

WHEREAS; the National Osteoporosis Foundation estimates that over 10 million Americans aged 50 and older have osteoporosis and that approximately 44 million have low bone density, a risk factor for osteoporosis; and

WHEREAS; according to the National Library of Medicine, fractures are the biggest problem caused by osteoporosis, and 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; according to a 2021 study commissioned by the National Osteoporosis Foundation, in 2016, 32,000 Wisconsin Medicare beneficiaries suffered 38,000 osteoporotic fractures in just one year; 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 critical to the prevention of osteoporosis later in life; and

WHEREAS; osteoporosis can be prevented with a balanced diet rich with 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 an osteoporotic fracture; and

WHEREAS; this month, the state of Wisconsin encourages all Wisconsinites to learn about osteoporosis risk factors and prevention strategies and to take the appropriate steps to maximize their bone health;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim May 2024, as

## **OSTEOPOROSIS AWARENESS AND PREVENTION MONTH**

throughout the State of Wisconsin and I commend this observance  
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 17th day of April 2024.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State