TABLE OF CONTENTS

4 OUR VISION/OUR MISSION
5 LETTER FROM CEO AND CHAIRMAN
7 PATIENT EDUCATION & AWARENESS
10 RAISING AWARENESS
12 HEALTHCARE PROFESSIONAL OUTREACH
15 ADVOCACY
17 PHILANTHROPY
26 BOARD OF TRUSTEES
28 FINANCIALS
The Bone Health & Osteoporosis Foundation (BHOF) is the leading health organization dedicated to preventing osteoporosis and broken bones, promoting strong bones for life, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research. Established in 1984, BHOF is the nation’s largest health organization solely dedicated to osteoporosis and bone health. Osteoporosis is a major public health threat for an estimated 54 million Americans. Studies show that one in two women and up to one in four men over age 50 will break a bone due to osteoporosis in their lifetime. BHOF works to improve patient care and support for those who have broken bones due to osteoporosis and to educate the public to prevent osteoporosis and broken bones and promote strong bones for life. To accomplish its mission, BHOF accepts support from a wide breadth of diversified sources, including individuals, foundations, government sources, and corporations.
Dear Friends of the Bone Health and Osteoporosis Foundation,

The year 2024 will mark the 40th anniversary of the Bone Health and Osteoporosis Foundation (formerly National Osteoporosis Foundation). In anticipation of this milestone, the Staff and Board of Trustees of BHOF embarked upon a strategic planning process to identify the challenges confronting us and define a path forward. After much work and debate, we identified 4 areas of focus – which we will define as “pillars” – that will guide us through the rapidly changing landscape of bone health. We’re pleased to share highlights from this three-year strategic plan.

The first pillar challenges us to broaden the scope of bone health – to Educate People About Bone Health Throughout the Lifespan. Although most fractures occur in older individuals, enhancement of skeletal health throughout the life span will inevitably reduce their number. One strategy for accomplishing this is to partner with other organizations focused on lifetime health. During 2022, we initiated strategic alliances with two other health-related organizations - the Global Healthy Living Foundation and the Global Council on Aging. In addition, we added five new member organizations to our Coalition to Strengthen Bone Health, and we worked with leaders in the Office of Women’s Health at the Department of Health and Human Services and the Congressional Women’s Caucus to raise awareness about the need to prioritize bone health, especially in women. This is only the beginning of a broad effort to raise awareness of this important health problem.

Our second pillar addresses the question of how to Empower People to Live Longer, Fracture Free Lives. We live in a unique historical period. Never before have people lived so long. This has resulted in unprecedented growth of the older population. While increasing longevity is a tremendous accomplishment, the cost of treating diseases - such as skeletal fractures - associated with aging is sky-rocketing. Not only are osteoporotic fractures painful and life-threatening, the costs of treatment of fractures in older Americans places it among the top 5 health-related expenditures. Unless we can develop strategies to enhance bone health and reduce fractures, these costs may break the bank. To address this growing problem, BHOF is focusing on strategies to enhance bone health and prevent bone loss associated with menopause and certain medications and medical conditions. In 2022, BHOF launched a new online tool - Your Path to Good Bone Health - aimed at helping people navigate information resources to improve their bone health knowledge focusing on how to prevent bone loss, how to assess bone health if one sustains a fracture, and how to optimize management of osteoporosis if identified.
The third pillar is perhaps the most urgent and complicated – to Ensure Comprehensive Post-Fracture Care. An osteoporotic fracture is a sentinel event that should trigger appropriate clinical evaluation with the goal of reducing future fractures. While the Fracture Liaison Service (FLS) model of care, focused on identification and treatment of osteoporosis in patients who have fractured, has proven successful in preventing secondary fractures in other countries, it has failed to gain traction in the U.S. Through our National Bone Health Policy Institute, BHOF partnered with the American Society of Bone and Mineral Research to develop consensus among more than 30 organizations in the bone health field and subsequently urging the Centers for Medicare and Medicaid (CMS) to adopt a FLS reimbursement model. This new model would incentivize all clinicians to provide appropriate post-fracture osteoporosis screening and treatment. While CMS noted in its Physician Fee Service final rule for FY23 that osteoporosis is “an important public health issue requiring attention as it can lead to co-morbidities and decreased quality of life,” it failed to include the FLS reimbursement model. BHOF and its partners will once again take on this issue with CMS next year.

And finally, the 4th pillar is to Expand Resources and Reach. This year, we worked to improve the diversity of our Board of Trustees in terms of age, ethnicity, and medical expertise. We also partnered with our newest Bone Health Ambassador, businesswoman and fashion icon Iris Apfel, to launch a national social media advertising campaign during May’s Osteoporosis Awareness and Prevention month. Our goal is to develop a broad consensus among all the stakeholders that bone loss and osteoporotic fractures are important and need to be prevented.

Throughout this annual report you will find further details about our organizational accomplishments in 2022. We hope it accurately reflects our dedication, commitment, and optimism for meeting the challenges ahead.

Each year we rely on the generosity and support of individual donors, family foundations, and corporate sponsors to carry out our mission. We are incredibly grateful to the BHOF Board of Trustees, staff, professional members, partners, donors, and volunteers, who join us in our efforts to advance better bone health for all and to eradicate osteoporotic fractures.

Sincerely,

Claire Gill
Chief Executive Officer

Robert F. Gagel, M.D.
Chairman
PATIENT EDUCATION & AWARENESS
YOUR PATH TO GOOD BONE HEALTH ONLINE™ PATIENT EDUCATION TOOL

In response to feedback from patients, healthcare providers, and care partners indicating how daunting it can be for patients to understand the medical terms and key steps to take to prevent and manage osteoporosis, BHOF designed the new Your Path to Good Bone Health website in 2022. This patient education tool’s innovative design is welcoming and easy to use. It places patients in the driver’s seat throughout their osteoporosis journey to learn from quick reads, videos, and podcasts. It also helps patients more easily navigate BHOF materials and links to other key resources.

SUPPORT GROUPS

The Building Strength Together® support group program in 2022 continued to be one of BHOF’s key assets to engage and identify how to best meet the needs of community members with osteoporosis and their care partners. Support groups reduce social isolation and provide a way to learn more about osteoporosis and how to cope with and manage the disease directly from those in similar situations. They offer an opportunity to openly share information, feelings, and goals with peers to help members continue living a healthy, active, and independent life with osteoporosis.

BHOF’S ONLINE COMMUNITY HOSTED BY INSPIRE™

BHOF works to ensure that everyone affected by osteoporosis has a place to turn for support. As a result, BHOF and Inspire have partnered to create a safe and secure online osteoporosis support community. The BHOF Support Community offers a place for patients and caregivers to meet others, ask questions, and share information about osteoporosis and bone health online. Volunteer group leaders, BHOF staff, and Inspire staff all play a key role in monitoring the Bone Health and Osteoporosis Support Community. We are pleased to see community membership grow on an annual basis. In 2022, the online community increased to nearly 82,000 members.

HEALTHY BONES, BUILD THEM FOR LIFE® PATIENT REGISTRY

A first of its kind tool in the osteoporosis field, the Healthy Bones, Build Them for Life® Patient Registry surveys patients and caregivers about how osteoporosis and osteopenia impact their lives. This patient-reported information is collected anonymously, combined, and analyzed by BHOF to map the patient journey and identify what patients need and want most. People living with and affected by all stages of osteoporosis are invited to participate in the Healthy Bones, Build Them for Life® Patient Registry by completing regular, ongoing surveys.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

To commemorate May 2022 as Osteoporosis Awareness and Prevention Month, BHOF developed a theme showcasing the importance of physical activity and exercise. There was also a strong focus on good bone health throughout the lifespan, emphasizing prevention as key for long-term health. A four-part webinar series, BHOF’s BoneTalk podcast and blog, and the “31 Ways to Stay Bone Strong in May” Digital Calendar encouraged individuals to learn about and practice tips each day throughout the month to better protect their bones. A media and advertising campaign, and social media toolkit that included facts about osteoporosis
and information about how to live a healthy lifestyle with proper nutrition and physical activity generated significant media coverage, more than double in comparison to 2021. Nearly 151,000 page views of BHOF’s website demonstrated significant engagement, and in support of Osteoporosis Awareness and Prevention Month, eight states (Georgia, Illinois, Maryland, Nevada, New York, Pennsylvania, Wisconsin, and West Virginia) took steps through state proclamations and legislation to raise awareness about the growing crisis of osteoporosis.

World Osteoporosis Day is a global healthcare event observed every year on 20 October, followed by various awareness campaigns and activities to promote the early diagnosis of osteoporosis, its treatment, and preventive tips for strong bones. BHOF was one of nine international recipients recognized by the International Osteoporosis Foundation for outstanding 2022 World Osteoporosis Day campaigns.

**AMBASSADORS LEADERSHIP COUNCIL**

Special Thanks to the Members of BHOF’s Ambassadors Leadership Council. A BHOF Ambassador is a well-informed, passionate, and often persuasive individual who cares deeply about those who suffer from osteoporosis. Our ambassadors are adept at making an impact and sparking positive change in their field, sector, or community. We grew the number of ambassadors in 2022, to 184 members. In addition, we continued to update our ALC Member resources/materials and drafted and distributed bi-monthly email updates focused on advocacy, fundraising and education.

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**AMBASSADOR SPOTLIGHT**

Iris Apfel was welcomed to the Ambassadors Leadership Council in January 2022. Ms. Apfel, renowned for her eclectic sense of style and super-sized, black-rimmed specs, is over 100 years old and may be the most vibrant and altruistic of BHOF’s Ambassadors. Skilled at making an impact, Ambassadors work to spark positive change in the world of bone health.

“I celebrated my centennial last year, but I never really think about my age,” said Ms. Apfel. “Work keeps me feeling young and vibrant. I’m proud to be a BHOF Ambassador to help educate people about taking care of their bone health if they want to lead an active and fulfilling life – at every age.”

“At least I’m able to reach a lot of people and spread the word. I don’t think enough people know about osteoporosis. It’s kind of a hush-hush thing. And lots of, most people, think it’s a disease of old ladies. They don’t realize it begins when you’re young. And, that it equally affects the male population.”

*Iris Apfel, BHOF Ambassador, Fashion Icon, and Entrepreneur*
RAISING AWARENESS
SOCIAL MEDIA OUTREACH

- Facebook: More than 12,200
- Twitter: More than 7,500
- Instagram: More than 1,200
- LinkedIn: More than 1,000

BONE TALK PODCAST & BLOG

In 2022, Bone Talk continued to grow and further establish itself as a reliable resource for our audience. The number of visits to the site increased by an impressive 14% compared to the previous year. Additionally, our engaging content attracted a surge in page views, surpassing a growth rate of 10%. With an average of 3,000 monthly listeners and visitors, our blog and podcast gained popularity among individuals seeking valuable insights into bone health and osteoporosis. Throughout the year, we featured various experts who addressed a broad range of topics, including mindfulness, goal setting, movement and dance, compression fractures, diet, exercise, and more. These experts included patients, healthcare providers, care partners, policy makers, researchers, advocates, and innovators, ensuring a diverse range of perspectives. The Voices of Osteoporosis: Stories of Hope & Inspiration initiative allowed us to share the personal experiences of those with osteoporosis, enabling them to narrate their journey through their own unique experience. By showcasing these stories, we aim to instill hope and inspiration within our community. We also provided valuable information on upcoming events, nutrition, exercise, diagnosis, treatments, and noteworthy news items pertaining to bone health, ensuring that our audience stayed up to date on the latest developments.
HEALTHCARE PROFESSIONAL OUTREACH
PROFESSIONAL EDUCATION
Through BHOF’s Professional Learning Center, more than 2,000 continuing education credits were awarded to over 300 learners in 2022. BHOF is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians and is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s (ANCC) Commission on Accreditation.

ADVANCING CLINICAL EDUCATION ON BONE HEALTH AND FRACTURES IN THE U.S.
The three-part webinar series on Advancing Clinical Education on Bone Health and Fractures in the U.S. was a free clinical training program serving 98 participants that provided opportunities for live and on-demand courses highlighting what healthcare providers need to know regarding bone health, bone diseases, and fractures. The topics included Optimizing Communication to Improve Management of Fracture Risk, Fracture Prevention and Risk Assessment, and Management of Vertebral Compression Fractures.

BONEFIT™ USA TRAINING PROGRAM
BoneFit™ is an evidence-informed exercise training workshop designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe, and effective methods to prescribe and progress exercise for people with osteoporosis. BoneFit™ includes two different levels of workshops. BoneFit™ Basics workshops are aimed at exercise and fitness professionals. BoneFit™ Clinical workshops are aimed at rehabilitation professionals. Online learning modules are also completed by all workshop participants. In 2022, three trainings were provided to 77 participants. BHOF partners with Osteoporosis Canada and the founders of BoneFit™ to offer this training program in the U.S.

BONE HEALTH TOOL AVAILABLE FOR NURSE PRACTITIONERS
BHOF and the National Association of Nurse Practitioners in Women’s Health (NPWH) experts worked together to create and launch a new Bone Health module as part of the NPWH Well Woman Visit App. This new module includes information about bone health throughout the lifespan for women, including prevention, diagnosis, and osteoporosis treatment options. The Well Woman Visit App incorporates clinical guidelines and recommendations from multiple sources into a single tool that is easy to navigate and use during a patient’s visit.

HEALTHY BONES/HEALTHY COMMUNITIES
Launched in 2019, the Healthy Bones/Healthy Communities training program engages a national medical cohort focused on osteoporosis and healthy bones, targeting the educational and support needs of family physicians, internists, and advanced practice providers. The content focuses on everything from basic bone biology to osteoporosis epidemiology, diagnosis, and management. Through the program, we are training family practice, internal medicine, and obstetrics/gynecology providers in seven cities to become bone health experts and to serve as a resource for other local clinicians. In 2022, we hosted successful programs in Raleigh-Durham, NC and Chicago, IL. Participants of each of the
program cities worked on an ongoing project with their city team to raise awareness about bone health and osteoporosis and to improve patient care.

INTERDISCIPLINARY SYMPOSIUM ON OSTEOPOROSIS (ISO2022)

The Interdisciplinary Symposium on Osteoporosis (ISO2022) was held virtually from May 5-7, 2022. The Fracture Liaison Service Basic and Advanced Training workshops were hosted on May 4, 2022. ISO2022 offered educational sessions to benefit those in the many medical disciplines and specialties who work with patients who have and/or are at risk for osteoporosis and fractures. Led by expert faculty, the interactive sessions attended by 262 participants focused on all areas of bone health assessment, osteoporosis diagnosis, patient management, exercise, nutrition, and post-fracture care, as well as, other specialty topics.

OSTEOPOROSIS AND FRACTURE RISK EVALUATION TOOL (RADICALLY SIMPLE TOOL)

BHOF, in collaboration with the International Osteoporosis Foundation (IOF), developed a simple visual aid to help primary care providers initiate dialogue with their patients about osteoporosis and fracture risk during a medical consultation. The tool is available in PDF form and in several languages. Key messages are provided to assist clinicians in explaining the benefits of treatment versus the risk of rare side effects from the treatment. It is supported by visual aids to help patients view and better understand this risk versus benefit discussion.

PATIENT SPOTLIGHT

“I’m Victoria, 70 years old and a lucky, lucky person. I live on California’s Central Coast, one of the most salubrious places on the planet. Mild weather enables me to enjoy vigorous 1-2 hour walks and 2-mile swims in outdoor pools. Farmers’ markets are plentiful, and local wines are award winning. So here I am, slim, a disciplined exercise-person, with an impeccable, healthy diet. I am a registered dietitian doing everything we’re told is good to help prevent osteoporosis. Then, lo-and-behold, I was diagnosed with osteoporosis, not just osteoporosis, but severe osteoporosis with extreme risk for a fracture by sneezing or bending over to put on my shoes. What? Seriously? How can that be? I had no signs or symptoms. Spoiler – that is why osteoporosis is called the silent disease - you don’t feel or see your bones getting weaker.”

Victoria S., patient
ADVOCACY

BHOF strives to highlight the osteoporosis crisis in efforts to receive public policy attention through various efforts.
FRACTURE PREVENTION COALITION UPDATE

Throughout 2022, BHOF continued working as a member of the Fracture Prevention Coalition (FPC). BHOF and hundreds of physician groups, companies, and advocacy groups all unite as the FPC and work to pass legislation to improve access to bone density (DXA) testing. Unfortunately, the Congressional Budget Office did an evaluation of the proposed cost of the legislation in 2022 and determined it would require an investment that Congress would not allow, regardless of the future savings. The Fracture Prevention Coalition continues to seek solutions for providing access to DXA exams for all individuals with or at risk for osteoporosis and fractures.

NATIONAL BONE HEALTH POLICY INSTITUTE

BHOF’s Bone Health Policy Institute was launched in 2019 to raise awareness and drive policy that supports patients with osteoporosis and their care partners. In 2022, our Coalition to Strengthen Bone Health membership grew to include 20 leading national organizations, and we convened two virtual meetings of the coalition. Together, we are advocating to create policies for healthy, strong bones and healthier aging. BHOF and the American Society for Bone and Mineral Research (ASBMR) created a white paper outlining a post-fracture care reimbursement model based on the model used for Opioid Usage Disorders. The paper was circulated to receive endorsements from other organizations (31 received) and was submitted to the U.S. Centers for Medicare and Medicaid Services (CMS) for consideration of a new reimbursement code for post-fracture care. BHOF and other stakeholders met with CMS staff multiple times to explain the rationale and format for this new reimbursement model. The reimbursement model did not get included in the FY23 Physician Fee Service (PFS) proposed rule. BHOF is continuing its efforts to get the reimbursement model for post-fracture care included in the PFS rule for the next fiscal year.

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- AgNovos Healthcare
- Amgen USA
- Bone Index Finland
- Health Monitor Network
- Hologic, Inc.
- Inspire
- Regenerative Technologies Corporation
- Medimaps Groups
- Nutritional Biochemistry, Inc.
- Pharmavite, LLC
- Phoenix Hipwear
- Radius Health, Inc.
- Tango Technologies
- UCB, Inc.

PATIENT SPOTLIGHT

“I was only 28 when diagnosed with osteoporosis. I was a Pilates instructor at the time, and a teacher of teachers, training future instructors and leading a curriculum on special conditions including osteoporosis. So, my shock at the news was seismic. I’d gotten a DXA merely to have a baseline for later in life, as osteoporosis runs in my family and both my parents had it. I never expected the results to reveal the bones of an octogenarian. My life changed overnight, and my world would never be the same.”

Rebekah R., patient
To accomplish our mission of preventing osteoporosis and broken bones, BHOF accepts support from a variety of sources, including individuals, foundations, government services, and corporations.
IN 2022, BHOF’S SOURCES OF SUPPORT INCLUDED THE FOLLOWING:

- **Individuals**: BHOF’s many generous donors gave $1,106,000, approximately 32% of total revenue.

- **Pharmaceutical Companies**: Pharmaceutical company funds accounted for 43% of annual revenue.

- **Other Corporate Support**: Corporations support BHOF’s mission through sponsorships, corporate gifts, educational grants, employee matching programs, in-kind contributions, and more. Other corporate support accounted for $123,000, or approximately 4% of annual revenue.

- **Other Organizations**: Support from other organizations, including family foundations and other nonprofits, accounted for $222,000, approximately 6% of annual revenue.

**PAUL G. ROGERS CIRCLE OF CHAMPIONS**

Named for BHOF’s Founding Chairman, the Honorable Paul G. Rogers, this giving circle recognizes individuals and families who give annual gifts totaling $5,000 or more. Gifts may be designated to specific program areas of donor interest or given to support BHOF’s overall mission and the Honorable Paul G. Rogers’ vision of preventing osteoporosis fractures and promoting strong bones for life.

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**BHOF SUPPORT STATEMENT**

To accomplish our mission, BHOF accepts support from a wide breadth of diversified sources, including individuals, foundations, government sources, and corporations. While some of these funds may be restricted to specific projects, BHOF maintains its independence and objectivity in accordance with the National Health Council’s guiding principles. BHOF does not endorse any product, service or point of view, but does inform the public about all FDA-approved therapies, as well as the availability of other appropriate products and services as part of its educational responsibility to the public and healthcare professionals.
BHOF recognizes the following individuals for their generous contributions for the past 20 years or more. Through their continued generosity, dedication, and support, these individuals have helped others build, maintain, and protect their bone health for a lifetime of independence.

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Mr. Clint Howie
Mr. Matthew Jackson
Ms. Eileen Johnson
Mrs. Jean C. Judd
Ms. Nicki N. King
Mr. and Mrs. Jerry L. Koffler
Mr. Thomas Konop
Mr. Avram D. Kornberg
Mrs. Maureen Ladd
Mr. and Mrs. Luis Lainer
Mr. and Mrs. Anthony Lara
Mr. and Mrs. Michael O. Larson
Mr. Robert J. Laurino
Mrs. Rita Lauther
Mrs. Terry J. Lerman
Ms. Barbara Lewis
Mr. and Mrs. Thomas Lindsay
Mr. Gary Luboff
Ms. Arlene T. Martin
Mrs. Deborah Martin
Ms. Joan L. Martin
Mr. Russell C. Mathias
Mrs. Ann McPherson McKee
Ms. Colleen McSweeney
Ms. Margaret L. Miller
Ms. Terri Mockler
Ms. Heather Morgan
Ms. Georgetta Morque
Mr. Daniel Mucciolo
Ms. Elizabeth Mueller
Mrs. Lesley Newman
Ms. Gayle Novig
Mr. Michael L. Owen
Ms. Anita A. Oyer
Ms. Alvah S. Parker
Mr. Robert Pfleger III
Ms. Evelyn W. Pickering
Mr. Bruce Roberson
Ms. Marilyn Ruch
Mrs. Victoria Schmidt
BE BONE STRONG™ TEAM

Once again BHOF joined 500 Official Charity Partners for the TCS New York City Marathon providing thousands of runners the opportunity to participate in the world’s most popular marathon.

All the 2022 Be Bone Strong™ team members had a connection to bone health either personally or because of a loved one. As the Be Bone Strong™ Team Captain, Barbara Hannah Grufferman, a nationally recognized advocate for positive living, award-winning author, and an avid marathoner, provided guidance and support for the team. She’s passionate about motivating people to move more and encourages everyone to focus on the health of their bones in order to age better. Barbara also serves as a BHOF Trustee and Bone Health Ambassador.

The Be Bone Strong™ team members help prevent osteoporosis and broken bones by encouraging people to take smart steps to promote strong bones for life through runs, walks, rides, dance, or any other kind of physical activity, and by raising essential funds for BHOF. Supporters of bone health can join the team directly or create their own team and encourage friends, family, and others in their community to join the team, too (or they can just donate)!
BHOF’s Founder’s Circle includes individuals who have informed us that they have provided for a planned gift, including bequests and other arrangements. Members receive special communications and invitations from BHOF and are honored in our publications and on our website.

Mrs. Iris B. Apfel  
Mrs. Judy A. Black  
Mrs. Marilyn J. Bradley  
Mr. Robert Brisacher  
Mr. and Mrs. Gary Cadle  
Kay Louise Cook  
Mrs. Elizabeth P. Courville  
Mrs. Nancy C. Davis  
Ms. Jane R. Dummer  
Mr. Jack J. Edwards  
Thomas A. Einhorn MD, PC  
Murray J. Favus, M.D.  
Ms. Evelyn M. Feller  
Deborah T. Gold, Ph.D.  
Ms. Margaret A. Goldman  
Mrs. Carol J. Green  
Frederick S. Kaplan, M.D.  
Joan M. Lappe, PhD, RN, FAAN  
Angelo A. Licata, M.D., Ph.D.  
Ms. Lisa Lichtenstein  
Ms. Jennie L. London  
Michael McClung, M.D.  
Mrs. Andrea P. Medeiros  
Ms. Barb Miller  
Ms. Maria Ong  
Eric Orwoll, M.D.  
Mr. Clifford J. Rosen  
Elizabeth Shane, M.D.  
Kathy M. Shipp, PT, PhD  
Stuart Silverman, MD, FACP, FACR  
Ms. Sharon Jean Sprague  
Mrs. Arlene Tashlick  
Ms. Jennie Wood

Every effort has been made to create an accurate list of contributors. Please call 703.647.3005 with questions or corrections.

The trustee of Elizabeth Skrzypko’s estate shared the story of her bequest to BHOF: “I suspect over the course of time that you receive gifts, large and small, from donors, and most of the time you have no idea who those donors are or know nothing about their lives [. . .] Elizabeth Skrzypko was born with a large calcium deposit on her brain that left her mentally challenged. Despite these limitations, after finishing school Elizabeth got a job as a file clerk, because one of the things she could do well was alphabetize [. . .] Elizabeth’s highest yearly salary was $25,000. That is important to know, as she died with an estate close to $2,000,000.

“So, how did a mentally challenged woman who never earned more than $25,000 in any year amass an estate of $2 million? This answer is what could, I believe, be considered a second gift from Elizabeth: a life lesson. From the time Elizabeth first began working, she invested the maximum amount into the company’s ‘Thrift Plan’, which later became a 401k plan [. . .] In addition, Elizabeth always lived within her financial means [. . .]”

“Perhaps there’s someone you know with whom you can share this story so it might help them secure a sound financial future for themselves, as Elizabeth did, and allow them to leave a gift to charities like yours. If so, this would be a gift to a beneficiary Elizabeth never knew [. . .]”
Annual gifts from corporations, foundations, and organizations enable BHOF to make a positive difference for those suffering from osteoporosis and help future generations lead strong, healthy lives.

**$100,000 AND ABOVE**

- Amgen USA
- UCB Inc.

**$5,000 - $24,999**

- C & A Biondo Foundation
- Duane & Dorothy Bluemke Foundation
- Herbert & Myrtha Calhoun Family Charitable Fund
- Paul and Pearl Caslow Foundation
- Delaware Community Foundation
- Fidelity Charitable Foundation
- Elizabeth Heim and Margaret Rigby Memorial Fund
- Hologic, Inc.
- Lawrence Family Foundation
- Medimaps Groups
- Medtronic Inc.
- Pharmavite, LLC
- Radius Health Inc.
- Dorothy D. Smith Charitable Foundation
- Springer-Verlag London Ltd.
- Mary H. Storer Foundation
- Sunsweet Growers Inc.

**$1,000 - $4,999**

- AgNovos Healthcare
- Benevity Causes
- Bone Index Finland
- Ann and Frank Cahouet Foundation
- Jerome and Laura Dorfman Charitable Foundation
- The Feuerring Foundation
- Give Lively Foundation Inc.
- Goldman Sachs Philanthropy Fund
- Health Monitor Network
- The JMA Foundation
- James H. and Helen S. Knippen Charitable Foundation
- Ron & Linda McGimpsey Foundation
- Mystic Lodge No. 2, Knights of Pythias
- Regenerative Technologies Corporation
- Renaissance Charitable Foundation Inc.
- Richter Family Foundation
- Adam R. Rose Foundation
- Community Foundation of Sarasota County Inc
- Schwab Charitable
- Silicon Valley Community Foundation
- TisBest Philanthropy
- Samuel Weinstein Family Foundation
- United Way of Rhode Island

\(^1\) Trustee  
\(^2\) Deceased
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University of Texas M.D. Anderson Cancer Center (retired)
Chairman

KATHLEEN SHOEMAKER, PHARM D, MBA, CPHIMS
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Treasurer

KENNETH W. LYLES, M.D.
Duke University and VA Medical Centers
President

SALLY FULLMAN, PH.D.
Project Healthy Bones

THOMAS F. KOINIS, M.D.
Duke Primary Care
Vice President

BARBARA HANNAH GRUFFEYERMAN
Author and Journalist

JOAN M. LAPPE, PH.D., RN, FAAN
Osteoporosis Research Center, Creighton University
Secretary

KAREN KEMMIS, PT, RN, DPT
Joslin Diabetes Center and University Endocrinologists
CHIEF MEDICAL OFFICER
ANDREA SINGER, M.D.
Georgetown University Hospital

FREDERICK R. SINGER, M.D.
Saint John’s Cancer Institute

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College of Physicians and Surgeons
Columbia University Medical Center

JOSHUA WING, MSN, CRNP, RNFA
Andrews Institute for Orthopaedics and Sports Medicine

SPECIAL ADVISOR TO THE BOARD FOR TELEHEALTH
E. MICHAEL LEWIECKI, M.D., FACP, FACE, CCD, FASBMR
University of New Mexico Health Sciences Center

NICOLE WRIGHT, PH.D., MPH
University of Alabama

CHIEF EXECUTIVE OFFICER
CLAIRE GILL
Bone Health and Osteoporosis Foundation
# 2022 FINANCIALS

## BONE HEALTH AND OSTEOPOOROSIS FOUNDATION

### STATEMENTS OF FINANCIAL POSITION

DECEMBER 31, 2022 AND 2021

<table>
<thead>
<tr>
<th></th>
<th>2022</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>$2,286,984</td>
<td>$3,713,366</td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>24</td>
<td>-</td>
</tr>
<tr>
<td>Contributions and bequests receivable</td>
<td>241,692</td>
<td>30,497</td>
</tr>
<tr>
<td>Prepaid expenses</td>
<td>96,020</td>
<td>92,117</td>
</tr>
<tr>
<td>Inventory</td>
<td>72,000</td>
<td>77,583</td>
</tr>
<tr>
<td><strong>Total current assets</strong></td>
<td>2,696,720</td>
<td>3,913,563</td>
</tr>
<tr>
<td><strong>Property and equipment, at cost, net</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12,067</td>
<td>5,151</td>
</tr>
<tr>
<td><strong>Investments</strong></td>
<td>3,788,370</td>
<td>4,189,517</td>
</tr>
<tr>
<td><strong>Right of use asset - operating</strong></td>
<td>646,576</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>$7,143,733</td>
<td>$8,108,231</td>
</tr>
<tr>
<td><strong>Current liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts payable and accrued expenses</td>
<td>$178,668</td>
<td>$205,591</td>
</tr>
<tr>
<td>Deferred revenue</td>
<td>615,948</td>
<td>1,382,114</td>
</tr>
<tr>
<td><strong>Total current liabilities</strong></td>
<td>794,616</td>
<td>1,587,705</td>
</tr>
<tr>
<td><strong>Other liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obligations under charitable gift annuities</td>
<td>219,787</td>
<td>194,672</td>
</tr>
<tr>
<td>Deferred rent</td>
<td>-</td>
<td>123,395</td>
</tr>
<tr>
<td>Operating lease liability</td>
<td>753,632</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total liabilities</strong></td>
<td>1,768,035</td>
<td>1,905,772</td>
</tr>
<tr>
<td><strong>Net assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Without donor restrictions</td>
<td>4,168,512</td>
<td>4,821,021</td>
</tr>
<tr>
<td>With donor restrictions</td>
<td>1,207,186</td>
<td>1,381,438</td>
</tr>
<tr>
<td><strong>Total net assets</strong></td>
<td>5,375,698</td>
<td>6,202,459</td>
</tr>
<tr>
<td><strong>Total liabilities and net assets</strong></td>
<td>$7,143,733</td>
<td>$8,108,231</td>
</tr>
</tbody>
</table>
### BONE HEALTH AND OSTEOPOROSIS FOUNDATION

#### STATEMENT OF ACTIVITIES

**YEAR ENDED DECEMBER 31, 2022**  
(WITH COMPARATIVE TOTALS FOR THE YEAR ENDED DECEMBER 31, 2021)

<table>
<thead>
<tr>
<th>Support and revenue</th>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grant and contributions</td>
<td>$502,106</td>
<td>$1,768,179</td>
<td>$2,270,285</td>
<td>$3,016,522</td>
</tr>
<tr>
<td>Membership dues</td>
<td>71,875</td>
<td>-</td>
<td>71,875</td>
<td>74,400</td>
</tr>
<tr>
<td>Royalties and consulting income</td>
<td>378,223</td>
<td>-</td>
<td>378,223</td>
<td>438,226</td>
</tr>
<tr>
<td>Legacies and bequests</td>
<td>658,448</td>
<td>-</td>
<td>658,448</td>
<td>563,386</td>
</tr>
<tr>
<td>Publication sales</td>
<td>51,518</td>
<td>-</td>
<td>51,518</td>
<td>49,895</td>
</tr>
<tr>
<td>Contribution nonfinancial assets</td>
<td>8,499</td>
<td>-</td>
<td>8,499</td>
<td>13,746</td>
</tr>
<tr>
<td>Other income</td>
<td>20,468</td>
<td>-</td>
<td>20,468</td>
<td>3,073</td>
</tr>
<tr>
<td>Net assets released from restrictions</td>
<td>1,946,098</td>
<td>(1,946,098)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Satisfaction of program restrictions</td>
<td></td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total support and revenue</strong></td>
<td>3,637,235</td>
<td>(177,919)</td>
<td>3,459,316</td>
<td>4,159,248</td>
</tr>
</tbody>
</table>

#### Expenses

<table>
<thead>
<tr>
<th>Program services</th>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Bone Health Alliance (NBHA)/Page's</td>
<td>14,068</td>
<td>-</td>
<td>14,068</td>
<td>2,919</td>
</tr>
<tr>
<td>Patient education</td>
<td>651,463</td>
<td>-</td>
<td>651,463</td>
<td>406,618</td>
</tr>
<tr>
<td>Professional education</td>
<td>1,238,004</td>
<td>-</td>
<td>1,238,004</td>
<td>1,171,344</td>
</tr>
<tr>
<td>Advocacy</td>
<td>800,412</td>
<td>-</td>
<td>800,412</td>
<td>1,119,357</td>
</tr>
<tr>
<td>Communications</td>
<td>153,161</td>
<td>-</td>
<td>153,161</td>
<td>134,270</td>
</tr>
<tr>
<td>Membership</td>
<td>21,442</td>
<td>-</td>
<td>21,442</td>
<td>23,113</td>
</tr>
<tr>
<td>Research</td>
<td>10,163</td>
<td>-</td>
<td>10,163</td>
<td>8,878</td>
</tr>
<tr>
<td><strong>Total program services</strong></td>
<td>2,888,713</td>
<td>-</td>
<td>2,888,713</td>
<td>2,866,499</td>
</tr>
</tbody>
</table>

#### Supporting services

| Fundraising            | 478,520                         | -                           | 478,520   | 416,433   |
| Management and general | 254,442                         | -                           | 254,442   | 254,809   |
| **Total supporting expenses** | 732,962                     | -                           | 732,962   | 711,242   |

#### Total expenses

<table>
<thead>
<tr>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,621,675</td>
<td>-</td>
<td>3,621,675</td>
<td>3,577,241</td>
</tr>
</tbody>
</table>

#### Change in net assets before investment income (loss)

<table>
<thead>
<tr>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>15,560</td>
<td>(177,919)</td>
<td>(162,359)</td>
<td>581,507</td>
</tr>
</tbody>
</table>

#### Net investment income (loss)

<table>
<thead>
<tr>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>(668,069)</td>
<td>3,667</td>
<td>(664,402)</td>
<td>461,444</td>
</tr>
</tbody>
</table>

#### Change in net assets

<table>
<thead>
<tr>
<th>2022 Without Donor Restrictions</th>
<th>2022 With Donor Restrictions</th>
<th>2021 Total</th>
<th>2021 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>(652,509)</td>
<td>(174,252)</td>
<td>(826,761)</td>
<td>1,042,951</td>
</tr>
</tbody>
</table>

#### Net assets

<table>
<thead>
<tr>
<th>Beginning of year</th>
<th>End of year</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,621,021</td>
<td>4,168,512</td>
</tr>
<tr>
<td>1,381,438</td>
<td>1,207,186</td>
</tr>
<tr>
<td>6,202,459</td>
<td>5,375,698</td>
</tr>
<tr>
<td>5,159,508</td>
<td>6,202,459</td>
</tr>
</tbody>
</table>

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