STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, May is designated as National Osteoporosis Awareness and Prevention Month and the State of New Jersey recognizes bone health as a health priority for people of all ages; and

WHEREAS, osteoporosis, "the silent disease," is a serious condition in which bones become thin, brittle and easily broken and is a disease which results in half of all women and 20 percent of all men having an osteoporotic fracture during their lifetime; and

WHEREAS, osteoporosis can have devastating effects, impairing an individual's ability to walk unassisted and often resulting in prolonged or permanent disability, institutionalization or death; and

WHEREAS, osteoporosis is largely preventable, for most people, through healthy behaviors such as a balanced diet rich in calcium and vitamin D, weight-bearing exercise, a healthy lifestyle without smoking or excessive alcohol and bone density testing and medications when appropriate; and

WHEREAS, being aware of risk factors for osteoporosis and taking actions to maintain healthy bones are the keys to preventing osteoporosis. The State of New Jersey Department of Human Services provides ways in which residents can practice bone healthy behaviors including the Project Healthy Bones exercise program, Move Today and the Otago exercise programs and A Matter of Balance: Managing Concerns About Falls program; and

WHEREAS, the New Jersey Interagency Council on Osteoporosis is dedicated to the development, implementation and evaluation of a comprehensive osteoporosis prevention and education program for the benefit of New Jersey residents and has partnered with public and private entities to achieve its goals; and

WHEREAS, it is fitting to support the goals of Osteoporosis Awareness and Prevention Month to increase public awareness of this disease and its prevention;

NOW, THEREFORE, I, CHRIS CHRISTIE, Governor of the State of New Jersey, do hereby proclaim:

MAY 2016
AS
OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

in New Jersey.

GIVEN, under my hand and the Great Seal of the State of New Jersey, this twenty-ninth day of April in the year two thousand sixteen, the two hundred fortieth year of the Independence of the United States.

Lt. GOVERNOR

GOVERNOR