



Proclamation

By the Governor of Alabama

WHEREAS, an estimated 54 million Americans have osteoporosis or low bone mass, and studies suggest that approximately one in two women and up to one in four 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 Alabama over 30,000 Medicare beneficiaries suffered over 36,400 osteoporotic fractures in 2016; and

WHEREAS, an estimated 4,800 Alabamians on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$90.2 million; and

WHEREAS, osteoporosis and the broken bones it can cause are not part of normal aging. Building strong bones begins in childhood and is essential to the prevention of osteoporosis care for our bones is important throughout our lives, but we reach our peak bone mass by 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 exercise, as well as a healthy lifestyle with no smoking or excessive alcohol intake; and

WHEREAS, osteoporosis is often called a silent disease because one can 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 nursing home stays; and

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

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2025, as

Osteoporosis Awareness & Prevention Month

in the state of Alabama.



*Given Under My Hand and the Great Seal of the
Office of the Governor at the State Capitol in the City
of Montgomery on the 23rd day of April 2025.*

Kay Ivey

Kay Ivey, Governor