



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

OSTEOPOROSIS AWARENESS MONTH

- 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:** Osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, or breast cancer; and
- WHEREAS:** In Georgia, over 48,000 elderly individuals suffered over 56,400 osteoporotic fractures; and
- WHEREAS:** An estimated 7,000 elderly Georgians suffered not just an initial fracture but also a subsequent fracture resulting in estimated costs of over \$131.0 million; 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 state and local leaders; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2026, as OSTEOPOROSIS AWARENESS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 12th day of March in the year of our Lord, Two Thousand and Twenty-Six.



B. P. Kemp

GOVERNOR

ATTEST

Lauren M. Curry

CHIEF OF STAFF