

ANNUAL REPORT 2024

40 FACES
OF OSTEOPOROSIS



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OUR VISION

All people have healthy bones without fractures from osteoporosis.

OUR MISSION

Promote strong bones for life, prevent and treat osteoporosis and fractures, and optimize mobility and lifespan following fractures through programs of public and clinician awareness, education, advocacy, and research.

LETTER FROM THE CHIEF EXECUTIVE OFFICER AND CHAIRMAN

Dear Friends of the Bone Health and Osteoporosis Foundation,

This past year, we did a lot of celebrating, as the Bone Health and Osteoporosis Foundation turned 40 years old! As part of this milestone anniversary, we celebrated our history, our accomplishments, and our achievements, and we celebrated you – our community.

We selected 40 inspiring osteoporosis patients to highlight on our website and our social media platforms in the “Forty Faces of Osteoporosis Campaign.” These inspiring patients shared their health journeys with stories of healing and thriving after an osteoporosis or osteopenia diagnosis. Men and women from all walks of life allowed us to experience the moments they learned that their bone health was at risk and how they took steps to improve their outcomes to ensure freedom from fractures and a life of independence and mobility. Perhaps you saw the video clips of Kaie, who endured **20 fractures** before receiving a proper diagnosis; Susan, who was diagnosed with osteoporosis after years of unexplained back pain; Ron, who had no prior risk factors or family history but was diagnosed in his early 50s; or Madeline, who experienced issues shortly after giving birth to her daughter at the age of 34. Osteoporosis can affect anyone at any stage of life. We were honored and grateful to mark our milestone anniversary by paying tribute to these incredible people and their stories.

Speaking of gratitude, our year of celebrating also gave us time to reflect on how far we have come as an organization. BHOFF started as the National Osteoporosis Foundation (NOF), in 1984, born out of a National Institutes of Health conference. During that conference, a need emerged to focus solely on the scientific knowledge required to fight osteoporosis as it was becoming a major threat to public health. NOF continued to find new ways to promote the message by achieving other milestones, such as partnering with the International Osteoporosis Foundation (IOF) in 1990 to publish a health journal, *Osteoporosis International*, dedicated solely to the disease; working with the U.S. Preventative Services Task Force in 2001 to recommend that all women over 65 receive a bone density test; releasing the *Clinician’s Guide to the Prevention and Treatment of Osteoporosis* in 2008 and updating on a regular basis; improving the Interdisciplinary Symposium on Osteoporosis in 2013 to include diverse teams of healthcare providers; and releasing a first-of-its-kind patient registry, *Healthy Bones – Build them for Life*, in 2019 to analyze patient-reported information on care and treatment journeys. All of these are important candles on our birthday cake. And, one of the most significant achievements occurred in 2022 when we rebranded to become the Bone Health and Osteoporosis Foundation, allowing for expanded emphasis on the prevention and prioritization of bone health at all stages of life. We know that maintaining bone health is a complex, lifelong process, and our rebranding has helped others see that too.

It is important to pause and celebrate our 40 years, but we can’t stop moving forward, our mission has never been more critical. We see the work that is ahead of us, as osteoporotic fractures are responsible for more hospitalizations than heart attacks, strokes, and breast cancer combined. We must continue to be true to our mission; our patients, caregivers, and families depend on us. We are

committed to ongoing research and myriads of collaborations with other health organizations so that BHOF can make a difference for patients, care partners, and families affected by osteoporosis. Now, our ultimate goal is to protect Americans from the devastating effects of bone loss and fractures while promoting lifestyle habits that will ensure strong bones for life. Please visit our website to follow our efforts: www.bonehealthandosteoporosis.org.

Thank you to those who have joined us on this journey and continue to support BHOF. As our organization continues to grow in innovative ways, we hope that you, our supporters, patients, and healthcare professionals, will remain inspired by our information, platforms, advocacy, and resources and join us on our journey. We hope that the next 40 years bring an end to this debilitating disease and to the broken bones it causes.

Sincerely,



Claire Gill

Claire Gill
Chief Executive Officer



Kathleen Shoemaker

Kathleen Shoemaker,
Pharm D, MBA, CPHIMS
Chairperson



CONSUMER AND PATIENT EDUCATION AND AWARENESS

STEPS TO STRONG BONES™

BHOF hosted monthly Steps to Strong Bones™ that were held on the first Monday of every month. These webinars featured speakers on a variety of topics including: balance, progressive loading, exercise and arthritis, strength training, protein intake, and mindful strength. We had an average of 80 participants per month.

SUPPORT GROUPS

BHOF strives to assist the millions of people affected by osteoporosis through a unified, national network of Support Groups that are committed to providing people with the opportunity to obtain accurate, timely information in an environment which promotes connectedness, and camaraderie.

Support groups provide a safe space for individuals of all ages and backgrounds to share information and experiences and encourage each other, leading to a more active role in managing their osteoporosis and preventing associated fractures.

When diagnosed with a chronic condition like osteoporosis, which can be overwhelming and life-changing for many, engaging and empowering people to take a more active role in their own care becomes crucial. Individuals learn to self-manage and incorporate their health condition into their daily lives.

Support groups meet in person and virtually across 14 states serving 1,000+ members, providing resources to learn about osteoporosis and sharing first-hand advice from individuals experiencing a similar situation.

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 2024, the online community increased to nearly 92,000 members. We held an "Ask the Experts" session about nutrition for osteoporosis & bone health with a nutritionist and holistic health coach in May.

HEALTHY BONES, BUILD THEM FOR LIFE® PATIENT REGISTRY

The Healthy Bones, Build Them for Life® Patient Registry surveys patients and caregivers about how osteoporosis and low bone density impact their lives. The information is collected anonymously, combined, and analyzed by BHOF to map out the patient's journey and show what patients need and want most. Sharing experiences with osteoporosis will guide and enhance the educational and awareness programs we offer, lead to better care and research about the disease, and help improve the bone health of future generations.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

During Osteoporosis Awareness and Prevention Month in May, BHOF shared information on Support Groups, a Patient Registry, and informational resources and guides. The theme for 2024 was the launch of our "40 Faces of Osteoporosis" Campaign to highlight the stories of 40 inspiring osteoporosis patients via personal videos to commemorate its 40th anniversary, raise awareness, and honor those whom the foundation supports.

BHOF held an Ask the Experts session on nutrition and bone health for a week in May on the Inspire Community which had over 4,000 views. We also offered a variety of resources to help individuals learn more about osteoporosis and how to maintain strong and healthy bones. This included information on bone-healthy foods, exercise, bone density testing, medications for treatment of osteoporosis, tips for preventing falls, and much more.

Throughout the month of May, we hosted and shared a variety of events to promote bone health awareness. These events included educational webinars, interactive presentations, new podcast episodes, and fitness classes.

World Osteoporosis Day takes place annually on October 20th to encourage everyone, no matter their age, to become active in taking charge of their bone health. BHOF shared many important resources to help everyone understand the importance of good bone health, including how to prevent, manage, and treat osteoporosis. We prepared a user-friendly toolkit that included information about osteoporosis, how to find support and share on social media, and events occurring throughout the month of October.



"I think the biggest thing I want people to know about bone health is that osteoporosis can affect anyone. It doesn't matter your age, your lifestyle, your family history. Bone health is important for anyone to focus on and prioritize and to just every day love your bones, thank them for what they do for you. You wouldn't be here without your bones."

Ashley M., 40 Faces of Osteoporosis

STRONG VOICES FOR STRONG BONES®

A BHOF Ambassador is a well-informed, passionate, and often persuasive individual who cares deeply about those who suffer from osteoporosis. Ambassadors are adept at making an impact and sparking positive change in their field, sector, or community. The role of an Ambassador is to advise BHOF leadership, and to help make inroads in the medical, business, and philanthropic sectors within their communities. Involvement is tailored to each Ambassador's area of interest, time constraints, and expertise. We currently have 185 members who have assisted us in advocacy, served as guest speakers on webinars for consumers, and provided expertise in program development. In addition, we continued to update our members through activities and communications focused on advocacy, fundraising, and education.

BUILDING OSTEOPOROSIS NETWORKS AND ENGAGEMENT USING PARTNERSHIPS (BONEUP)

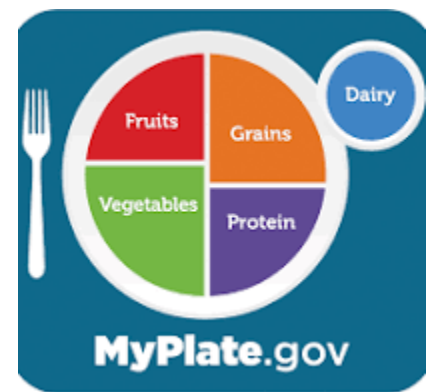
BHOF is proud to announce the award of a new grant from the Centers of Disease Control and Prevention (CDC) to launch the BONEUP (Building Osteoporosis Networks and Engagement Using Partnerships) national campaign starting September 2024. BHOF is one of six organizations chosen by CDC through a nationwide competitive application process to advance education and awareness of chronic diseases. With this major three-year grant, we will highlight osteoporosis as a pressing public health crisis that urgently needs to be addressed to curb the rapidly rising number of osteoporosis-related fractures nationwide.

SUNCOAST BONE HEALTH & HIV PARTNERSHIP

The Bone Health & HIV Health Educator Training Course opened for registrants starting January 1, 2024. We have had 16 Suncoast Ryan White Case Managers enroll and complete the course between February 1st – June 30th. The Why Healthy Bones Matter™ for People Living with HIV course is a 1-hour on-demand virtual program tailored to the needs of people living with HIV, as well as their families and caregivers. The course was promoted in our quarterly newsletter, the Osteoporosis Report, in June along with coordinating social media posts.

MYPLATE.GOV

In 2024 BHOF became a USDA National Strategic Partner supporting MyPlate.gov, which offers tips and resources that support a healthy diet. Good nutrition is essential for building and maintaining strong bones at every stage of life.



IN MEMORIAM OF IRIS APFEL

We remember the ever-stylish Iris Apfel who passed away in 2024. She was a member of the BHOF Ambassadors Leadership Council and the Founder's Circle, our legacy society.

Instantly recognizable for her trademark oversized, owlsh spectacles, Mrs. Apfel became a symbol of aging with a daring flair. She reminded everyone that fashion, at its core, is an ageless form of creative expression. She would often say; "More is more and less is a bore".

We honor her commitment to bone health and osteoporosis and her indomitable spirit.



PEER EDUCATOR PROGRAM

The Peer Educator program was inherited from American Bone Health. We currently have 95 active Level 2 Peer Educators and 87 Level 1 Peer Educators. Through the peer educators, BHOF has been hosting 1-2 programs per month throughout 2024 averaging around 200 attendees each.

On November 15th, Delta Phi Lambda Sorority, Inc. (DPhiL), a leading Asian-interest sorority dedicated to empowering women and fostering Asian cultural awareness, released a press release announcing its philanthropic partnership with the BHOF. This collaboration, running until June 15, 2029, aims to promote education, prevention, and awareness of osteoporosis, a disease affecting millions of people worldwide.

CHAMPIONS FOR VACCINE, EDUCATION, EQUITY & PROGRESS (CVEEP)

In collaboration with CVEEP, the Stay Updated campaign will aim to educate consumers in both English and Spanish on why COVID-19 and flu vaccines are updated to specifically address changing viruses and protect against circulating variants. BHOF shared information to constituents in an eblast in July and updated its websites for consumers and patients to make informed decisions with their providers on vaccines.

BHOF appreciates the support of Amgen, Inc., Sunsweet Growers, Inc., UCB, Inc., and individual donors to bring these activities to BHOF audiences.



RAISING AWARENESS

SOCIAL MEDIA OUTREACH



13,489
followers



2,513
followers



2,287
followers

BONE TALK PODCAST & BLOG

In 2024, Bone Talk continued to grow as a trusted resource for people seeking engaging, evidence-based information about bone health and osteoporosis. The website experienced an 82% increase in visits and a 53% rise in page views compared to 2023, reflecting a significant boost in visibility and performance.

With more than 5,600 monthly listeners and readers, Bone Talk connected with individuals looking for reliable health insights and practical guidance. Throughout the year, we featured a wide range of voices including healthcare providers, researchers, caregivers, patients, policy leaders, and advocates who covered topics such as physical therapy, motivation, strength training, healthy aging, and nutrition. This diversity of perspectives ensured that our audience could access content that was both relatable and informative.

In addition to podcast interviews, Bone Talk serves as a go-to hub for information about prevention, diagnosis and treatment, upcoming events, and the latest bone health news, helping our community stay informed, motivated, and engaged throughout the year.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

40 PATIENT STORIES TO COMMEMORATE 40 YEARS

In 2024, BHOE proudly celebrated its 40th anniversary. This milestone served as an opportunity to amplify our message: osteoporosis can be a manageable disease and protecting your bones is vital at every age. With osteoporotic fractures causing more hospitalizations than heart attacks, strokes, and breast cancer combined, our mission has never been more urgent.

To mark this occasion, BHOE launched a yearlong communications campaign under the theme “40 Faces of Osteoporosis”. Beginning in May 2024, we honored 40 years of impact by sharing the personal stories of 40 inspiring individuals living with osteoporosis. These compelling videos showcased the many ways osteoporosis affects people across diverse backgrounds, reinforcing the importance of awareness, early detection, and treatment.

We continued to feature stories from our 40 Faces of Osteoporosis campaign throughout 2024 to increase awareness of the many ways that this condition affects people from all walks of life: <https://www.bonehealthandosteoporosis.org/40-faces-of-osteoporosis/>.

As part of the campaign, BHOE also launched a national Public Service Announcement (PSA) initiative. Television and radio spots in both English and Spanish were broadcast nationwide and continue airing for 12 months. PSA materials and reminders were distributed monthly to more than 13,000 station and network directors, including outreach to over 960 Spanish-language radio and television outlets, thereby expanding our reach to communities across the country.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

During Osteoporosis Awareness and Prevention Month in May, BHOF amplified its 40 Faces of Osteoporosis campaign to commemorate the foundation's 40th anniversary and raise awareness about the far-reaching impact of osteoporosis. The campaign featured video testimonials from 40 individuals living with the disease, sharing their personal journeys to help others feel seen, supported, and informed.

In addition to the campaign, BHOF continued to promote education and action by sharing a wide range of resources throughout the month. These included information on bone-healthy nutrition, safe exercise, bone density testing, treatment options, and fall prevention strategies. We also highlighted the availability of BHOF Support Groups, the Healthy Bones, Build Them for Life® Patient Registry, and other tools designed to help individuals navigate their bone health journey.

A variety of events were held and promoted in May, including educational webinars, podcast episodes, interactive presentations, and fitness-focused activities, all designed to increase understanding of osteoporosis and empower individuals to take proactive steps for better bone health.

On World Osteoporosis Day, observed each year on October 20, BHOF shared valuable resources and highlighted events that encouraged individuals to take charge of their bone health, with a focus on preventing, managing, and treating osteoporosis. To mark the day, we also shared a series of key facts about osteoporosis to help people better understand their personal risk and communicate more effectively with their doctor. These efforts reinforced BHOF's commitment to raising awareness and empowering people with the tools they need to protect their bones at every stage of life.



"What I read recently, and I believe it was on the Bone Health and Osteoporosis Foundation website, was that's [ballroom dancing] considered weight-bearing exercise. And I mean, I kind of knew that in the back of my mind, but to see it in writing, I said, that's it, honey. We're never stopping now."

Jane D., 40 Faces of Osteoporosis



HEALTHCARE PROFESSIONAL OUTREACH

PROFESSIONAL EDUCATION

In 2024, BHOFF's learning management system had over 100 courses/sessions with more than 300 users/learners. BHOFF 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.

INTERDISCIPLINARY SYMPOSIUM ON OSTEOPOROSIS (ISO)

In June 2024, BHOFF hosted the Interdisciplinary Symposium on Osteoporosis (ISO2024) at the Capital Hilton in Washington, DC. The event welcomed attendees and featured exhibitors. The symposium included expert faculty members presenting on key topics. Highlights included a reception for Advanced Practice Providers, as well as product theaters. Pre-conference workshops for Fracture Liaison Service (FLS) also took place.



Kathleen Shoemaker, Pharm D, MBA, CPHIMS, Robert Gagel, MD, Rebekah Rotstein, NCPT

ROBERT F. GAGEL, M.D. COMMUNITY LEADERSHIP AWARD

BHOFF was proud to present the inaugural Robert F. Gagel, M.D. Community Leadership Award to Rebekah Rotstein, NCPT, of Denver, CO, founder of Buff Bones®, a medically-endorsed exercise system for bone and joint health. This new award honors medical professionals who demonstrate exemplary leadership in raising awareness of bone health, and delivering outstanding care to individuals in their communities.

In tribute to Robert F. Gagel, M.D., BHOFF's longest-serving Board Member and a former President and Chairperson, the award reflects Dr. Gagel's exceptional legacy of patient care and his steadfast support of BHOFF for more than 15 years.

"We're pleased to recognize healthcare professionals who are not only providing exceptional care for people living with bone disease, but also making a positive impact in their community," said Kathleen Shoemaker, Pharm.D., MBA, Chair of the BHOFF Board of Trustees. "Given Dr. Gagel's commitment to his patients during his distinguished medical career and his unwavering support for BHOFF, we are delighted to name this award in his honor."

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 2024, three training courses were provided to 92 participants between virtual and in-person trainings. BHOFF partners with Osteoporosis Canada and the founders of BoneFit™ to offer this training program in the U.S.

"So, when you do find out you have osteoporosis, there's that shock time, but once you get educated and understand what's going on, it becomes much more manageable."

Michael L., 40 Faces of Osteoporosis



HEALTHY BONES/HEALTHY COMMUNITIES (CITIES)

While building on the success and lessons learned from the initial Healthy Bones/Healthy Communities program, that was launched in 2019 BHOFF recently launched the latest Healthy Bones/Healthy Communities program that offers a variety of post-fracture care learning activities in partnership with select Fracture Liaison Service (FLS) program teams (in early/mid-stage program development) eager to learn and overcome barriers to advance best practices and grow their programs. This program targets a broad range of healthcare practitioners across specialties that manage osteoporosis patient care. By demonstrating success, the program will establish the content, processes, and capacity needed for the initiative to be scaled up to include additional cities/regions in the future. The second program took place in Buffalo, NY, in April 2024.

AVOMD MOBILE APPS

BHOFF collaborated with AvoMD to launch a mobile and electronic application version of the Clinician's Guide to Prevention and Treatment of Osteoporosis, enhancing accessibility and ease of use for healthcare professionals. BHOFF collaborated with AvoMD to launch the Clinician's Guide to Prevention and Treatment of Osteoporosis in a mobile/electronic application format.

SANTA FE BONE SYMPOSIUM

BHOFF partnered with the National Menopause Foundation to sponsor a session at the 24th Annual Santa Fe Bone Symposium in August 2024, on "Modern Approaches to Menopause and Bone Health."

CLINICAL UPDATES NEWSLETTERS

Two Clinical Updates newsletters were recently published on the topic of Vertebral Compression Fractures (VCF). The newsletters on "Identifying Osteoporosis-Related Vertebral Fractures in Primary Care" and "Management of Vertebral Compression Fractures in Primary Care" are available via BHOFF's learning management system.



"I wish everyone knew, even including myself, how to be able to find more information, to be able to become more aware of what bone health and osteoporosis entails...Early detection is key! I was diagnosed with osteoporosis in my 40's."

Cathy K. 40 Faces of Osteoporosis



ADVOCACY

WE ADVOCATE IN SUPPORT OF AWARENESS, RESEARCH, PATIENTS, AND PROFESSIONALS.

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 2023, our Coalition to Strengthen Bone Health membership grew to include 28 leading national organizations, and we convened three virtual meetings of the coalition. We continue to seek new members who can help advance our bone health policy agenda with their membership and with Congress. Together, we are advocating to create policies for healthy, strong bones and healthier aging.

BHOF held a Congressional Briefing on "Obesity and Bone Health" Congressional Briefing September 2024. Experts discussed how obesity affects bone health, the bone health and obesity crisis in the U.S., how to protect your own bone health and policy solutions. The briefing was recorded and circulated to Hill staff after the event.

BHOF partnered with Women in Government (WIG) to help state legislators better understand the significance of federal bone-health policy for Medicare recipients and how it can reduce the substantial economic burden of osteoporosis-related fractures on state Medicaid-budgets. BHOF held an invitation-only webinar for health appropriations committee members and a round robin session during WIG's 2024 Leadership Innovation Summit in Charlotte, North Carolina (November 13-16).

For the fourth consecutive year, BHOF announced the Congressional Bone Health Champion Awards. 2024 honorees included Senator Maggie Hassan [D-NH], Senator Lisa Murkowski [R-AK], Representative Lisa Blunt Rochester [D-DE], and Representative Julia Letlow [R-LA].



BHOF CEO Claire Gill and Representative Lisa Blunt

CORPORATE ADVISORY ROUNDTABLE MEMBERS

BHOF's Corporate Advisory Roundtable (CAR) is a high-level corporate advisory body to our Board of Trustees. Our CAR members share a strategic and programmatic focus on bone health and they work to address the fundamental forces that impact patient access to osteoporosis information and medical care.

A&Z Pharmaceuticals
Amgen USA
Bone Index Finland
Bone Health Technologies
Inspire
Nutritional Biochemistry, Inc.
Pharmavite, LLC
Phoenix Hipwear

Promedius, Inc.
Radius Health, Inc.
Regenerative Technologies, Inc.
Sandoz
Tango Belt at ActiveProtective Technologies, Inc.
Thompson Brands
UCB Inc.



PHILANTHROPY

FOR 40 YEARS OUR DONORS HAVE MADE OUR WORK POSSIBLE TO ACCOMPLISH OUR MISSION OF PREVENTING OSTEOPOROSIS AND BROKEN BONES. WE ACCEPT SUPPORT FROM A VARIETY OF SOURCES, INCLUDING INDIVIDUALS, FOUNDATIONS, GOVERNMENT SERVICES, AND CORPORATIONS.

In 2024, BHOF’s sources of support included the following:

- **Individuals:** BHOF’s many generous donors gave \$1,563,000, approximately 37% of total revenue.
- **Pharmaceutical Companies:** Pharmaceutical company funds accounted for 36% 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 \$91,000 or approximately 2% of annual revenue.
- **Other Organizations:** Support from other organizations, including family foundations and other nonprofits, accounted for \$249,000, approximately 6% of annual revenue.

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 to healthcare professionals.

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.

- Anonymous (I donor)
- Mrs. Iris B. Apfel^d
- Mrs. Marilyn J. Bradley^d
- Ms. Judith K. Dematteo
- Ms. Elaine Franco
- Ms. Sally C. Fullman, PhD^T
- Drs. Robert F. Gagel^T and Margo A. Cox
- Mrs. Silvana Ganz-Gill
- Mrs. Claire Gill^T
- Karen Kemmis, PT, DPT, MS^T
- Mrs. Rosalind Kim and Mr. Sung-Hou Kim
- Mr. Charles B. Lawrence, Jr.^T
- Sandra and Kenneth W. Lyles, MD^T
- Ms. Beth Ruoff
- Ms. Ann Vu, JD, RAC^T
- Mrs. Susan F. Zimmerman

T = Trustee d = Deceased

ENDURING FRIENDS

We recognize the following individuals for their steadfast support for the past 20 years or more. It is due to their loyal support that we face the next 40 years with optimism to serve the public, osteoporosis patients, care partners, and healthcare professionals

Anonymous (4 donors)
Ms. Gloria M. Antoniuk
Ms. Katharine Arnstein
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Mr. Michael R. Wolfson
Mr. Frederick P. Zemke

ANNUAL GIVING

The following donors generously supported BHOE from January 1 to December 31, 2024. Thanks especially to those donors who made gifts for the 40th Anniversary Campaign.

\$100,000 AND ABOVE

Mrs. Iris B. Apfel^d

\$25,000-\$99,999

Drs. Robert F. Gagel^T and
Margo A. Cox

\$5,000-\$24,999

Mrs. Marilyn J. Bradley^d
Mrs. Silvana Ganz-Gill
Mrs. Claire Gill^T
Ms. Elaine Franco
Sally C. Fullman, PhD^T
Mrs. Rosalind Kim and
Mr. Sung-Hou Kim
Sandra and Kenneth W. Lyles, MD^T
Ms. Beth Ruoff
Ms. Ann Vu, JD, RAC^T
Mrs. Susan F. Zimmerman

\$1,000-\$4,999

Anonymous (4 donors)
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BE BONE STRONG™ TEAM

In 2024 our Be Bone Strong™ team competed in not one but two marathons: the Berlin Marathon in September and the TCS New York City Marathon in November. The Be Bone Strong™ team proudly took on this challenge, running not just for the thrill of the race but to raise awareness about osteoporosis and the importance of lifelong bone health. Supporters 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)!

The TCS New York City Marathon is one of the most iconic races in the world, drawing over 50,000 runners each year to its legendary 26.2-mile course through all five boroughs of New York City. Eleven runners joined the BHO Be Bone Strong™ team, led by Barbara Hannah Grufferman, to fundraise and raise awareness about bone health and osteoporosis. Their months of training paid off and they exceeded their fundraising goal of \$40,000 and raised over \$48,000.

This was the first year that our Be Bone Strong™ team competed in the Berlin marathon. It is one of the largest marathons in the world. Together the two marathons raised over \$65,000 from over 500 donors.



"I believe that osteoporosis may be the largest under-diagnosed and under-treated serious medical problem in the world...My commitment to greatly benefit BHOF in the future has been set for many years and rest assured will remain so."

Jack J. Edwards, Founder's Circle member

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Annual gifts from corporations, foundations, and organizations make a positive difference for those suffering from osteoporosis and help future generations lead strong, independent, and healthy lives.

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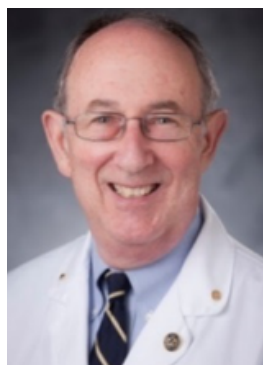
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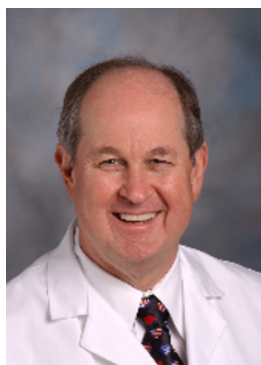
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2024 FINANCIALS

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENTS OF FINANCIAL POSITION

DECEMBER 31, 2024 AND 2023

	2024	2023
Current assets		
Cash and cash equivalents	\$ 1,843,730	\$ 1,395,789
Investments	372,307	-
Contributions and bequests receivable	399,675	46,785
Other receivable	338	-
Prepaid expenses	89,015	172,168
Inventory	60,816	65,617
Total current assets	2,765,881	1,680,359
Property and equipment, at cost, net	8,531	12,588
Investments	3,894,467	4,070,688
Operating right-of-use asset	314,170	481,671
Total assets	\$ 6,983,049	\$ 6,245,306
Current liabilities		
Accounts payable and accrued expenses	\$ 294,166	\$ 202,821
Deferred revenue	708,210	166,759
Total current liabilities	1,002,376	369,580
Other liabilities		
Obligations under charitable gift annuities	63,274	204,807
Operating lease liability	374,150	567,628
Total liabilities	1,439,800	1,142,015
Net assets		
Without donor restrictions	4,115,288	4,319,661
With donor restrictions	1,427,961	783,630
Total net assets	5,543,249	5,103,291
Total liabilities and net assets	\$ 6,983,049	\$ 6,245,306

2024 FINANCIALS

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENT OF ACTIVITIES

YEAR ENDED DECEMBER 31, 2024
(WITH COMPARATIVE TOTALS FOR THE YEAR ENDED DECEMBER 31, 2023)

	2024			2023
	Without Donor Restrictions	With Donor Restrictions	Total	Total
Support and revenue				
Grant and contributions	\$ 449,918	\$ 2,045,489	\$ 2,495,407	\$ 1,785,407
Membership dues	66,275	-	66,275	63,075
Royalties and consulting income	257,644	-	257,644	421,017
Legacies and bequests	1,164,860	-	1,164,860	167,501
Publication sales	53,516	-	53,516	51,293
Contribution nonfinancial assets	6,503	-	6,503	9,537
Subscriptions income	18,000	-	18,000	-
Other income	140,495	-	140,495	139,000
Net assets released from restrictions				
Satisfaction of program restrictions	1,406,435	(1,406,435)	-	-
Total support and revenue	3,563,646	639,054	4,202,700	2,636,830
Expenses				
Program services				
Professional education	1,139,085	-	1,139,085	1,150,837
Patient education	741,399	-	741,399	303,773
Advocacy	737,836	-	737,836	892,114
Communications	153,351	-	153,351	159,967
Research	95,316	-	95,316	7,178
Membership	61,711	-	61,711	8,402
Page1's	9,373	-	9,373	11,429
Total program services	2,938,071	-	2,938,071	2,533,700
Supporting services				
Fundraising	838,841	-	838,841	634,893
Management and general	336,923	-	336,923	277,066
Total supporting expenses	1,175,764	-	1,175,764	911,959
Total expenses	4,113,835	-	4,113,835	3,445,659
Change in net assets before other income	(550,189)	639,054	88,865	(808,829)
Net investment income	345,816	5,277	351,093	505,553
American Bone Health education assets	-	-	-	30,869
Change in net assets	(204,373)	644,331	439,958	(272,407)
Net assets				
Beginning of year	4,319,661	783,630	5,103,291	5,375,698
End of year	\$ 4,115,288	\$ 1,427,961	\$ 5,543,249	\$ 5,103,291



**251 18th Street, S, Suite 630
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