

HOUSE RESOLUTION NO.4662, by Representative Bailey

WHEREAS, Osteoporosis, a disease characterized by low bone mass, structural deterioration of bone, and increased susceptibility to fractures, is a public health threat for an estimated 52 million Americans and more than 1.2 million Washingtonians; and

WHEREAS, In Washington state, around 300,000 individuals already have the disease of osteoporosis and around 900,000 are estimated to have low bone mass, placing them at increased risk for osteoporosis; and

WHEREAS, One in every two women and one in every four men over the age of 50 will have an osteoporosis-related fracture in her or his remaining lifetime; and

WHEREAS, Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later in life; and

WHEREAS, Osteoporosis is often thought of as an older person's disease, but bone health is a concern for persons of any age; and

WHEREAS, Substantial risk of osteoporosis has been reported in people of all ethnic backgrounds; and

WHEREAS, Although osteoporosis often has no symptoms in its early stages, a bone mineral density test can be used to assess fracture risk and to establish the diagnosis and severity of the disease in people at risk before they start fracturing their bones; and

WHEREAS, In 2005, osteoporosis was responsible for an estimated 2 million fractures and 19 billion dollars in health care related costs; and

WHEREAS, The Surgeon General of the United States believes that bone health is critically important to the overall health and quality of the life of Americans, that their bone health is in jeopardy and will only get worse if left unchecked, and that great improvements in the bone health status of Americans can be made by applying what is already known about early prevention, assessment, diagnosis, and treatment; and

WHEREAS, Optimum bone health and prevention of osteoporosis can be maximized by a balanced diet rich in calcium and vitamin D, weight-bearing exercise, and a healthy lifestyle with no smoking or excessive alcohol intake; and

WHEREAS, The National Osteoporosis Foundation celebrates May as Osteoporosis Awareness and Prevention Month;

NOW, THEREFORE, BE IT RESOLVED, That the House of Representatives of the state of Washington, recognize and appreciate the ideals, goals, and activities of Osteoporosis Awareness and Prevention Month and urge the people of Washington to observe appropriate good health programs and activities with respect to preventing and controlling osteoporosis, including talking with their health care professionals about bone health.