



Executive Department
State of Idaho

The Office of the Governor
Proclamation

State Capital
Boise

WHEREAS, an estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest 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, 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. We reach our peak bone mass by early adulthood; 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, 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; and

WHEREAS, it is crucial we raise awareness about bone health and osteoporosis among the public, health professionals and policy makers.

NOW, THEREFORE, I, BRAD LITTLE, Governor of the State of Idaho, do hereby proclaim May 2024 to be

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in Idaho, and I encourage Idaho citizens to recognize this special observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 1st day of May, in the year of our Lord two thousand and twenty-four, and of the Independence of the United States of America the two hundred forty-eighth, and of the Statehood of Idaho the one hundred thirty-fourth.

PHIL MCGRANE
SECRETARY OF STATE

BRAD LITTLE
GOVERNOR