

The State of New Hampshire
By His Excellency
Christopher T. Sununu, Governor

A Proclamation

In the year of our Lord Two Thousand and Twenty-Four

OSTEOPOROSIS AWARENESS & PREVENTION MONTH
MAY 2024

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 approximately 1.8 million Medicare beneficiaries suffered 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 New Hampshire, 9,000 Medicare beneficiaries suffered over 10,400 osteoporotic fractures in 2016, and an estimated 1,600 New Hampshire residents on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$34.3 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, yet is not widely available or properly incentivized by Medicare;

NOW, THEREFORE, I, CHRISTOPHER T. SUNUNU, GOVERNOR of the State of New Hampshire, do hereby proclaim **MAY 2024** as **OSTEOPOROSIS AWARENESS & PREVENTION MONTH** in the State of New Hampshire, and call this to the attention of all citizens.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the State of New Hampshire to be affixed this 26th day of April, 2024.



Christopher T. Sununu

Christopher T. Sununu
Governor