



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 in 2016 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, osteoporosis and the broken bones it can cause are not part of healthy 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 cannot 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 has been demonstrated to reduce the number of subsequent or repeat fractures yet is not widely available; and

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

THEREFORE, I, Jared Polis, Governor of the State of Colorado, do hereby proclaim the month of May 2024, as

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in the State of Colorado.

*GIVEN under my hand and the
Executive Seal of the State of
Colorado, this first day of May, 2024*



A handwritten signature in blue ink that reads "Jared Polis".

Jared Polis
Governor