

SENATE RESOLUTION
8678

By Senators Becker, Berkey, Kauffman, Sheldon, Kilmer, Hatfield, Swecker, King, Haugen, and Ranker

WHEREAS, Osteoporosis is a disease characterized by low bone mass, structural deterioration of bone, and increased susceptibility to fractures, especially of older women; and

WHEREAS, Osteoporosis is a public health threat for an estimated 52 million Americans and more than 1.2 million Washingtonians; and

WHEREAS, In Washington state, approximately 300,000 individuals already have osteoporosis and approximately 900,000 are estimated to have low bone mass, placing them at increased risk for osteoporosis; and

WHEREAS, One in every two women and one in every four men over the age of 50 will have an osteoporosis-related fracture in her or his remaining lifetime; and

WHEREAS, Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later in life; and

WHEREAS, Osteoporosis is often thought of as an older person's disease, but bone health is a concern for a person of any age; and

WHEREAS, Substantial risk of osteoporosis has been reported in people of all ethnic backgrounds; and

WHEREAS, Although osteoporosis often has no symptoms in its early stages, a bone density test can be used to assess fracture risk and to establish the diagnosis and severity of the disease; and

WHEREAS, Osteoporosis accounts for billions of dollars in health care costs; and

WHEREAS, The Surgeon General of the United States believes that bone health is critically important to the overall health and quality of the life of Americans and that their bone health is in jeopardy and will only get worse if left unchecked; and

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

WHEREAS, May 2010 is Osteoporosis Awareness and Prevention Month;

NOW, THEREFORE, BE IT RESOLVED, That the Washington State Senate of the state of Washington, recognize and appreciate the ideals, goals, and activities of Osteoporosis Awareness and Prevention Month and urge the people of Washington to observe appropriate good health programs and activities with respect to preventing and controlling osteoporosis, including talking with their health care professionals about bone health.

I, Thomas Hoemann, Secretary of the Senate,
do hereby certify that this is a true and
correct copy of Senate Resolution 8678,
adopted by the Senate
February 25, 2010

THOMAS HOEMANN
Secretary of the Senate