

# Proclamation



*Jane Castor, Mayor*

**WHEREAS**, bone is a rigid organ that constitutes part of the vertebrate skeleton that provides structure and support for the body, and **osteoporosis** (porous bone) is a disease in which the density and quality of bone are reduced, becoming more fragile, weak, and brittle; and

**WHEREAS**, an estimated 54 million Americans have osteoporosis with one in two women and one in four men over age 50 breaking a bone due to the disease in their lifetime, and locally in Tampa, Florida, approximately 44 osteoporosis-related fractures occur in women aged 65 and older each day; and

**WHEREAS**, the loss of bone occurs silently and progressively, often going undiagnosed and untreated due to lack of symptoms until the first fracture occurs, and once the bones have weakened, some signs may appear include back pain, loss of height over time, a stooped posture, and a bone that may break much easier than expected; and

**WHEREAS**, bone loss prevention is critical and can be accomplished through lifestyle changes including good nutrition such as foods that are high in calcium and vitamin D, regular exercise especially strength and weight bearing, keeping an appropriate weight whereby one is not too thin nor overweight, and screenings, especially for women over 65 years, postmenopausal women younger than 65 years old, men older than 50 years of age with risk factors, and anyone who has broken a bone after age 50; and

**WHEREAS**, locally, Healthy Bones Tampa Bay, a non-partisan, grassroots coalition of health care professionals, local and state policymakers, and community advocates with a mission of reducing the number of bone fractures in the Tampa community by 20 percent by year 2025, is hosting a **Build Better Bones Tampa Workshop** during Osteoporosis Awareness Month on Thursday, May 12, 2022, at the University of Tampa's Plant Hall.

**NOW, THEREFORE**, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim May 2022 as

## ***"OSTEOPOROSIS AWARENESS MONTH"***

in the city of Tampa, Florida, and urge all citizens to join me in doing their part in raising awareness about osteoporosis and osteopenia, and in taking necessary steps to reduce the risk and severity of the disease, and in thank organizations such as Healthy Bones Tampa Bay for their efforts in advocating for optimum bone health.

Dated in Tampa, Florida, this 15<sup>th</sup> day of April 2022.



*Jane Castor*  
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Mayor