

STATE OF NORTH DAKOTA

PROCLAMATION

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH MAY 2026

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, 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, the total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion and is expected to grow to over \$95 billion in 2040 without reforms as the population ages; and

WHEREAS, in North Dakota over 3,000 Medicare beneficiaries suffered over 4,500 osteoporotic fractures; and

WHEREAS, an estimated 600 North Dakotans on Medicare suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$12.2 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 and a healthy lifestyle with no smoking or excessive alcohol intake.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 2026, OSTEOPOROSIS AWARENESS AND PREVENTION MONTH
in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST:


Michael Howe
SECRETARY OF STATE