

## BHOF News & Updates

**Save the Date: May is  
Osteoporosis Awareness &  
Prevention Month!**



This May, let's step up for stronger bones! Osteoporosis typically develops without symptoms, so many people don't realize their bones are getting weaker until they experience a break. But with awareness and action, we can change that. This year, we're inviting everyone to get involved with our new *Walk a Mile Day in May* step challenge. Get ready to lace up your sneakers, track your steps, and take part in this all-ages effort to promote bone health. Stay tuned for more details about the challenge, resources, and ways to get involved! Let's take steps—big and small—toward better bone health together.

## In the News

[How to Keep Your Bones Strong](#)  
(The Washington Post, February 2025)

[A 'Nagging Gap': Screening Men for Osteoporosis](#) (Medscape, January 2025)

[How To Use a Weighted Vest for Osteoporosis And Overall Bone Health, According To Experts](#)  
(Women's Health, January 2025)

[Osteoporosis, the silent disease, can shorten your life – here's how to prevent fractures and keep bones healthy](#) (Akron Legal News, February 2025)

## Bone Talk Podcasts



**Reclaiming Strength:  
Building a Positive  
Vision After an  
Osteoporosis  
Diagnosis**

## LEARN MORE

### BHOF Be Bone Strong™ Team to Run the 2025 NYC and Sydney Marathons



BHOF is recruiting a group of inspired, dedicated runners to join its Be Bone Strong™ team for two marathons in 2025, the TCS New York City Marathon and the TCS Sydney Marathon. The team is committed to showcasing the critical importance of bone health throughout the lifespan. These devoted runners will continue to raise awareness, raise much-needed funds, and encourage others to prevent osteoporosis and broken bones by taking steps to promote strong bones for life.

## LEARN MORE

### BHOF Recognized as a Gold MyPlate Champion



The MyPlate National Strategic Partner Team has awarded the Bone Health & Osteoporosis



Claire Gill, CEO of the Bone Health & Osteoporosis Foundation, sat down with Jenna Zaffino, a board-certified health and wellness coach, to discuss building a powerful vision for wellbeing after an osteoporosis diagnosis. Receiving such a diagnosis can be daunting, but it can also be a transformative opportunity to prioritize health and create a fulfilling life. Jenna shares how a diagnosis often creates fear and uncertainty, but it doesn't have to define your future. She emphasizes acknowledging that initial fear while also exploring what brings joy and meaning to life. [Click here](#) to learn more and listen to this episode.

### Sisterhood & Strength: Advocating for Bone Health with Delta Phi Lambda Sorority



On this episode of Bone Talk, BHOF CEO Claire Gill is joined by Kristen "N'ylah" Singharat, Philanthropy Manager for Delta Phi Lambda Sorority, Inc. In 2018, Delta Phi Lambda selected osteoporosis awareness as their national philanthropy focus,

Foundation the Gold MyPlate Champion achievement for its dedication to promoting healthy nutrition. MyPlate, the USDA's nutrition guide, emphasizes balanced eating with fruits, vegetables, grains, protein, and dairy to support overall health—including strong bones. This recognition highlights BHOFF's active participation in the MyPlate National Strategic Partnership and its commitment to educating the public on the connection between nutrition and bone health as part of the FY2025 Partner Recognition Program.

## **Advocacy**

### **Empowering Advocates: BHOFF Hosts Ambassadors Leadership Council Academy**



From March 8-10, the Bone Health & Osteoporosis Foundation hosted the Ambassadors Leadership Council Academy (ALCA) in Washington, DC—a dynamic training seminar designed to empower patient advocates. This three-day training provided participants with valuable opportunities to strengthen their leadership skills, connect with fellow advocates, and deepen their impact. A key highlight of the Academy was Hill Day, where attendees met with elected officials to raise awareness about critical bone health issues and advocate for policies that support osteoporosis prevention, treatment, and research. By equipping advocates with the tools and confidence to be powerful voices for change, ALCA is strengthening efforts to keep bone health at the forefront of national health priorities.

### **Urgent: Help Protect Tax-Deductible Donations for Nonprofit Health Organizations**

partnering with American Bone Health, which later merged into the Bone Health and Osteoporosis Foundation (BHOFF). This partnership has provided valuable educational resources, helping members become peer educators who inform their communities about bone health. [Click here](#) to learn more and listen to this episode.

## **Connect with BHOFF**

### **Find a Support Group**



Support groups offer a valuable space to connect with others who are also managing osteoporosis, allowing you to gain practical insights and advice from peers who understand your journey. These groups create a welcoming environment to openly discuss experiences, share feelings, and set goals that help you stay active and independent. Whether you're seeking an in-person or virtual option, visit the Building Strength Together® support group page to find the right fit for you. Clinicians and patients are also encouraged to start a BHOFF Support Group in their community to provide local support and resources.

**LEARN MORE**

### **Bone Buddies Virtual Support Group: April Schedule**





BHOF has formally voiced its concerns by [submitting letters](#) to both the Senate Finance Committee and the House Ways & Means Committee, urging them to reconsider a proposed measure that could eliminate tax-deductible donations for nonprofit health organizations. We have also prepared [template letters](#) that can be personalized for constituents to send concerns to their representatives accordingly.

[READ MORE](#)

BHOF is grateful to Amgen Inc., UCB, Inc., and Sandoz for their support of the National Bone Health Policy Institute.

## Education

### Take the Bone Health Quiz



Are you at risk for osteoporosis or fractures? The Bone Health Quiz is a quick and easy way to learn about your bone health. As you answer the questions, important bone health facts will appear, helping you understand your risk factors. If any concerns arise, they'll be highlighted in red, signaling that it's time to talk to your healthcare provider.



Join the Bone Buddies Online Virtual Support Group this April! Sessions cover topics ranging from diet, exercise, treatment, and more! Group meetings are a fun, relaxing way to learn new information about bone health and managing osteoporosis. It can also be a great way to meet others who are dealing with low bone density.

[LEARN MORE](#)

### Join the BHOF Online Community, Hosted by Inspire



The BHOF Online Community, hosted by Inspire, is a welcoming space where individuals facing osteoporosis and bone health challenges can connect, share experiences, and support one another. This interactive platform fosters meaningful conversations, offering a place to exchange advice, gain insights, and find encouragement from those who understand. Whether you need practical tips for managing osteoporosis or simply a supportive community to lean on, this online space is here for you—anytime, anywhere.



Take the quiz today and take charge of your bone health!

## TAKE THE QUIZ

### Move, Groove, and Strengthen: How Dancing Supports Bone Health



Physical activity is key to supporting bone health, and one great way to do it doesn't require a gym membership, special equipment, or even a strict routine. All that's needed is a good beat and a little space to move. That's right—dancing is not only a fun way to express yourself, but it's also an incredible weight-bearing exercise that helps build and maintain strong bones. Whether you love salsa, line dancing, or just moving to your favorite songs at home, it's a joyful and effective way to support bone health at any age. Here's why you should get your groove on—and a playlist to help you do it!

## READ MORE

### Bone Up on Nutrition with MyPlate: A Stronger You Starts with Smarter Eating

## JOIN NOW

### Empower Your Community: Become a Peer Educator



Join our Peer Educator Program and become a community leader in promoting bone health! As the backbone of our organization, Peer Educators receive comprehensive online training, including modules on bone health, nutrition, exercise, fall prevention, and more. With coaching and support, you'll be prepared to share vital information at workshops, health fairs, and screenings. By committing just one year and two activities annually, you'll gain valuable skills, expand your professional network, and make a lasting impact in the fight against osteoporosis. Sign up today and inspire healthier futures in your community!

## LEARN MORE

BHOF is grateful to Sandoz for their support of the BHOF Peer Educator Program.

### Patient Registry

Healthy Bones,  
Build Them for Life®  
PATIENT REGISTRY

*Translating Your  
Journey to Progress*

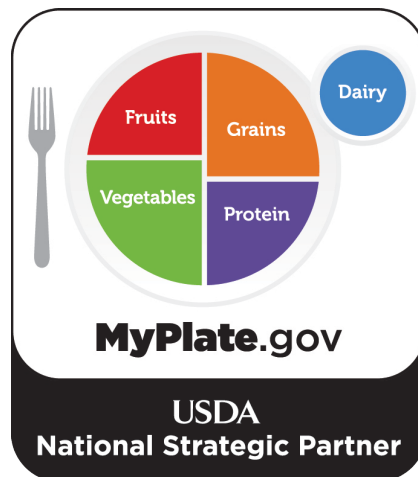




March is National Nutrition Month—a great time to take a fresh look at how your food choices impact your bone health. Your bones are constantly changing, and the nutrients you consume play a crucial role in keeping them strong and resilient. Fuel your body for better bone health with a few smart, simple strategies.

## LEARN MORE

BHOF is proud to be a USDA National Strategic Partner supporting [MyPlate.gov](https://www.myplate.gov), which offers tips and resources that support a healthy diet.



## Why Healthy Bones Matter™ for the Black Community

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 journey and show what patients need and want most. Sharing your experience 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.

## LEARN MORE

## Have you included BHOF in your estate plans?



A gift in your estate plan provides you with an incredible opportunity to recognize your heroes who are living and pay tribute to those who have passed. To learn more about becoming a member of the Founder's Circle by including BHOF in your estate plans please visit [bhof.myplannedgift.org](https://bhof.myplannedgift.org). I am standing by to help your kindness and theirs resonate for generations to come.

Nan Young, MPA  
 Director of Development  
[nyoung@bonehealthandosteoporosis.org](mailto:nyoung@bonehealthandosteoporosis.org)  
[703-647-3005](tel:703-647-3005)



Why Healthy Bones Matter™ for the Black Community is now on BHOF's Learning Management System on-demand. This program provides insight into how medical conditions, medicines, and family history can affect your risk for fractures. Unfortunately, Black Americans are less likely to be screened for osteoporosis, receive treatment and are more likely to have chronic conditions bad for bones. Learn the myths about bone health and what you can do to understand your risk profile and make a change today!

**SIGN UP NOW**

## Bone Health and HIV: What You Need to Know



**Why Healthy Bones Matter™ for People Living with HIV:** BHOF is committed to educating Americans living with HIV about how to protect their bones. We have created a 1-hour on-demand virtual program tailored to the needs of people living with HIV, as well as their families and caregivers. [Click here](#) to sign up for this 1-hour virtual program.

**Bone Health & HIV Health Educator Training Course:** This continuing education activity is intended for use by health professionals who participate in the care of patients at risk for or

## Your Path to Good Bone Health



### [Your Path to Good Bone Health](#)

is a digital tool designed for patients and their care partners, offering support at any stage of their osteoporosis journey. This comprehensive resource serves as a roadmap, guiding you through key information and directing you to relevant resources to address your specific questions. Whether you're focused on prevention, have recently been diagnosed, or have been managing the disease for some time, this tool provides answers and support for each phase of your journey.

**FIND MY PATH**

BHOF is grateful to Amgen Inc. and UCB, Inc. for their support of this initiative.

## [BHOF Partners](#)

### HealthWell Foundation



HEALTHWELL  
FOUNDATION®

The HealthWell Foundation is a

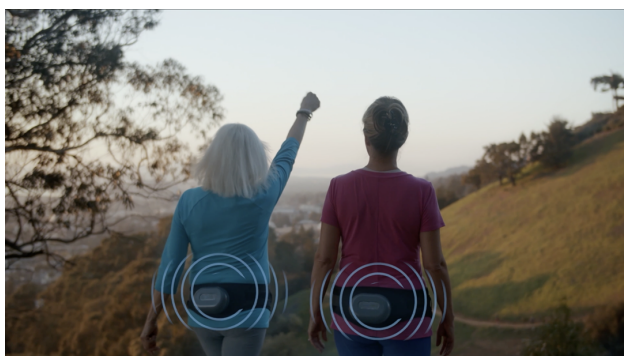


suffering from HIV Case managers in Florida will receive Love Your Bones toolkits for their clients while supplies last. [Click here](#) to learn more and sign up.

## LEARN MORE

The *Bone Health & HIV* training courses were originally developed by American Bone Health, now under the umbrella of BHOF, and funded in part by Suncoast Health Council & the Florida Department of Health.

## Osteoboost: New FDA Cleared Treatment for Low Bone Density



By now you may have heard of [Osteoboost](#), a new wearable vibration therapy device making waves in bone health circles. Osteoboost is the only FDA-cleared non-pharmaceutical prescription treatment for low bone density, and it's clinically proven to reduce the loss of bone density in postmenopausal women.

Clinical trial results were [recently published in JBMR® Plus](#), the prestigious peer-reviewed journal of the American Society for Bone and Mineral Research (ASBMR).

Inspired by NASA-funded research addressing astronaut bone loss in space, Osteoboost's auto-calibrated precision vibration therapy, used daily for 30 minutes, targets the lumbar spine and hips—where people are at greatest risk of debilitating fractures.

Osteoboost includes an app to track treatment sessions plus daily calcium and vitamin D intake. The app also features a personalized, osteoporosis-specific exercise program focused on bone strengthening and fall prevention.

To learn more, listen and view the recent [in-depth Osteoboost webinar](#), where the company's top

leading independent non-profit dedicated to improving access to health care for America's underinsured. When health insurance is not enough, the foundation fills the gap by assisting with copays, premiums, deductibles, and out-of-pocket expenses. In 2022, HealthWell awarded more than \$896 million in grants through their Disease Funds, and since 2004 they have helped more than 822,000 patients afford essential treatments and medications. [Click here](#) to sign up for email or text alerts to receive instant notifications of HealthWell's diverse portfolio of disease funds in real-time, including the [Post-Menopausal Osteoporosis - Medicare Access Fund](#).

## Menopause Cheat Sheet

### Menopause Cheat Sheet

before, during and after the pause

Bone Health Ambassador, BHOF trustee and award-winning author, Barbara Hannah Grufferman, is founder and editor of Menopause Cheat Sheet, a weekly newsletter for women 45+ which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to Menopause Cheat Sheet [here](#).

## NeedyMeds



For almost 25 years, national nonprofit NeedyMeds has been helping patients meet their healthcare costs including, but

science and clinical experts explain the science of targeted vibration therapy. Preorders for the Osteoboost open soon—[register here](#) for updates and notifications.

To obtain a prescription for Osteoboost, please download and share our [healthcare provider flyer and prescription form](#) with your doctor.

## LEARN MORE

## Upcoming Events & Webinars



Find several upcoming events about topics such as the importance of posture and body mechanics to prevent fractures, safe movement, fall prevention, and more. Some upcoming programs include:

- Why Healthy Bones Matter™ for People with Breast Cancer
- Balance Exercise Class
- Healthy Bones for Life™
- Posture Power™
- Freedom from Fractures™

## FIND EVENTS

not limited to, medications. NeedyMeds offers assistance for free and anonymously through their website ([NeedyMeds.org](https://www.NeedyMeds.org)) and helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do! They're there to help.

## PAN Foundation



BHOF is an Alliance Partner of the Patient Access Network (PAN) which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

[www.panfoundation.org](https://www.panfoundation.org)

## FOLLOW US



251 18th Street S, Suite 630, Arlington, VA, 22202 | Tel: 1 (800) 231-4222  
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Charity Navigator



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