

Executive Proclamation

State of South Dakota Office of the Governor

Whereas, osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, or breast cancer; and,

Whereas, following an initial fracture, a subsequent fracture can occur causing not only a great deal of pain, but also a huge cost for the sufferer; 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, it is crucial that we raise awareness about bone health and osteoporosis among the public, health professionals, and policy makers:

Now, Therefore, I, Kristi Noem, Governor of the State of South Dakota, do hereby proclaim May 2024, as

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in South Dakota and encourage observation of appropriate good health programs and activities that promote good bone health through the lifetime which helps to prevent and control osteoporosis.

In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Twenty-eighth Day of March in the Year of Our Lord, Two Thousand and Twenty-Four.



Kristi Noem, Governor

Attest:

Monae L. Johnson, Secretary of State