

Reps. Lisa Brown, Slavens, Tlaib, Ball, Terry Brown, Byrum, Constan, Crawford, Denby, Hansen, Robert Jones, Knollenberg, Kowall, Kurtz, LeBlanc, Liss, Lori, Marleau, Mayes, Moss, Pearce, Proos, Roberts, Rogers, Segal, Sheltroun, Smith, Spade, Tyler, Valentine and Warren offered the following resolution:

**House Resolution No. 268.**

A resolution to declare May 2010 as Osteoporosis Awareness Prevention Month in the state of Michigan.

Whereas, The National Osteoporosis Foundation's (NOF) goal is to reduce the widespread prevalence of osteoporosis and associated fractures and to find a cure for the disease through programs of awareness, education, advocacy and research; and

Whereas, Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks; and

Whereas, Osteoporosis is a major public health threat for an estimated 44 million Americans, or 55 percent of the people 50 years of age and older; and

Whereas, In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis; and

Whereas, While osteoporosis is often thought of as an older person's disease, it can strike at any age; and

Whereas, Together, the following five steps can optimize bone health and help prevent osteoporosis: Get the daily recommended amounts of calcium and vitamin D, engage in regular weight-bearing and muscle-strengthening exercise, avoid smoking and excessive alcohol, talk to your healthcare provider about bone health, have a bone density test and take medication when appropriate; and

Whereas, NOF works for increased awareness of osteoporosis and bone health among women and men of all ages and backgrounds and to address the vital need for increased education and for the awareness, prevention, diagnosis and treatment of osteoporosis; now, therefore, be it

Resolved by the House of Representatives, That the members of this legislative body declare May 2010 as Osteoporosis Awareness Prevention Month in the state of Michigan.