WHEREAS; it is estimated that 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; Medicare beneficiaries in Wisconsin collectively suffered over 38,000 osteoporotic fractures; and
WHEREAS; we recognize that osteoporosis and the fractures it can cause are not a foregone conclusion of aging, and that building strong bones begins in childhood and is essential to the prevention of osteoporosis later in life; and
WHEREAS; osteoporosis can be prevented with 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 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 2022, 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 22nd day of April 2022.

TONY EVERS, Governor

By the Governor:

DOUGLAS LA FOLLETTE, Secretary of State