HOUSE RESOLUTION NO. 2021-4615, by Representatives Ryu, Griffey, Kloba, Pollet, Walen, Duerr, Callan, Shewmake, Dufault, Taylor, Orwall, Boehnke, Ramel, Simmons, and Bronoske

WHEREAS, Long-term care facilities, such as nursing homes, have experienced a disproportionate share of deaths during the COVID-19 pandemic, with recent data for Washington state showing COVID-19 cases in long-term care facilities account for five percent of the state's total COVID-19 cases, but nearly 50 percent of all COVID-19 deaths in the state; and

WHEREAS, Overall, COVID-19 has taken a disproportionate toll on communities of color, with increased risk for infection, death, and hospitalization; and

WHEREAS, Nursing homes with relatively high shares of Black or Hispanic residents are more likely to have experienced COVID-19 deaths than nursing homes with lower shares of Black or Hispanic residents; and

WHEREAS, Fall prevention strategies and timely bone health screening, diagnosis, and treatment may help prevent fractures leading to hospitalization and nursing home stays; and

WHEREAS, Osteoporosis-related bone fractures are responsible for more hospitalizations than heart attacks, strokes, and breast cancer combined; and

WHEREAS, Each year, about 75,000 Americans move from the hospital to a nursing home following a fracture and never return "home"; and

WHEREAS, Approximately 54,000,000 Americans age 50 and over have osteoporosis or low bone mass, placing them at increased risk for fractures; and

WHEREAS, One in every two women and one in every four men over the age of 50 will break a bone due to osteoporosis in his or her lifetime; and

WHEREAS, Annual osteoporosis costs for America's health care system top $19,000,000,000 and will double by 2050 as America's population ages; and

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

WHEREAS, Osteoporosis is a preventable and treatable disease; and

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

WHEREAS, Only one in three Americans receives enough calcium in his or her daily diet, a problem which is especially severe for children and adolescents in critical years of bone development; 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, A bone mineral density test can be performed to identify osteoporosis and determine the risk for fractures and the severity of the disease; and

WHEREAS, The month of May has been designated as National Osteoporosis Month;

NOW, THEREFORE, BE IT RESOLVED, That the House of Representatives recognize and appreciate the ideals, goals, and activities of National Osteoporosis Month and encourage observation of appropriate good health programs and activities with respect to preventing and controlling osteoporosis.

I hereby certify this to be a true and correct copy of

Resolution 4615 adopted by the House of Representatives

March 23, 2021

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Bernard Dean, Chief Clerk