

Proclamation
BY THE GOVERNOR

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 suffer 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, in Missouri, over 36,000 Medicare beneficiaries suffered over 42,500 osteoporotic fractures; and

WHEREAS, an estimated 5,300 Missourians on Medicare suffered not only an initial fracture but also a subsequent fracture, resulting in an estimated cost range between \$90 million over \$139 million; and

WHEREAS, building strong bones begins in childhood, and peak bone mass is reached by early adulthood, negating the common misconception that osteoporosis and the broken bones it can cause are not part of normal aging; 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.

NOW, THEREFORE, I, MIKE KEHOE, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim May 2026 to be

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 24th day of April 2026.



Michael Kehoe
Mike Kehoe
GOVERNOR

ATTEST:

Denny Hoskins
SECRETARY OF STATE