HOUSE RESOLUTION NO. 2025-4633, by Representative Thai

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 aged 50 and older will break a bone due to osteoporosis; and

WHEREAS, Osteoporosis-related bone fractures account for more hospitalizations than heart attacks, strokes, or breast cancer; and

WHEREAS, Osteoporosis is often referred to as a "silent disease" because individuals cannot feel their bones weakening; and

WHEREAS, Timely bone health screening, diagnosis, and treatment can help prevent fractures that may lead to hospitalizations and long-term nursing home stays; and

WHEREAS, Cost-effective postfracture care, which improves care coordination, has been shown to reduce the number of subsequent or repeat fractures; and

WHEREAS, Osteoporosis and the associated broken bones are not an inevitable part of aging—building strong bones begins in childhood and remains essential throughout life, with peak bone mass typically reached by early adulthood; and

WHEREAS, Optimum bone health and osteoporosis prevention can be achieved through a balanced diet rich in calcium and vitamin D, weight-bearing and muscle-strengthening exercises, and a healthy lifestyle free from smoking and excessive alcohol consumption; and

WHEREAS, Raising awareness about bone health among the public, health care professionals, and policymakers is vital to reducing the prevalence and impact of osteoporosis;

NOW, THEREFORE, BE IT RESOLVED, That the House of Representatives recognize and appreciate the ideals, goals, and activities of National Bone Health and Osteoporosis Month in May; and

BE IT FURTHER RESOLVED, That the House of Representatives encourage the observation of appropriate health programs and activities to promote bone health and the prevention of osteoporosis throughout life.