TAKING STEPS FOR BETTER BONE HEALTH

2025 ANNUAL REPORT

BHOF
Bone Health & Osteoporosis FOUNDATION™

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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 CHAIR

Dear Members, Partners, and Friends,

As we look back on the remarkable progress of the past year, we are filled with immense gratitude for the dedication and resilience of you, our community. 2025 was a year of strong momentum for the Bone Health and Osteoporosis Foundation (BHOF). Together, we have successfully driven historic legislative advocacy, expanded national public awareness initiatives, and laid a rigorous structural foundation to protect the independence and quality of life for millions of Americans. Because of your unwavering support, BHOF achieved pivotal milestones that strengthen our collective fight against osteoporosis for years to come.

Our collective voice resonated powerfully on Capitol Hill and across the nation, driving essential policy progress to improve care standards and funding. BHOF successfully led a coalition of over a dozen bone health, aging, and women's health organizations to secure $4.5 million for the CDC's Chronic Disease Education and Awareness (CDEA) program. This vital funding directly fuels our national public awareness campaigns. Alongside this, we helped champion a dedicated $200 million NIH allocation focused solely on women's health research, specifically targeting the crucial intersection of menopause and bone health. We also actively engaged with the Centers for Medicare & Medicaid Services (CMS) regarding the Medicare Physician Fee Schedule, urging the establishment of clear payment and reimbursement mechanisms for evidence-based secondary fracture prevention. On the local level, our advocacy reached new heights, with a record 25 states taking formal executive or legislative action to recognize and address May as Osteoporosis Awareness and Prevention Month.

Empowering individuals to protect their bones requires active engagement, and this year we significantly scaled our public footprint. We expanded our community reach through expanding our virtual and community-based Support Groups, and launching Be Bone Strong™ Walking Clubs, turning bone health education into a collaborative, active movement. And our message was amplified on the global stage by our dedicated charity running teams, who crossed the finish lines of the TCS New York City Marathon and the TCS Sydney Marathon to raise critical funds and awareness. These efforts were complemented by national validation, as the MyPlate National Strategic Partner Team officially recognized BHOF as a Gold MyPlate Champion for our exceptional work in educating the public on the intersection of nutrition and lifelong bone health. Furthermore, we expanded our virtual, on-demand education and programming to address bone density loss in specialized populations, such as individuals living with HIV. We accelerated the distribution of clinician and patient resources on newly FDA-cleared, non-pharmaceutical treatments, spotlighting innovations such as precision vibration therapy.

To sustain this momentum, we have matched our external passion with internal institutional excellence, ensuring BHOF remains a highly efficient, transparent steward of your generosity. We are proud to have achieved the highest possible Four-Star Rating from Charity Navigator for financial health, accountability, and transparency, and have earned the 2025 Platinum Seal of Transparency from Candid. Additionally, we continued to implement and perform on our multi-year strategic roadmap. This plan charts a clear course to expand clinical education for advanced practice providers, update the scientific evidence on reaching peak bone mass among adolescents and young adults, and increase clinical adoption of the life-saving Fracture Liaison Service (FLS) model of post-fracture care across the United States.

Every success outlined in this report belongs to our dedicated staff, donors, board, clinicians, researchers, and volunteers. Thank you for standing with us, for championing prevention, and for helping millions of Americans live active, independent, and fracture-free lives. Together, we are building a stronger, bone-healthy future for all.

Warm regards,

Claire Gill

Claire Gill
Chief Executive Officer

Kathleen Shoemaker

Kathleen Anne Shoemaker
Chair, Board of Trustees

CONSUMER AND PATIENT EDUCATION AND AWARENESS

Throughout 2025, BHOF continued delivering its portfolio of Signature Patient Education Programs through free virtual webinars and in-person events led by trained Peer Educators. These programs form the backbone of BHOF's patient outreach and ran consistently each month, collectively reaching thousands of participants:

SIGNATURE WEBINAR PROGRAMS

Healthy Bones for Life™ – An introduction to bone health covering bone development, osteoporosis basics, fracture prevention, exercise, and nutrition.

Eating for Healthy Bones™ – A program empowering participants with bone-healthy nutrition knowledge.

Be Bone Strong™: Stepping Out Strong™ – A fall prevention program featuring balance exercises and practical tips.

Posture Power™ – Covering posture, body mechanics, and safe movement to reduce fracture risk.

Freedom from Fractures™ – Focused on understanding and reducing personal fracture risk.

Beyond the Break™ – Helping those who have experienced a fracture manage risk and prevent further breaks.

Why Healthy Bones Matter™ Series – Specialized programs for targeted populations including: *Why Healthy Bones Matter for the Black Community, Why Healthy Bones Matter for People Living with Breast Cancer.*

SIGNATURE IN-PERSON EVENTS

Peer Educators delivered in-person and virtual programs across several states throughout the year, including multiple Healthy Bones for Life™ presentations.

EXPERT PATIENT WEBINAR SERIES

In addition to Signature Programs, BHOF hosted special topic consumer webinars throughout 2025 featuring expert speakers on timely subjects:

How Men Can Take Action to Prevent Fractures with Joshua Wing, APRN, sponsored by Radius.

Understanding Osteoporosis as a Chronic Condition with E. Michael Lewiecki, MD, FACP, FACE, CCD and *Osteoporosis Medications: Comparing Treatment Options and Introducing Biosimilars* with Kristi Tough DeSapri, MD, both sponsored by Radius and Sandoz.

Latest Developments in Osteoporosis Treatments with Andrea J. Singer, MD, FACP, CCD, sponsored by Radius and Sandoz.

COMORBID CONDITION PARTNER CONSUMER COLLABORATIONS

BHOF collaborates with partner organizations to extend its reach, combine expertise, and deliver evidence-based education to broader, more diverse audiences. These partnerships strengthen public understanding of bone health by addressing related conditions and empowering individuals to take informed steps toward prevention, early detection, and treatment.

BHOF and the Celiac Disease Foundation collaborated to strengthen awareness of the connection between celiac disease, gluten-free diets, and bone health. Through the webinar, *Building Strong Bones while Following a Gluten-Free Diet*, they provided evidence-based guidance on understanding osteoporosis risk, optimizing nutrition, and supporting lifelong bone strength for individuals managing celiac disease.

The first year of collaboration between BHOF and the Arthritis Foundation has been highly valuable for both organizations and the communities they serve. By combining expertise and outreach, the partnership has expanded public understanding of bone and joint health, helping patients better

distinguish osteoporosis from osteoarthritis and arthritis-related joint pain. Through joint webinars and shared educational resources, collaboration has clarified key differences between these conditions and empowered patients to seek appropriate care.

MULTILINGUAL PROGRAMMING

BHOF expanded its reach to Spanish-speaking communities in 2025. The foundation held its first Spanish webinar, *Huesos Saludables de por Vida,* in June and again in September. An on-demand version with Spanish resources was also made available on BHOF's Learning Management System. Additionally, a Cantonese-language Healthy Bones for Life™ session was held in June by a peer educator to over 20 participants and on-demand version is available as well.

PEER EDUCATOR PROGRAM

Peer Educators are trained volunteers that represent BHOF on the front lines in their own communities. We support them every step of the way.

Peer Educators receive about 12 hours of online training to prepare them to share information at events including workshops, health fairs and screenings. They learn how to promote lifelong bone health and are kept up to date on the latest scientific findings about osteoporosis prevention, diagnosis and treatment.

BHOF's Peer Educator Program continued to grow in 2025. In 2025, 10 new peer educators were added into the program.

COMMUNITY OUTREACH & HEALTH FAIRS

BHOF maintained a strong presence at community health events in 2025. Volunteer peer educators represented the foundation at the B'More Healthy Expo in Baltimore, the Morristown Senior Health Fair in New Providence, NJ, the 21st Annual Women's Health Annual Visit in NYC, U.S. Conference on HIV/AIDS in Washington, DC, and the Wake Forest University School of Medicine Share the Health Fair.

SUPPORT GROUPS & INSPIRE ONLINE COMMUNITY

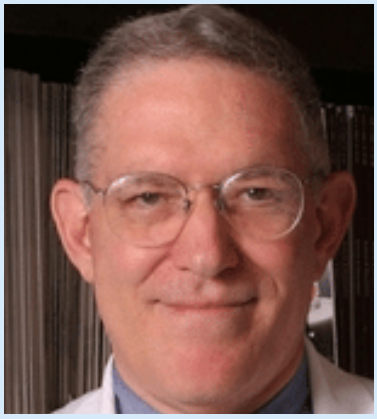
Osteoporosis Support Groups are a great way to learn more about osteoporosis and how to live with the disease directly from those in similar situations. BHOF has support groups across the country offering both in-person and virtual meeting options. BHOF facilitated quarterly Support Group Leaders meetings in February, June, September, and December where group leaders provided updates and BHOF shared patient education initiatives.

To ensure that everyone affected by osteoporosis has a place to turn for support, BHOF and Inspire partnered to create a safe and secure online osteoporosis support community. The Inspire community has over 98,000 members supported by BHOF volunteer moderators. Many members in the community are also part of other communities such as arthritis, psoriasis, and autoimmune diseases groups.

For Osteoporosis Awareness and Prevention Month, the community held an Ask the Expert session about Safe Exercise during the week of May 12th.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH & WORLD OSTEOPOROSIS DAY

May 2025 was Osteoporosis Awareness and Prevention Month, centered on the Walk a Mile a Day in May initiative. This national step challenge encouraged people of all ages to walk one mile daily. As part of the initiative, BHOF launched the Be Bone Strong™ Walking Club program, with the first club led by Be Bone Strong™ Team Captain Barbara Hannah Grufferman in Virginia Beach. BHOF also shared personalized cameo videos from actresses



IN MEMORIAM: DR. FREDERICK R. SINGER

We remember Dr. Frederick R. Singer who passed away in 2025. He was a pioneering leader in bone health, a dedicated clinician and researcher, and a valued member of the BHOF Board of Trustees and our Scientific and Medical Advisory Council.

Dr. Singer was a passionate advocate for patients. His insights and leadership strengthened our efforts to ensure that education and prevention remain at the center of our work.

Dr. Singer's legacy is one of compassion, scientific excellence, and unwavering dedication to patients. He will be remembered not only for his contributions to advancing the field of osteoporosis and metabolic bone disease, but also for the generosity of spirit he shared with colleagues, patients, and the broader bone health community.

Jennifer Garner and Judy Greer and Olympic legend Jackie Joyner-Kersee to amplify awareness across social media. A social media toolkit was provided, and BHOF also held live demos on the new Be Bone Strong™ fundraising platform in June.

World Osteoporosis Day was observed on October 20th with the theme "It's Unacceptable: Stop the Neglect of Bone Health!" BHOF provided engagement opportunities throughout October including free webinars, exercise sessions, events, and a social media toolkit.

BUILDING OSTEOPOROSIS NETWORKS AND ENGAGEMENT USING PARTNERSHIPS (BONEUP)

Work continued on the CDC-funded BONEUP project throughout 2025, though its future became uncertain given broad cancellations of federal programs and grants. Despite this, the project produced significant outputs: a public health professionals page was released, along with multiple Spanish-language resources including Medicinas Que Pueden Causar Pérdida Ósea y Contribuir a La Osteoporosis, Tomando El Control de la Salud De Sus Huesos: Carga Osteogenica, Osteoporosis – Le Puede Pasar, and Preguntas Para Hacerle A Su Médico. The Bone Health Awareness Working Group met regularly to review grant activities and plan upcoming deliverables. Andrea Medeiros, BHOF's Vice President, Public Health and Policy, presented a poster on the BONEUP multi-stakeholder approach at the National Health Council's Science of Patient Engagement Symposium in May and did an oral presentation at the American Public Health Association's conference in November.

NEW PATIENT RESOURCES

Several new patient-facing resources were developed and released in 2025. With support from Radius, BHOF created two new men's health resources for October: the *Stronger Bones for Men: Preventing Osteoporosis and Fractures* flyer and the *Man's Guide to Osteoporosis* brochure, designed for both prevention and management guidance. With support from Sunsweet, BHOF created the Best Bites for Bone Health nutrition fact sheet summarizing key nutrients and food sources beneficial for bone health. The Bone Health Quiz on the BHOF website was also updated in January to help consumers assess their risk for weakened bones and fractures.

AWARDS & RECOGNITION

The MyPlate National Strategic Partner Team recognized BHOF with the Gold MyPlate Champion achievement for active participation in the MyPlate National Strategic Partnership and promoting MyPlate to BHOF audiences for the FY2025 Partner Recognition Program.

RAISING AWARENESS

17,237
followers

3,012
followers

3,223
followers

BONE TALK PODCAST AND BLOG

In 2025, Bone Talk continued to serve as a trusted resource for individuals seeking clear, approachable information about bone health and osteoporosis.

Throughout the year, Bone Talk featured conversations with a range of voices, including healthcare professionals, researchers, patients, and advocates. Episodes explored topics such as fracture prevention and hip protection, the role of strength and mobility in maintaining independence, the connection between muscle loss and bone health, and how individuals can build a positive path forward after an osteoporosis diagnosis. Additional discussions highlighted the importance of community, including initiatives that encourage movement and connection through activities like walking programs and peer-led education.

In addition to podcast episodes, the Bone Talk platform continued to provide blog content and resources related to prevention, diagnosis, treatment, and healthy aging. By highlighting practical guidance alongside real-life experiences, Bone Talk remains a valuable touchpoint for those looking to stay informed and engaged in their bone health journey.

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

During Osteoporosis Awareness and Prevention Month in May, BHOF launched its “Walk a Mile a Day in May” campaign, encouraging individuals to take simple, consistent steps toward better bone health. The initiative emphasized the role of daily movement in maintaining strength, balance, and overall wellbeing, while reinforcing the importance of building healthy habits that support bones over time.

Throughout the month, BHOF shared educational resources and practical guidance to help individuals better understand and support their bone health. Content focused on key areas such as bone-healthy nutrition, safe and effective exercise, bone density testing, treatment options, and fall prevention. Messaging also encouraged individuals to recognize their personal risk and start informed conversations with their healthcare providers.

The campaign engaged participants through digital content, community outreach, and opportunities to stay active and connected. By combining education with action, BHOF helped individuals take meaningful steps toward protecting their bones and maintaining independence.

On World Osteoporosis Day, observed each year on October 20, BHOF joined the global community in raising awareness about osteoporosis and its impact. Efforts focused on reinforcing key messages around prevention, early detection, and effective management, while encouraging individuals to better understand their risk and take steps to protect their bone health.

To mark the day, BHOF shared educational resources, key facts, and tools designed to support informed decision-making and conversations with healthcare providers. These efforts aligned with global awareness activities and reinforced BHOF’s ongoing commitment to ensuring individuals have access to the information and support they need to prioritize their bone health.

HEALTHCARE PROFESSIONAL OUTREACH

INTERDISCIPLINARY SYMPOSIUM ON OSTEOPOROSIS (ISO)

The Interdisciplinary Symposium on Osteoporosis (ISO2025) was held from April 24–26, 2025, at the Capital Hilton in Washington, DC. The symposium brought together 316 attendees and featured 18 exhibits showcasing the latest in osteoporosis research, clinical care, and technology. BHOF thanks its generous sponsors—Amgen, Radius, Kyowa Kirin, and Medimaps—for their support.

FLS BONE HEALTH ECHO

BHOF's Fracture Liaison Service (FLS) Bone Health ECHO telementoring program held sessions throughout 2025 covering a range of clinical topics: Osteonecrosis of the Jaw: 2025 Updated Challenges with Thomas Olenginski, MD, FACP; Osteoporosis Center of Delaware County with Jacqueline Kernaghan, MS, PA-C, DFAAPA; Beacon Health System's Bone Health Program with Caitlin Vlaeminck, PhD, RN, FNP-BC; an ISO2025 recap with BHOF's Vice President, Service and Education, Ami Patel; Exercise Essentials for Osteoporosis with Deborah Powers; Baton Rouge General's Bone Health Clinic with Angela Roy, PA-C; and a session on nutrition with Elizabeth Quinn, CNS, LDN, CNGS, FMCHC.

BHOF's paper on "The Role and Outcomes of the Bone Health and Osteoporosis Foundation Fracture Liaison Service TeleECHO Program: A Review" was accepted for publication in Archives of Osteoporosis and is now available on open access. There have been over 1,600 accesses to the article through Springer.

HEALTHY BONES/HEALTHY COMMUNITIES (CITIES) ECHO

The BHOF CITIES ECHO series continued to host impactful sessions in 2025 featuring case studies and expert guidance for primary care providers. This telementoring program dedicated to osteoporosis and bone health provided CITIES program participants with a collaborative platform for discussing real-world cases, sharing insights, and deepening knowledge.

BONEFIT USA TRAINING PROGRAM

BoneFit™, BHOF's evidence-informed exercise training workshop for healthcare professionals and exercise specialists, was offered several times in 2025. BoneFit™ workshops include online pre-course modules via BHOF's LMS, attendance at the virtual or in-person course, and completion of a final quiz.

BIOSIMILARS EDUCATION

BHOF advanced healthcare professional education on biosimilars in osteoporosis care during 2025. At the ASBMR 2025 Annual Meeting in September, a session sponsored by Organon Biosimilars featured presentations on emerging clinical evidence, real-world practice integration models, and patient experiences with biosimilars, with BHOF CEO Claire Gill serving as a panelist. In December, BHOF hosted an educational webinar, Optimizing the Use of Biosimilars in Osteoporosis Care, sponsored by Organon.

PROFESSIONAL EDUCATION PROGRAMS

In January, BHOF launched a new program on ReachMD: Menopause and Bone Health: Modern Approaches for Healthcare Providers, an expert-led discussion exploring evidence-based strategies for assessing fracture risk, optimizing treatment, and guiding patients through menopause with a focus on osteoporosis prevention and care.

SANTA FE BONE SYMPOSIUM

BHOF and the National Menopause Foundation held a sponsored session on "Bone Health Through the Menopause Transition" at the 25th Annual Santa Fe Bone Symposium in August 2025.

ASBMR 2025 ANNUAL MEETING

At the ASBMR 2025 Annual Meeting in September, BHOF CEO Claire Gill participated in the session "Mission Possible – Empowering You to Improve Musculoskeletal Health with Public and Political Partnership," spotlighting BHOF's leadership in driving coalition efforts and amplifying the policy agenda for musculoskeletal health.

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

BHOF was pleased to announce Tara Knight, DNP, FNP-C, as the recipient of the 2025 Robert F. Gagel, M.D. Community Leadership Award. This award recognizes healthcare professionals who are instrumental in raising awareness about bone health and providing exceptional care to people living with osteoporosis in their communities.

Dr. Knight has shown a remarkable commitment to improving osteoporosis care, particularly among postmenopausal women in underserved areas. She demonstrated her leadership by establishing a dedicated bone health clinic within her women's health practice in Jasper, Indiana, to better serve this population and address the urgent need for osteoporosis prevention, diagnosis, and treatment. Her efforts reflect the core values this award was created to honor.

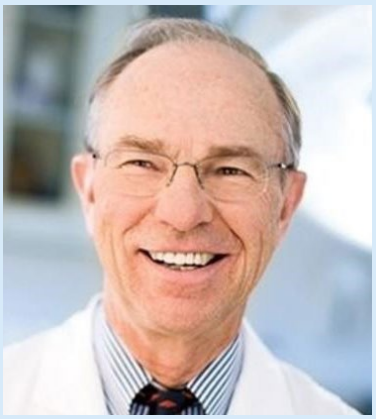
Since completing BHOF's Fracture Liaison Service (FLS) training in both 2022 and 2024, Dr. Knight has become a champion for FLS implementation, integrating both primary prevention and post-fracture care strategies. Her initiatives have led to measurable improvements in bone density screening standards in her local community and expanded access to quality osteoporosis care.

Tara Knight, DNP, FNP-C

"We are thrilled to present Dr. Knight with the Robert F. Gagel, M.D. Community Leadership Award," said Claire Gill, BHOF CEO. "Her commitment to equitable, evidence-based osteoporosis care and her impact on both local and national levels make her an outstanding leader in the field."

The Robert F. Gagel, M.D. Community Leadership Award was established in 2024 in honor of Dr. Gagel's distinguished medical career and longstanding service to the Bone Health and Osteoporosis Foundation. His dedication to patient care and his leadership as a BHOF board member and officer for more than 15 years embody the spirit of this award, which celebrates healthcare professionals who make a lasting impact on osteoporosis care and community awareness.

"I am inspired to help others avoid bone breaks and live healthy lives. I had severe osteoporosis in my back, neck and both hands. My back has recovered to the level of osteopenia. I take care of my neck and hands with regular exercises. Thank you for all you do to inform and encourage others." - Janice, Livermore, CA



IN MEMORIAM: **DR. ROBERT RECKER**

A towering figure in the field of bone health and a longtime champion of osteoporosis research, education, and advocacy. Dr. Recker leaves behind a legacy of scientific leadership, clinical excellence, and service to the bone health community.

A distinguished endocrinologist and researcher, Dr. Recker served as President of the National Osteoporosis Foundation (NOF) now known as the Bone Health and Osteoporosis Foundation (BHOF). His pioneering efforts in clinical research, including advancing the understanding of bone density, calcium metabolism, and osteoporosis therapeutics, have shaped the standards of care for patients worldwide.

Dr. Recker was a guiding voice in national policy discussions and clinical guideline development, and he inspired generations of researchers and clinicians through his tireless advocacy and generosity of spirit. His impact on the bone health field will be felt for generations to come.

ADVOCACY

We advocate in support of awareness, research, patients, and professionals.

NATIONAL BONE HEALTH POLICY INSTITUTE

BHOF held its inaugural Ambassador Leadership Council Academy (ALCA), a new initiative to elevate the policy and media engagement of key Ambassadors in Washington, D.C. This included advocacy training with 10 advocates from the following states: CA, CO, MA, MD, NJ, and MO. We held 12 Senate meetings and 6 Capitol Hill meetings. Thank you to Amgen and UCB for their sponsorship of this initiative.

Twenty-five states took steps through legislation and executive action to tackle the costly and growing problem of osteoporosis! This is a record number of states participating in the annual campaign. The states passed, introduced legislation, or made gubernatorial proclamations calling for action to raise awareness and declare May 2025 as Osteoporosis Awareness and Prevention Month.

BHOF, together with 21 other leading patient advocacy and professional societies, submitted formal comments and recommendations to Centers for Medicare & Medicaid Services for consideration in the final Calendar Year 2026 Medicare Physician Fee Schedule Proposed Rule. Incorporating the recommended codes would represent the most significant advancement in bone health policy in decades, leading to improved care, better outcomes, and reduced costs for the nearly two million Medicare beneficiaries affected.

BHOF collaborated with Women in Government to present Strong Bones – Health States: Reducing Medicaid Costs Through Fracture Prevention to host a webinar. This webinar provided expert information about how strengthening bone health screening and prioritizing fracture prevention can reduce hospitalizations and long-term care needs, lower state Medicaid costs and deliver better health outcomes.

BHOF appreciates the support of Amgen, Inc., Organon, Sandoz, Novo Nordisk, Inc., and UCB, Inc. for our advocacy efforts.

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 Corporation
Sandoz
Seen Nutrition
Tango Belt at ActiveProtective Technologies, Inc.
Thompson Brands
UCB, Inc.

PHILANTHROPY

For over 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 2025, BHOF's sources of support included the following:

Individuals: BHOF's many generous donors gave $1,163,000, approximately 32% of total revenue.

Pharmaceutical Companies: Pharmaceutical company funds accounted for 40% 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 $109,000, or approximately 3% of annual revenue.

Other Organizations: Support from other organizations, including family foundations and other nonprofits, accounted for $198,000, approximately 5% 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 (1 donor)
Ann and Frank Cahouet Foundation
Mrs. Dorothy M. Bluemke
C & A Biondo Foundation
David & Annette Jorgensen Foundation
Duane & Dorothy Bluemke Foundation
Elizabeth Heim and Margaret Rigby Memorial Fund
The H&R Feinberg Family Foundation
Sally C. Fullman, PhD[T]
Drs. Robert F. Gagel[T] and Margo A. Cox
Mrs. Silvana Ganz-Gill
Mrs. Rosalind Kim and Mr. Sung-Hou Kim
Mr. Charles B. Lawrence, Jr.[T]
Lawrence Family Foundation
Sandra and Kenneth W. Lyles, MD[T]
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Mrs. Susan M. Recker
Ms. Linda A. Rotskoff[d]
Ms. Caroline V. Transou
Ms. Ann Vu, JD, RAC, Esq.[T]
Ms. Patricia Weber
Mrs. Susan F. Zimmerman

In 2025 we launched our new online fundraising platform, Fundraise Your Own Way! It's an easy and flexible tool that helps you create a personal page, share your story, and rally others to join you.

Jonathan did just that. He created a fundraiser to prepare for an ultramarathon to honor the women who shaped his life: his mother and grandmothers who have been impacted by osteoporosis.

> *"These women are my 'why' for ultra-running, it's my turn to be the warrior for them, to show them how truly strong our bloodline is, to showcase what type of jet fuel they have running their veins, to show them just how far our minds can push our bodies if we truly believe in the process it takes to get there."* *- Jonathan*

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 (1 donor)
Ms. Gloria M. Antoniuk
Ms. Katharine Arnstein
Ms. Lillian Ayala
Mr. James H. Benton
Ms. Iris M. Berezin
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Ms. Patty J. Winslow
Mr. Michael R. Wolfson
Mr. Frederick P. Zemke

ANNUAL GIVING

The following donors generously supported BHOF from January 1 to December 31, 2025. Thanks especially to those donors who made gifts for the 40th Anniversary Campaign.

T = Trustee d = Deceased

$20,000 AND ABOVE

Ms. Linda A. Rotskoff[d]

$10,000-$19,999

Drs. Robert F. Gagel[T] and Margo A. Cox
Mrs. Silvana Ganz-Gill
Mrs. Rosalind Kim and Mr. Sung-Hou Kim
Mr. Charles B. Lawrence, Jr.[T]

$5,000-$9,999

Anonymous (1 donor)
Sally C. Fullman, PhD[T]
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BE BONE STRONG™ MARATHON TEAMS

In 2025, BHOF's Be Bone Strong™ marathon teams participated in two premier races: the TCS Sydney Marathon in August and the TCS New York City Marathon in November. Through their training, fundraising, and race-day efforts, these runners helped elevate awareness of osteoporosis and underscore the importance of lifelong bone health.

The TCS New York City Marathon, one of the world's most iconic races, draws more than 55,000 runners each year to its celebrated 26.2-mile course through all five boroughs of New York City. In 2025, BHOF's 11-member team raised more than $46,000. In addition, 2025 marked the first year a Be Bone Strong™ team competed in the TCS Sydney Marathon, with a team of 16 runners raising nearly $50,000.

Combined, the two teams generated more than $96,000 from more than 450 donors, representing a 47% increase over 2024. Both teams were led by Team Captain Barbara Hannah Grufferman, Special Advisor to BHOF.

BE BONE STRONG™ WALKING CLUBS

BHOF launched its first Be Bone Strong™ Walking Club in Virginia Beach, Virginia, in March 2025. Designed as a neighborhood-based initiative, the program encourages people to move more to support bone health while also strengthening local community ties.

These efforts are advancing BHOF's mission in multiple ways: raising essential funds, expanding public awareness of bone health, and demonstrating that movement is a powerful tool for prevention and overall well-being.

FOUNDER'S CIRCLE

Founder's Circle members include individuals who have informed us that they have provided for a planned gift, bequests, and other arrangements. Members receive special communications and invitations from BHOF and are honored in our publications.

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HOW TO LEAVE YOUR LEGACY

Please let us know if you have included BHOF in your estate plans so we can include you as a Founder's Circle member. A charitable bequest is one of the easiest and most flexible ways that you can leave a gift to BHOF that will make a lasting impact. BHOF is a registered 501 (c)(3) nonprofit organization. To learn more about legacy gifts please visit: https://www.bonehealthandosteoporosis.org/support-bhof/planned-giving/ or call 703.647.3005.

"In my 42 years as a family physician, I saw the impact of osteoporosis increase as the people I cared for grew older, developing life changing problems like hip fractures, decreased mobility, and disability. Additionally, my wife developed osteoporosis, reinforcing to me the need for increased prevention, screening, and treatment of osteoporosis. My yearly contribution supports the important mission of the Bone Health and Osteoporosis Foundation (BHOF). However, I realized I wanted my support of BHOF to continue even after I'm gone. Including BHOF in my estate plan allows me to have an impact on osteoporosis in a significant way."

Thomas F. Koinis, MD, FAAFP,
Founder's Circle member

CORPORATIONS, FOUNDATIONS, AND ORGANIZATIONS

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.

$500,000 and Above

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$100,000-$499,999

UCB Inc.

$25,000-$99,999

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IN MEMORIAM: **CAROL SALINE**

We remember Carol Saline who passed away in 2025. She was an award-winning writer, best-selling author, and popular public speaker. She served as a Trustee from 2002-2013 for the National Osteoporosis Foundation (NOF), now known as the Bone Health and Osteoporosis Foundation (BHOF).

Carol was instrumental in several of our most successful events to include serving as Vice Chair of our Mothers to Daughters luncheon from 2008-2013 and hosting a Pearls of Strength event in Philadelphia in 2012. Her leadership also included serving on the National Honorary Committee of the Generations of Strength Campaign.

She stated that her main motivation in journalism was to “make a difference in peoples lives”. She certainly made a difference through her legacy of leadership for BHOF

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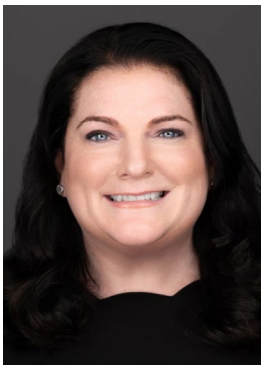

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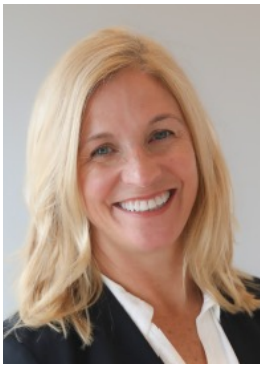

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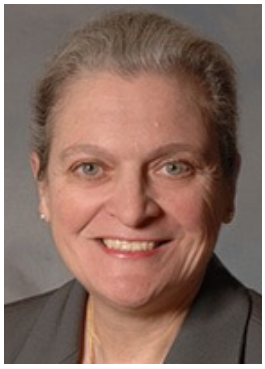

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2025 FINANCIALS

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENTS OF FINANCIAL POSITION

DECEMBER 31, 2025 AND 2024

	2025	2024
Assets		
Current assets		
Cash and cash equivalents	$ 2,058,488	$ 1,843,730
Investments	-	372,307
Contributions and bequests receivable	419,812	399,675
Other receivable	989	338
Prepaid expenses	226,676	89,015
Inventory	55,843	60,816
Total current assets	2,761,808	2,765,881
Property and equipment, at cost, net	7,703	8,531
Investments	4,195,226	3,894,467
Operating right-of-use asset	143,971	314,170
Total assets	$ 7,108,708	$ 6,983,049
Liabilities and Net Assets		
Current liabilities		
Accounts payable and accrued expenses	$ 266,604	$ 294,166
Deferred revenue	1,037,551	708,210
Total current liabilities	1,304,155	1,002,376
Other liabilities		
Obligations under charitable gift annuities	59,014	63,274
Operating lease liability	172,971	374,150
Total liabilities	1,536,140	1,439,800
Net assets		
Without donor restrictions	3,746,121	4,115,288
With donor restrictions	1,826,447	1,427,961
Total net assets	5,572,568	5,543,249
Total liabilities and net assets	$ 7,108,708	$ 6,983,049

BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENT OF ACTIVITIES

YEAR ENDED DECEMBER 31, 2025
(WITH COMPARATIVE TOTALS FOR THE YEAR ENDED DECEMBER 31, 2024)

	2025			
	Without Donor Restrictions	With Donor Restrictions	Total	2024 Total
Support and revenue				
Grant and contributions	$ 516,248	$ 1,993,088	$ 2,509,336	$ 2,495,407
Membership dues	82,725	-	82,725	66,275
Royalties and consulting income	257,191	-	257,191	257,644
Legacies and bequests	592,762	-	592,762	1,164,860
Publication sales	61,928	-	61,928	53,516
Contribution nonfinancial assets	6,547	-	6,547	6,503
Subscriptions income	15,000	-	15,000	18,000
Other income	145,630	-	145,630	140,495
Net assets released from restrictions				
Satisfaction of program restrictions	1,599,880	(1,599,880)	-	-
Total support and revenue	3,277,911	393,208	3,671,119	4,202,700
Expenses				
Program services				
Professional education	923,829	-	923,829	1,139,085
Patient education	767,436	-	767,436	741,399
Advocacy	838,634	-	838,634	737,836
Communications	166,792	-	166,792	153,351
Research	45,768	-	45,768	95,316
Membership	99,219	-	99,219	61,711
Paget's	17,250	-	17,250	9,373
Total program services	2,858,928	-	2,858,928	2,938,071
Supporting services				
Fundraising	891,983	-	891,983	838,841
Management and general	383,109	-	383,109	336,923
Total supporting expenses	1,275,092	-	1,275,092	1,175,764
Total expenses	4,134,020	-	4,134,020	4,113,835
Change in net assets before other income	(856,109)	393,208	(462,901)	88,865
Net investment income	479,019	5,278	484,297	351,093
American Bone Health education assets	7,923	-	7,923	-
Change in net assets	(369,167)	398,486	29,319	439,958
Net assets				
Beginning of year	4,115,288	1,427,961	5,543,249	5,103,291
End of year	$ 3,746,121	$ 1,826,447	$ 5,572,568	$ 5,543,249

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