

The State of Maryland



Proclamation

From the Governor of the State of Maryland

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH MAY 2025

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 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 more than \$95 billion in 2040 without reforms, as the population ages; and

WHEREAS, In Maryland more than 28,000 Medicare beneficiaries suffered more than 33,600 osteoporotic fractures in 2016; and

WHEREAS, An estimated 5,000 Marylanders on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$130.3 million; and

WHEREAS, 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, 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

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.

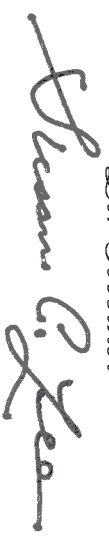
NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim MAY 2025 as OSTEOPOROSIS AWARENESS AND PREVENTION MONTH in Maryland, and do commend this observation to all of our citizens.

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


Governor

Dwaine Miller

Lt. Governor



Secretary of State

