

# The State of Washington



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

*WHEREAS*, osteoporosis and the broken bones it can cause are not part of normal aging, and building strong bones begins in childhood and is essential to the prevention of osteoporosis as we reach our peak bone mass by early adulthood and care for our bones is important throughout our lives; and

*WHEREAS*, osteoporosis is often called a silent disease because one cannot feel bones weakening, and breaking a bone is often the first sign of osteoporosis, meaning that 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 that improves care coordination has been demonstrated to reduce the number of subsequent or repeat fractures, yet is not widely available or properly incentivized by Medicare; and

*WHEREAS*, optimum bone health and the 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 use; and

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

*NOW, THEREFORE*, I, Bob Ferguson, governor of the state of Washington, do hereby proclaim May 2026 as

### *Osteoporosis Awareness and Prevention Month*

in Washington, and I urge all people in our state to join me in this special observance.



Signed this 1<sup>st</sup> day of May, 2026

  
Governor Bob Ferguson