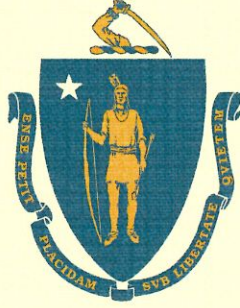


The Commonwealth of Massachusetts



A Proclamation

Whereas, An estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest that approximately 1 in 2 women and up to 1 in 4 men aged 50 and older will break a bone due to osteoporosis; 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. Caring 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 can't 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, Osteoporosis Awareness and Prevention Month encourages observation of appropriate good health programs and activities with respect to promoting good bone health through the lifetime and preventing and controlling osteoporosis. It is crucial that we raise awareness about bone health and osteoporosis among the public, health professionals and policy makers,

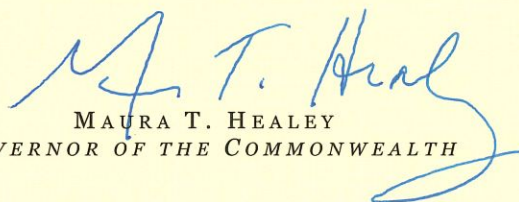
Now, Therefore, I, Maura T. Healey, Governor of the Commonwealth of Massachusetts,
do hereby proclaim May 2026, to be,

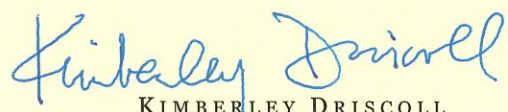
OSTEOPOROSIS AWARENESS AND PREVENTION MONTH


And urge all residents of the Commonwealth to take
cognizance of this event and participate fittingly in its observance.

Given at the Executive Chamber in Boston, this first day of May, in the year two thousand and twenty-six, and of the Independence of
the United States of America, the two hundred and forty-ninth.

BY HER EXCELLENCY


MAURA T. HEALEY
GOVERNOR OF THE COMMONWEALTH


KIMBERLEY DRISCOLL
LT. GOVERNOR OF THE COMMONWEALTH


WILLIAM FRANCIS GALVIN
SECRETARY OF THE COMMONWEALTH

God Save the Commonwealth of Massachusetts