

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 22<sup>nd</sup> day of April 2022.



TONY EVERS, Governor

By the Governor:



DOUGLAS LA FOLLETTE, Secretary of State