is essential to the prevention of osteoporosis.

Done at the State Capitol in the Executive Chambers, Honolulu, State of Hawai'i, on this fourteenth day of April 2025.


Josh Green, M.D.
Governor, State of Hawai'i