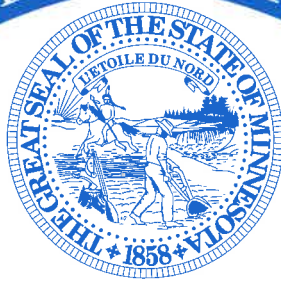


MINNESOTA
LEGISLATURE



A Senate resolution

designating May 2024 as Osteoporosis Awareness and Prevention Month in Minnesota.

WHEREAS, an estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest that approximately one in two women and up to one in four 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, the total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion in 2018 and without reforms is expected to grow to over \$95 billion in 2040 as the population ages; and

WHEREAS, in Minnesota, over 29,000 Medicare beneficiaries suffered over 34,200 osteoporotic fractures in 2016 and an estimated 2,500 Minnesotans on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$54.9 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 that 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; and

WHEREAS, it is crucial that we raise awareness about bone health and osteoporosis among the public, health professionals, and policy makers; and

NOW, THEREFORE, BE IT RESOLVED by the Senate of the State of Minnesota that it recognizes May 2024 as Osteoporosis Awareness and Prevention Month and encourages observation of appropriate good health programs and activities with respect to promoting good bone health through the lifetime and preventing and controlling osteoporosis.

BE IT FURTHER RESOLVED that the Secretary of the Senate is directed to prepare an enrolled copy of this resolution, to be authenticated by the Secretary's signature and that of the Chair of the Senate Rules and Administration Committee, and transmit it to the Bone Health & Osteoporosis Foundation.

Tom Bottorn
Secretary of the Senate

Erin P. Murphy
Chair, Senate Committee on
Rules and Administration



Alice Mann
State Senator, District 50

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