



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, osteoporosis is a serious and widespread public health issue affecting an estimated 54 million Americans, with approximately 1 in 2 women and up to 1 in 4 men over the age of 50 expected to suffer an osteoporosis related fracture in their lifetime; and

WHEREAS, nationally, osteoporosis accounts for approximately 2.1 million fractures each year among Medicare beneficiaries resulting in more hospitalizations than heart attacks, strokes, or breast cancer; and

WHEREAS, in New Mexico, more than 11,000 Medicare beneficiaries experienced over 13,800 osteoporotic fractures in a single year, placing a significant burden on families, healthcare systems, and communities across the state; and

WHEREAS, more than 1,600 New Mexicans on Medicare suffered not only an initial fracture but also a subsequent fracture, imposing an estimated cost of more than \$32.7 million and highlighting the urgent need for improved prevention, early diagnosis, and coordinated follow-up care; and

WHEREAS, osteoporosis is not an inevitable part of aging. Bone health is shaped early in life, with peak bone mass achieved in early adulthood, making prevention efforts particularly for New Mexico's children, teens, and young adults critically important; and

WHEREAS, New Mexicans can significantly reduce their risk of osteoporosis through lifelong habits including a balanced diet rich in calcium and vitamin D, regular weightbearing and muscle strengthening exercise, avoiding smoking, and limiting alcohol consumption; and

WHEREAS, osteoporosis is often called a "silent disease," as many individuals are unaware of bone loss until a fracture occurs. Increasing access to timely bone density screenings and appropriate treatment is essential to preventing hospital stays, long-term disability, and nursing home admissions; and

WHEREAS, cost-effective post fracture care and better care coordination have been proven to reduce repeat fractures, yet such services are not widely available or adequately incentivized; and

WHEREAS, New Mexico's diverse population including Native American, Hispanic, and rural communities' faces unique health challenges, making culturally informed outreach, education, and preventive care especially important to improving statewide bone health outcomes.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim May 2026, as:

"Osteoporosis Awareness and Prevention Month"

throughout the state of New Mexico.

Attest:


Maggie Toulouse Oliver
Secretary of State

Done at the Executive Office this
23rd day of March 2026.

Witness my hand and the Great Seal
of the State of New Mexico.


Michelle Lujan Grisham
Governor

