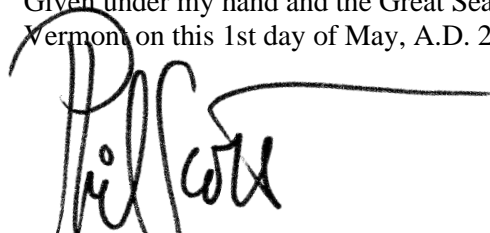


**State of Vermont  
Executive Department  
A Proclamation**


- 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,** the total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion in 2018 and is expected to grow to over \$95 billion in 2040 without reforms as the population ages; and
- WHEREAS,** in Vermont over 4,000 Medicare beneficiaries suffered over 4,600 osteoporotic fractures in 2016; and
- WHEREAS,** an estimated 800 Vermonters on Medicare suffered over 4,600 osteoporotic fractures but also subsequent fracture resulting in estimated costs of over \$15.2 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 prevention; 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; and
- WHEREAS,** osteoporosis is often called a silent disease because one can't 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 to raise awareness about bone health and osteoporosis among the public, health professionals, and policy makers.
- NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim May 2024, as

**OSTEOPOROSIS AWARENESS AND PREVENTION MONTH**  
in Vermont.

Given under my hand and the Great Seal of the State of  
Vermont on this 1st day of May, A.D. 2024.

  
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Philip B. Scott  
Governor



  
Brittney J. Wilson  
Secretary of Civil and Military Affairs