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**By: Delegates Goldwater, Pitkin, Eckardt, Nathan-Pulliam, Frush, Kirk, Walkup, Grosfeld, and Kopp**

Introduced and read first time: January 18, 1996

Assigned to: Environmental Matters

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A BILL ENTITLED

1 AN ACT concerning

2 **Osteoporosis Community Education and Prevention Program**

3 FOR the purpose of requiring the Secretary of Health and Mental Hygiene to establish a  
4 certain osteoporosis education and prevention program in the Department of  
5 Health and Mental Hygiene; specifying the design of the program; authorizing the  
6 Secretary to make certain grants for certain programs related to osteoporosis  
7 education and prevention efforts; requiring the Secretary to appoint a certain  
8 advisory committee; and generally relating to establishing a certain osteoporosis  
9 education and prevention program.

10 BY adding to

11 Article - Health - General  
12 Section 13-801 through 13-803, inclusive, to be under the new subtitle "Subtitle 8.  
13 Osteoporosis Community Education and Prevention Program"  
14 Annotated Code of Maryland  
15 (1994 Replacement Volume and 1995 Supplement)

16 Preamble

17 WHEREAS, 25 million Americans are stricken with osteoporosis - a preventable  
18 disorder which occurs most frequently among older people, causing loss of bone mass;  
19 and

20 WHEREAS, Experts estimate that, in the United States, one in two women and one  
21 in five men will suffer a bone fracture because of osteoporosis; and

22 WHEREAS, Nationally, osteoporosis results in 1.5 million fractures of the hip,  
23 spine, wrist, and other bones, with a cost of at least \$18 million in health care and  
24 associated expenses; and

25 WHEREAS, Osteoporosis is frequently a silent, undiagnosed disease, affecting  
26 apparently healthy individuals, which only becomes apparent when the individual suffers  
27 an unexpected broken bone often as a result of a trivial event, such as a hug or a hard  
28 sneeze; and

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1 WHEREAS, Osteoporosis, if allowed to progress undetected to the point of bone  
2 fracture, can and frequently does cause disability and institutionalization, thereby  
3 reducing the quality and length of the individual's life and exacting a heavy toll in  
4 increased health costs; and

5 WHEREAS, Although there is presently no cure for osteoporosis, medical experts  
6 agree that prevention, early diagnosis, and treatment can reduce the prevalence of this  
7 devastating disease; and

8 WHEREAS, Many people, even medical experts, are not aware of the crucial need  
9 to educate people, particularly women, of the preventive steps, such as adequate calcium  
10 intake, continued exercise throughout life, and, in the case of older women, estrogen  
11 replacement therapy under appropriate circumstances; and

12 WHEREAS, The safe and painless tests of bone mass measurement should be  
13 publicized among physicians and the public in order to reduce the costly effects of broken  
14 bones resulting from osteoporosis; and

15 WHEREAS, Current expert thinking emphasizes the need to educate young people  
16 in this regard so that such young people will take the steps to build and preserve strong  
17 bones throughout their lives; and

18 WHEREAS, If the public can be made aware of the simple solutions to prevention  
19 of this devastating disease, osteoporosis is preventable and the costs of long-term care  
20 among older Americans will be reduced; now, therefore,

21 SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF  
22 MARYLAND, That the Laws of Maryland read as follows:

23 **Article - Health - General**

24 **SUBTITLE 8. OSTEOPOROSIS COMMUNITY EDUCATION AND PREVENTION**  
25 **PROGRAM.**

26 13-801.

27 THE GENERAL ASSEMBLY FINDS THAT:

28 (1) THE PROTECTION, IMPROVEMENT, AND PRESERVATION OF THE  
29 PUBLIC HEALTH IS ESSENTIAL TO THE GENERAL WELFARE OF THE CITIZENS OF  
30 THIS STATE;

31 (2) OSTEOPOROSIS, IF ALLOWED TO PROGRESS UNDETECTED TO THE  
32 POINT OF BONE FRACTURE, CAN AND FREQUENTLY DOES CAUSE DISABILITY AND  
33 INSTITUTIONALIZATION, THEREBY REDUCING THE QUALITY AND LENGTH OF AN  
34 INDIVIDUAL'S LIFE AND EXACTING A HEAVY TOLL IN INCREASED HEALTH CARE  
35 COSTS; AND

36 (3) DISEASE PREVENTION AND EDUCATION ABOUT OSTEOPOROSIS IS  
37 ESSENTIAL BECAUSE OSTEOPOROSIS IS PREVENTABLE IF DETECTED EARLY.

3

1 13-802.

2 (A) THE SECRETARY SHALL:

3 (1) ESTABLISH IN THE DEPARTMENT A COMPREHENSIVE  
4 OSTEOPOROSIS EDUCATION AND PREVENTION PROGRAM; AND

5 (2) DESIGN THE PROGRAM FOR IMPLEMENTATION ON A REGIONAL,  
6 DISTRICT, OR LOCAL LEVEL.

7 (B) THE PROGRAM SHALL:

8 (1) INCLUDE INFORMATION ON THE CAUSES, PREVENTION, EARLY  
9 DETECTION, AND TREATMENT OF OSTEOPOROSIS; AND

10 (2) ENCOURAGE THE COORDINATION OF LOCAL AND PRIVATE SECTOR  
11 HEALTH EDUCATION SERVICES ON OSTEOPOROSIS.

12 (C) THE SECRETARY MAY AWARD GRANTS FOR THE PROVISION OF WORK  
13 SITE HEALTH PROMOTION PROGRAMS ON OSTEOPOROSIS THAT MAY INCLUDE  
14 ON-SITE HEALTH EDUCATION AND SCREENING EFFORTS AND INFORMATION  
15 ABOUT HEALTH RISK BEHAVIORS LINKED TO OSTEOPOROSIS.

16 13-803.

17 THE SECRETARY SHALL APPOINT AN ADVISORY COMMITTEE OF LOCAL  
18 MEDICAL EXPERTS TO PROVIDE ADVICE TO THE SECRETARY ON THE  
19 DEVELOPMENT AND DELIVERY OF THE COMPREHENSIVE OSTEOPOROSIS  
20 PREVENTION AND EDUCATION PROGRAM REQUIRED UNDER § 13-802 OF THIS  
21 SUBTITLE.

22 SECTION 2. AND BE IT FURTHER ENACTED, That this Act shall take effect  
23 October 1, 1996.