

STATE OF MICHIGAN



CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN,
I, Gretchen Whitmer, governor of Michigan, do hereby proclaim

May 2026

as

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

WHEREAS, an estimated 10.2 million people in America age 50 and over have osteoporosis, and about 4.3 million more have low bone mass; and,

WHEREAS, osteoporosis affects 19.6 percent of women age 50 and over and 4.4 percent of men age 50 and over; and,

WHEREAS, in 2016, approximately 1.8 million Medicare beneficiaries suffered approximately 2.1 million osteoporotic fractures; and,

WHEREAS, 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 over \$95 billion in 2040, as the population ages; and,

WHEREAS, in Michigan, 60,000 Medicare beneficiaries suffered over 71,900 osteoporotic fractures in 2016; and,

WHEREAS, an estimated 8,400 Michiganders on Medicare suffered not just an initial fracture, but also a subsequent fracture resulting in estimated costs of over \$163.6 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 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, 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 that we raise awareness about bone health and osteoporosis among the public, health professionals, and policymakers;

NOW, THEREFORE, I, Gretchen Whitmer, governor of Michigan, do hereby proclaim May 2026 as Osteoporosis Awareness and Prevention Month in Michigan and encourage observation of appropriate good health programs and activities with respect to promoting good bone health through the lifetime and preventing and controlling osteoporosis.




Gretchen Whitmer
Governor

