



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

# Proclamation

**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 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**, 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, as the population ages; and

**WHEREAS**, in New Mexico over 11,000 Medicare beneficiaries suffered over 13,800 osteoporotic fractures in 2016; and

**WHEREAS**, an estimated 1,600 New Mexicans on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$32.7 million; and

**WHEREAS**, osteoporosis and the broken bones it can cause are not part of normal aging; and

**WHEREAS**, 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.

**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 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; and

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

**NOW THEREFORE**, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim May 2025, as:

## “Osteoporosis Awareness and Prevention Month”

Attest:

*Maggie Toulouse Oliver*

Maggie Toulouse Oliver  
Secretary of State



Done at the Executive Office this  
17<sup>th</sup> day of February 2025.

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

*Michelle Lujan Grisham*  
Michelle Lujan Grisham  
Governor