

The State of Maryland



Proclamation

From the Governor of the State of Maryland

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH MAY 2026

- 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,** *Each year, approximately 1.8 million Medicare beneficiaries suffer approximately 2.1 million osteoporotic fractures, and osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, or breast cancer; and*
- WHEREAS,** *In the State of Maryland, over 28,000 Medicare beneficiaries suffered over 33,600 osteoporotic fractures in 2016; an estimated 5,000 Marylanders on Medicare suffered not just an initial fracture but also a subsequent fracture, resulting in estimated costs of over \$130 million; 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, but 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 that can lead to hospitalization and nursing home stays; and*
- WHEREAS,** *During Osteoporosis Awareness and Prevention Month, the State of Maryland joins health care communities and advocates across the country to raise awareness about the importance of bone health from childhood to adulthood and calls on all residents to join us in that effort.*

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim MAY 2026 as OSTEOPOROSIS AWARENESS AND PREVENTION MONTH in Maryland, and do commend this observation to all of our citizens.



Given Under My Hand and the Great Seal of the State of Maryland,
this 1st day of May
Two Thousand and twenty-six

Wes Moore
Governor

Aruna Miller

Lt. Governor

Susan C. Lee

Secretary of State