



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

WHEREAS, an estimated 10 million Americans have osteoporosis, and another 44 million have low bone density, a precursor to osteoporosis; and

WHEREAS, research suggests that approximately half of women and up to one quarter of men will break a bone due to osteoporosis at some point in their lifetime; and

WHEREAS, it is estimated that in any given year, Medicare beneficiaries in Virginia collectively suffer more than 52,400 osteoporotic fractures at a cost of more than \$163 million annually; and

WHEREAS, osteoporosis and the fractures it can cause are not a foregone conclusion of aging, and building strong bones begins in childhood and is essential to preventing osteoporosis later in life; and

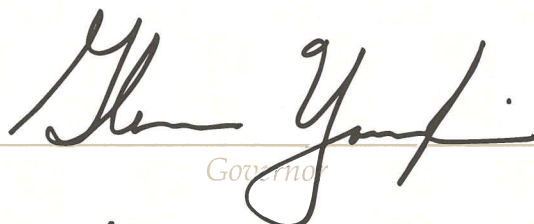
WHEREAS, optimum bone health and prevention of osteoporosis can be maximized by a balanced diet rich in calcium and vitamin D, weight-bearing and muscle-strengthening exercise, and a healthy lifestyle that avoids smoking or excessive alcohol intake; and

WHEREAS, timely bone health screening, diagnosis, and treatment can also help prevent fractures that can lead to hospitalizations and nursing home stays, and cost-effective post-fracture care can reduce the number of subsequent or repeat fractures in individuals who have already experienced osteoporotic fracture; and

WHEREAS, during Osteoporosis Awareness and Prevention Month, Virginians are encouraged to learn about osteoporosis risk factors and prevention strategies and to take the appropriate steps to maximize bone health;

NOW, THEREFORE, I, Glenn Youngkin, do hereby recognize May 2024, as OSTEOPOROSIS AWARENESS AND PREVENTION MONTH in our COMMONWEALTH OF VIRGINIA, and I call this observance to the attention of our citizens.




Governor


Secretary of the Commonwealth