

STATE OF OREGON
PROCLAMATION
OFFICE OF 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 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 and is expected to grow to over \$95 billion in 2040 without reforms, as the population ages; and

WHEREAS: In Oregon over 24,000 Medicare beneficiaries suffered over 27,200 osteoporotic fractures; and

WHEREAS: An estimated 2,500 Oregonians on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$52.2 million; 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, Tina Kotek, Governor of the State of Oregon, hereby proclaim May 2026 to be

OSTEOPOROSIS PREVENTION AND AWARENESS MONTH

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day April 23, 2026.



A handwritten signature in black ink that reads "Tina Kotek".

Tina Kotek, Governor

A handwritten signature in black ink that reads "Tobias Read".

Tobias Read, Secretary of State