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ACR-82 Osteoporosis Awareness and Prevention Month. (2023-2024)

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Assembly Concurrent Resolution No. 82

CHAPTER 115

Relative to Osteoporosis Awareness and Prevention Month.

[Approved by Governor June 29, 2023. Filed with Secretary of State June 29, 2023.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 82, Weber. Osteoporosis Awareness and Prevention Month.

This measure would designate the month of May 2023 as Osteoporosis Awareness and Prevention Month.

Fiscal Committee: no

WHEREAS, An estimated 54,000,000 Americans have osteoporosis or low bone mass, and studies suggest that approximately one in two women and up to one in four men who are 50 years of age or older will break a bone due to osteoporosis; and

WHEREAS, Approximately 1,800,000 Medicare beneficiaries suffered approximately 2,100,000 osteoporotic fractures a year, and osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, or breast cancer; and

WHEREAS, Black Californians are especially at risk of weakened bone health, and are less likely to be screened for osteoporosis, receive medicine, and be treated for osteoporosis; and

WHEREAS, Marginalized groups surviving chronic conditions, like cancer, are at higher risk of being diagnosed with osteoporosis and suffering fractures; and

WHEREAS, The total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion in 2018 and is expected to grow to over \$95 billion in 2040 without reforms, as the population ages; and

WHEREAS, An estimated 22,700 Californians on Medicare suffered not just an initial fracture but also a subsequent fracture, resulting in estimated costs of over \$580,000,000; and

WHEREAS, Osteoporosis and the broken bones it can cause are not part of normal aging. Building strong bones begins in childhood and is essential to the prevention of osteoporosis. Care for our bones is important throughout our lives, but we reach our peak bone mass by early adulthood; and

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

WHEREAS, Osteoporosis is often called a silent disease because one cannot feel bones weakening. Breaking a bone is often the first sign of osteoporosis. Timely bone health screening, diagnosis, and treatment can help prevent fractures leading to

hospitalization and nursing home stays; and

WHEREAS, Cost-effective postfracture care that improves care coordination has been demonstrated to reduce the number of subsequent or repeat fractures, yet is not widely available or properly incentivized by Medicare; and

WHEREAS, It is crucial that we raise awareness about bone health and osteoporosis among the public, health professionals, and policymakers; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature recognizes and appreciates the ideals, goals, and activities of National Osteoporosis Awareness and Prevention Month in May and encourages observation of appropriate health programs and activities with respect to promoting good bone health throughout one's lifetime and preventing and controlling osteoporosis, and designates the month of May 2023 as Osteoporosis Awareness and Prevention Month in California; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the author for appropriate distribution.