

# STATE OF MONTANA



## *Governor's Proclamation*



*WHEREAS, osteoporosis is the weakening condition of the bones which occurs when you lose too much bone, make too little, or both; and*

*WHEREAS, American Bone Health and the International Osteoporosis Foundation report that worldwide one in two women and one in four men over the age of 50 are going to experience a bone fracture in their lifetime, with a one-year mortality rate for hip fractures of approximately 25 percent; and*

*WHEREAS, regardless of age or health, individuals should ensure a bone healthy lifestyle, including muscle strengthening exercise, a nutritious diet, and healthy habits; and*

*WHEREAS, in recent years thousands of people have increased bone density through osteogenic loading, which is available in Missoula and is being utilized worldwide; and*

*WHEREAS, October 20 is World Osteoporosis Day, marking a year-long campaign dedicated to raising global awareness of how to prevent, diagnose, and treat osteoporosis;*

*NOW, THEREFORE, I, Greg Gianforte, Governor of the State of Montana, do hereby proclaim October 20, 2023*

### **OSTEOGENIC LOADING DAY**

in Montana to encourage all citizens to follow early prevention strategies, including osteogenic loading, to improve bone density and prevent fractures caused by osteoporosis.

**GREG GIANFORTE**  
Governor