

**BHOF WILL CONTINUE TO SHARE THE AMBASSADORS LEADERSHIP  
COUNCIL NEWSLETTER ON A QUARTERLY BASIS.**

Please let us know if you have any questions or would like additional information on any of the topics presented below. We look forward to your continued engagement and support by helping to share information on the importance of good bone health via our educational events and new resources.

**TIMELY NEWS**

**The National Osteoporosis Foundation (NOF) is Now the Bone Health and Osteoporosis Foundation (BHOF)**

The new name reinforces BHOF as the primary national health organization committed to promoting strong bones for life for a variety of audiences, preventing osteoporosis and broken bones, and reducing human suffering by leveraging a breadth of programs, including public and clinician awareness, education, advocacy, and research. The announcement was extremely well received, and there was much positive response to the news. Read the [press release](#), which provides additional details.

**The Evolution of NOF**

To support the rebrand announcement, Claire Gill, CEO; Robert Gagel, MD, Chairman, Board of Trustees; and Kenneth Lyles, MD, President, Board of Trustees offer an enlightening and engaging [webinar](#) showcasing highlights of the NOF brand transformation to BHOF. Please share this webinar link <https://vimeo.com/637173596> with your networks.

**What's Cooking? Delicious Recipes that are Good for Bone Health**

This lively cooking demonstration with Culinary Nutritionist [Regina Ragone](#), MS, RD, CDN, stars recipes from BHOF's [Healthy Bones, Build Them for Life® – The Food-for-Bones Cookbook](#). In addition, Regina offers some insider tips and tricks that she learned during her more than two decades leading test kitchens in some of the most well-regarded food/lifestyle magazines, including *Weight Watchers*, *Prevention*, and *Family Circle*. [Watch this entertaining cooking segment here.](#)

**Staying Strong, Vibrant and Full of Energy After Age 50**

In this compelling and informational conversation, Debra Atkinson, founder of [Flipping50](#), busts the myth about the slowing of your metabolism at menopause and beyond. Debra has been speaking on fitness and life-enhancing topics for more than 30 years. In this webinar, she shares her philosophy on how we can do safe and simple exercise programs at home that can help us reach our health and fitness goals at midlife and beyond! [Tune in to learn more.](#)

**Announcement of Congressional Bone Health Award Winners**

We are pleased to announce the inaugural recipients of a new national award to recognize members of Congress who have demonstrated outstanding leadership, advocacy, and commitment to protect and improve the bone health of Americans. The inaugural Congressional Bone Health Champion Award winners are:

- Senator Susan Collins (R-ME)
- [Senator Ben Cardin \(D-MD\)](#)

- Congressman John B. Larson (D-CT)
- [Congresswoman Jackie Walorski \(R-IN\)](#)

To read and share the full press release click here: <https://www.prnewswire.com/news-releases/recipients-of-inaugural-congressional-bone-health-champion-award-announced-301449379.htm>

### **New Pilot Program Aims to Improve Quality of Post-Fracture Care in Patients with Osteoporosis**

BHOF is collaborating with Medstar Health in Maryland and Atrium Health in North Carolina to support a systems approach to creating a post-fracture care pathway to help curb the osteoporosis crisis and prevent patients from suffering debilitating broken bones. The initiative is supported by Amgen and UCB.

Osteoporosis is treated by multiple specialties, underscoring the need for coordinated care to support patients with the disease. This partnership will evaluate how a systems approach can help drive fracture prevention prioritization and provide better quality care for patients. Additional elements of the partnership include developing and implementing efficiencies, best practice sharing across the program sites, creating tools that document and help communicate post-fracture care effectiveness, and providing virtual and in-person mentorship and learning opportunities for healthcare providers.

### **Giving Tuesday**

Giving Tuesday 2021 was a success! More than \$5,500 was raised via a series of Live Bone Chats covering a wide range of bone-health focused subject matter. BHOF's CEO, Claire Gill and Board Member, Charles Lawrence, made a donation on behalf of each attendee who joined the live chats. In case you missed them on Giving Tuesday, you can still tune in today. As you will note, the chats address a breadth of topics – there is something for everyone. Please share as you see fit.

- [Generations of Strength: Bone Health and Osteoporosis in Families](#)
- [Cancer and Bone Loss](#)
- [Bone Density Tests and Beyond](#)
- [BHOF Support Groups: Meeting Needs in Communities](#)
- [Be Bone Strong: Running for Bone Health](#)
- [Public Policy and Bone Health](#)
- [Men and Osteoporosis: What You Need to Know](#)

Your generosity throughout the year helps support BHOF's mission of 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. Please consider [donating](#) today. BHOF would be so grateful if you would also consider forwarding this request to appropriate contacts. Your generosity is greatly appreciated. Thank you.

### **Volunteer Spotlight Submissions**

BHOF would like to recognize and honor the good work, support, and partnerships of those who generously volunteer their time and expertise to NOF. Visit <https://www.bonetalk.org/articles/category/Volunteer+Spotlight> to review a sample of our committed volunteers. NOF would be very thankful if you would share a nomination for us to showcase. Please send Andrea Medeiros ([amedeiros@bonehealthandostoporosis.org](mailto:amedeiros@bonehealthandostoporosis.org)) the name and description of the volunteer's contributions (approximately 200 words or less). Self-nominations are always welcome!

### Healthy Bones/Healthy Communities

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 calcium and phosphate metabolism, bone biology, physiology, pathophysiology and related disorders, and osteoporosis epidemiology, diagnosis, and management.

Through the program, our goal is to train a minimum of 10 family practice, internal medicine, and/or obstetrics/gynecology providers per community in 8 to 10 cities across the country.

Healthy Bones, Healthy Communities began in 2019 and took place in-person in Houston, TX and Boston, MA. In 2020, the program was implemented in a virtual format in Spokane, WA and Columbus, OH. In 2021, the program occurred virtually in Pittsburgh, PA.

If you have any questions about this program, please contact BHOF at [education@bonehealthandosteoporosis.org](mailto:education@bonehealthandosteoporosis.org).

*BHOF thanks Amgen for its support of the Healthy Bones/Healthy Communities project.*

### Patient Pathways Project Update

BHOF is currently working on Phase 2 of the patient pathways project, which will be the creation of a patient-centric, care pathway online tool. Phase 1 was successfully completed in early December when three stakeholder groups – including patients, caregivers and clinicians – convened via Zoom to share experiences and insights. A white paper capturing input is currently in the works. Stay tuned for updates regarding the development of the online tool.

### Nutrition Webinars for Clinicians

The Nutrition for Bone Health Webinar Series is a FREE 2-part webinar series targeted to healthcare professionals and offers in-depth reviews of nutrition issues related to building and maintaining bone health throughout the lifespan.

The original webinars took place in November 2021 and can be viewed on BHOF's Learning Management System (LMS). Please click the Registration links below to access the on-demand webinars via the BHOF LMS.

#### Nutrition for Bone Health Throughout the Lifespan

**Faculty:** Shirin Hooshmand, PhD, RD

[Register Online](#)

#### Assessing Patient Calcium and Vitamin D Levels and Dietary Intake

**Faculty:** Sabrina E. Noel, PhD, RD

[Register Online](#)

### PHYSICIANS

BHOF designates this activity for a maximum of 1.0 *AMA PRA Category 1 Credits*<sup>™</sup>.

### NURSES AND NURSE PRACTITIONERS

BHOF designates this activity for a maximum of 1.0 continuing nursing education hours credit(s).

*This initiative was supported by Professional Educational Grants from Sunsweet.*

## Nurse Practitioner in Women's Health Webinars and Well Woman App

BHOF and the National Association of Nurse Practitioners in Women's Health (NPWH) partnered for the [Women's Bone Health Courses for NPs](#), a 4-part webinar series targeted to nurse practitioners and offering in-depth reviews of women's bone health issues.

Topics included:

- Adolescent and Young Adult Bone Health
- Protecting the Fragile Spine
- Bone Health at Midlife
- Diagnosis and Treatment of Osteoporosis in Women
- 

To view and share this educational webinar series, please click [here](#).

*This activity was made possible by support from Amgen and Medtronic.*

## ADVOCACY

### National Bone Health Policy Institute

On Oct. 5, 2021, BHOF announced a collaboration with Medstar Health in Maryland and Atrium Health in North Carolina to support a systems approach to creating a post-fracture care pathway to help curb the osteoporosis crisis and prevent patients from suffering debilitating broken bones. Read the press release for more details

<https://www.bonehealthandosteoporosis.org/news/new-pilot-program-aims-to-improve-quality-of-post-fracture-care-in-patients-with-osteoporosis/>. Please share with your constituents.

*The initiative is supported by Amgen and UCB.*

### The Bone Health and Osteoporosis Foundation and the Black Women's Health Imperative

The BHOF and the Black Women's Health Imperative worked together to address racial disparities in bone health. Although Black men and women are generally less likely to suffer from osteoporosis and sustain a fragility fracture, they have higher hospitalization rates, higher death rates following fractures, and lower bone mineral density (BMD) screening rates. You can read the full article here <https://ognsc.com/2021/10/18/its-time-to-address-racial-disparities-in-bone-health/>. We ask you to forward this timely and critical information to your networks.

### State Resolution to Officially Proclaim May 2022 as National Osteoporosis Month

While May is still a few months away, it is not too early to help BHOF continue to reinforce May 2022 as National Osteoporosis Month and spread awareness of osteoporosis and its impact.

The toolkit can be accessed here:

<https://www.dropbox.com/home/State%20Proclamation%20Kit>. The toolkit includes both a sample introductory statement and a sample resolution to be edited according to your own state's data shared in the [Milliman Report](#). The Milliman Report provides the state-specific information and critical numbers to assist you in completing the Proclamation. When you visit the link, you will find a map of the U.S. Simply click on your state and you will find relevant, individual findings. Please help BHOF with this important and much-needed initiative.

## GROWING OUR NETWORK

### Call to Action for Growing Our Network

Any Ambassadors who are interested in helping BHOF with its fundraising initiatives are asked to consider identifying two to three people in your network of professional and personal contacts with whom BHOF could connect to provide information about the importance of good bone health, osteoporosis prevention and BHOF's mission.

If you're willing, please share emails and/or mailing addresses with BHOF, and we will send a personal email or letter from CEO, Claire Gill, with important bone health information and invite them to learn more about our mission and activities. If appropriate, we would also recommend they consider becoming an ALC member. Please send your recommended contacts to [amedeiros@bonehealthandosteoporosis.org](mailto:amedeiros@bonehealthandosteoporosis.org).

[Make a tax-deductible donation to support BHOF today!](#) The work we do to support patients and caregivers and to teach healthcare providers how to prevent, diagnose, and treat osteoporosis would not be possible without donors like you. We know you have many organizations seeking your support, and we are extremely grateful that you make BHOF one of your priorities for giving. There are many ways to give, so please visit <https://www.bonehealthandosteoporosis.org/support-bhof/donate/> for more information.

### FOLLOW US

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LEARN MORE AT [WWW.BONEHEALTHANDOSTEOPOROSIS.ORG](http://WWW.BONEHEALTHANDOSTEOPOROSIS.ORG)