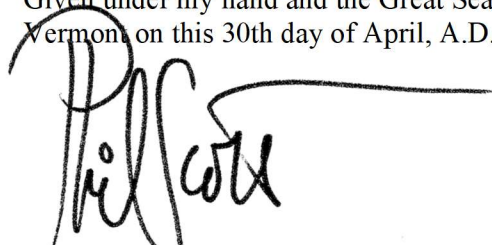


**State of Vermont
Executive Department
A Proclamation**

- 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,** in Vermont over 4,000 Medicare beneficiaries suffered osteoporotic fractures. An estimated 800 Vermonters on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$15.2 million; and
- WHEREAS,** osteoporosis is not a normal part of aging, and building strong bones during childhood is essential to the prevention of osteoporosis as people reach their peak bone mass during 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 exercises, 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 a nursing home stay; and
- WHEREAS,** cost effective post-fracture care which improves care coordination has been demonstrated to reduce the number of subsequent or repeat fractures, but is not widely available or properly incentivized by Medicare; and
- WHEREAS,** it is crucial awareness is raised about bone health and osteoporosis among the public, health professionals and policy makers.
- NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim the month of May, 2026 as

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH
in Vermont.

Given under my hand and the Great Seal of the State of
Vermont, on this 30th day of April, A.D. 2026.



Philip B. Scott
Governor





Jaye Pershing Johnson

Secretary of Civil and Military Affairs