



STATE of MINNESOTA

Proclamation

- WHEREAS: An estimated 54 million people in America have osteoporosis or low bone mass, and studies suggest that approximately half of women and up to one in four men aged 50 and older will break a bone due to osteoporosis; and
- WHEREAS: Each year, approximately 1.8 million Medicare beneficiaries suffer roughly 2.1 million osteoporotic fractures, 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 over \$95 billion in 2040 without reforms; and
- WHEREAS: Osteoporosis is often called a silent disease because one can't feel their bones weakening and the broken bones it can cause are not part of normal aging; building strong bones begins in childhood and is vital to the prevention of osteoporosis; and
- WHEREAS: Bone health 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
- WHEREAS: Cost effective post-fracture care improves care coordination and has been demonstrated to reduce the number of subsequent or repeat fractures; and
- WHEREAS: It is crucial to raise awareness about bone health and osteoporosis among the public, health professionals, and policy makers.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim May 2026 as:

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in the State of Minnesota.

IN WITNESS WHEREOF, I have hereunto set my hand
and caused the Great Seal of the State of Minnesota to be
affixed at the State Capitol this 29th day of April.




GOVERNOR


SECRETARY OF STATE