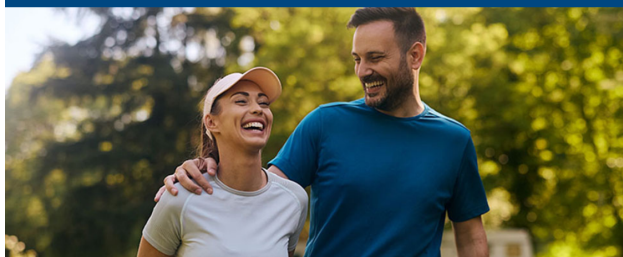


## BHOF News & Updates

### Fundraise Your Own Way!

BHOF Introduces New Online Fundraising Platform

Start a Fundraiser – Learn How!



We're excited to launch Fundraise Your Own Way, a new online platform that makes it easy to support the Bone Health & Osteoporosis Foundation (BHOF) in a way that is meaningful to you. You can create a personal fundraising page, share your story, and invite others to join you. Whether you're celebrating a birthday, honoring a loved one, raising awareness in your community, or simply passionate about bone health, this flexible tool empowers you to make a difference on your own terms.

Your efforts help amplify BHOF's mission by educating younger generations about prevention, advocating for bone density screenings as women reach menopause, supporting post-fracture care for those living with osteoporosis, and more. Together, we can build a future where fractures

## In the News



[Bone Health Fitness](#) (Fox5, April 2025) — BHOF Ambassadors Kavita Patel and Rebekah Rotstein joined Good Day DC to share tips on how to build and maintain bone strength.

[How the Mediterranean Diet and Exercise Can Protect Bone Health in Older Adults](#) (NBC News, April 2025)

[A Passion for Bone Health](#) (City Lifestyle, April 2025)

[Wellness Wednesday: Bone Health](#) (KOB4, April 2025)

[Bone Up on Bone Health](#) (Senior Planet from AARP, May 2025)

[6 Foods You Should Be Eating for Bone Health, According to Dietitians](#) (Eating Well, May 2025)

[Healthy SA: Making Sure Your Bones Are in Tip Top Shape as Aging Takes](#)

are preventable and everyone can enjoy long, independent, and active lives.

Need some inspiration? [Click here](#) to see an example of what your personal page could look like!

## LEARN MORE

### Osteoporosis Awareness & Prevention Month Highlights



Each May, we rally our community to raise awareness about osteoporosis and the importance of bone health. This year's campaign focused on movement, connection, and education. The [Walk a Mile a Day in May](#) challenge encouraged people of all ages to get moving and support stronger bones, one step at a time. We also launched the [Be Bone Strong™ Walking Clubs](#) initiative to inspire local walking groups. Our [first club](#) is already active in Virginia Beach, led by Be Bone Strong™ Team Captain Barbara Hannah Grufferman.

Throughout the month, we offered [expert-led webinars](#), hosted a safe movement [Q&A](#) in our Inspire online support community, and shared [free video resources](#) focused on posture, strength, and balance. BHOE Trustee and fitness coach [Jenny Rappole](#) also led a 31-day plank challenge to promote core, posture, and bone strength. Celebrity Cameos from actresses [Jennifer Garner](#) and [Judy Greer](#), and Olympic legend [Jackie](#)

[Hold](#) (KENS5, May 2025)

[Health First Medical Professional: Osteoporosis Isn't Just a Women's Disease](#) (Space Coast Daily, June 2025)

[An Estimated 40 Million Americans Have Osteopenia, But Many Are Unaware. Here's How You Can Take Charge](#) (Fortune, June 2025)

### Latest Breakthroughs In Bone Health



On this episode of the AGE BETTER Podcast, Barbara Hannah Grufferman is joined by Claire Gill, CEO of the Bone Health and Osteoporosis Foundation, to share key insights from the Interdisciplinary Symposium on Osteoporosis. The conversation covers the growing impact of osteoporosis, the importance of strength training, new technologies for early detection, the urgent need to close the treatment gap, and more.

## LISTEN NOW

### [Bone Talk Podcasts](#)



[Joyner-Kersee](#) helped amplify our message. Our [social media toolkit](#) also made it easy for individuals and care partners to join the conversation and spread the word.

Thank you for helping us make May a meaningful month for bone health awareness. Your support keeps the momentum going!

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



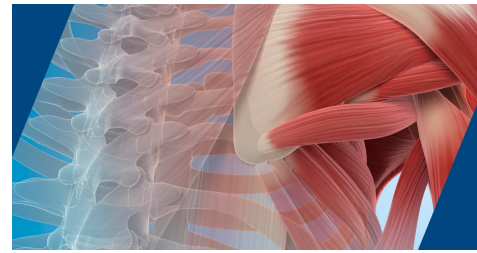
BHOF is recruiting a group of inspired, dedicated runners to join its Be Bone Strong™ team for two marathons in 2025, the TCS New York City Marathon and the TCS Sydney Marathon. The team is committed to showcasing the critical importance of bone health throughout the lifespan. These devoted runners will 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 Earns Top Ratings for Excellence and Transparency



## Sarcopenia and Aging: Understanding Muscle Loss and Bone Health



On this episode of *Bone Talk*, we explore the critical connection between bone health and sarcopenia, a condition that causes significant loss of muscle mass and strength beyond what's expected with normal aging. Our guest, Dr. Stuart Phillips, is a leading expert on skeletal muscle health and a Tier 1 Canada Research Chair at McMaster University, where he also directs two major research centers focused on exercise, nutrition, and aging. He shares insights from decades of research on how physical activity and nutrition affect muscle and body composition. Although osteoporosis often gets more attention, sarcopenia also has a major impact on mobility, independence, and quality of life. Dr. Phillips emphasizes that even small amounts of regular exercise can make a meaningful difference as we age. [Click here to learn more](#) and listen to this episode.

## Start a 'Be Bone Strong' Walking Club



On this inspiring episode of *Bone Talk*, BHOF CEO Claire Gill welcomes author, advocate, and former BHOF trustee Barbara Hannah Grufferman



We're proud to share that the BHOE has earned a Four-Star Rating from Charity Navigator, the nation's largest and most trusted nonprofit evaluator. This is the highest rating awarded and reflects our commitment to effectiveness, accountability, and sound financial management. BHOE has also received the 2025 Platinum Seal of Transparency from Candid. This top-level recognition highlights our dedication to sharing clear and comprehensive information about our mission, programs, finances, and impact. These achievements reflect the strength of our community. Your support as contributors, funders, and volunteers makes it possible for us to serve those affected by osteoporosis and promote better bone health for all. Thank you for being part of our journey.

## National Health Council's Science of Patient Engagement Symposium



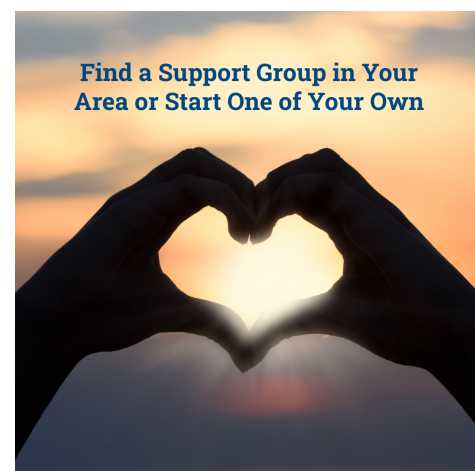
We had a productive time at the National Health Council's recent Science of Patient Engagement Symposium! BHOE was proud to present our work on the [Building Osteoporosis Networks and Engagement Using Partnerships \(BONEUP\)](#) initiative highlighting how collaboration and education can strengthen support for people living with osteoporosis. We are grateful for the opportunity to share, learn, and connect with others committed to patient-centered progress!

## Tara Knight, DNP, FNP-C, Honored With the 2025 Robert F. Gagel, M.D. Community Leadership Award

to share how walking can help transform bone health, boost connections, and reshape how we age. After a wake-up call about her own low bone density, Barbara became a passionate advocate for movement, aging well, and building community. She's completed 17 marathons since turning 50 and now serves as Special Advisor to the BHOE Board and Team Captain of the Be Bone Strong™ initiative, leading efforts to launch walking clubs nationwide while proving that fitness can be fun, inclusive, and doable at any age. [Click here to learn more](#) and listen to this episode.

## Connect with BHOE

### Find a Strength in Community



Living with osteoporosis can feel isolating, but you don't have to go it alone. Support groups bring people together to share experiences, swap tips, and encourage one another in a friendly, understanding space. Whether you are looking for helpful advice, emotional support, or simply a place to feel heard, connecting with others on a similar journey can make all the difference. Explore virtual and in-person options on our [Building Strength Together® support group page](#) to find a group that fits your needs. Patients and clinicians are also invited to start a BHOE Support





We are 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.

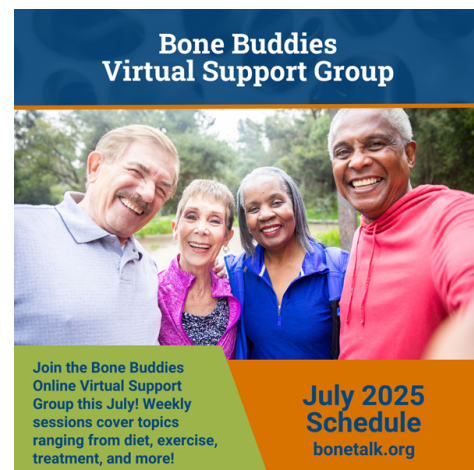
[READ MORE](#)

**Be Bone Strong™ Walking Clubs: Take the First Step**

Group to bring resources and connection to their local community.

[LEARN MORE](#)

**Connect, Learn, and Share with Bone Buddies This July**



Looking for support and information on your bone health journey? Join the Bone Buddies Online Virtual Support Group this July. Each session explores helpful topics like nutrition, exercise, treatment options, and everyday tips for living well with osteoporosis. It's a welcoming space to learn, ask questions, and connect with others who understand what it's like to manage low bone density.

[LEARN MORE](#)

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



In a special webinar, Be Bone Strong™ Team Captain and longtime BHOF advocate Barbara Hannah Grufferman shares what inspired her to start her own walking club and offers practical tips to help you begin one in your community. Whether you walk every day or are just getting started, this is your invitation to take the next step toward better bone health.

Watch the webinar recording:  
[vimeo.com/1082278890](https://vimeo.com/1082278890)

**LEARN MORE**

## **Advocacy**

### **A Record Twenty-Five States Take Action to Address Osteoporosis Awareness and Prevention**



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.

**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



Twenty-five states have taken 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. [Arkansas](#), [Arizona](#), [Colorado](#), [Georgia](#), [Hawaii](#), [Kansas](#), [Las Vegas – Nevada](#), [Maine](#), [Maryland](#), [Massachusetts](#), [Michigan](#), [Mississippi](#), [New Jersey](#), [New Mexico](#), [North Carolina](#), [North Dakota](#), [Ohio](#), [Pennsylvania](#), [South Carolina](#), [South Dakota](#), [Tennessee](#), [Virginia](#), [Washington](#), [West Virginia](#), and [Wisconsin](#) have passed, introduced legislation, or made gubernatorial proclamations calling for action to raise awareness and declare May 2025 as Osteoporosis Awareness and Prevention Month.

**READ MORE**

## **Education**

### **Men Get Osteoporosis Too: What You Need to Know**

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*



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 considered making a gift from your donor-advised fund (DAF)?**



## Men Get Osteoporosis Too: What You Need to Know



Osteoporosis is often seen as a women's disease, but [it affects men too](#). In the United States, an estimated 2 million men have osteoporosis, and another 16 million have low bone mass. After age 50, one in four men will break a bone due to osteoporosis, and men are more likely than women to experience serious complications after a hip fracture.

The good news is that men can take action to protect their bone health. While men generally build more bone in youth and lose it more slowly with age, screening and healthy habits are still essential.

Here are a few ways to get started:

**Get screened.** [Talk to your healthcare provider](#) about a bone density test, especially if you are 70 or older or have risk factors.

**Stay active.** Weight-bearing and muscle-strengthening [exercise](#) supports bone health.

**Focus on nutrition.** Aim for enough [calcium and vitamin D](#) each day.

**Avoid risk factors.** Limit alcohol, avoid smoking, and speak with your provider about medications that may affect your bones.

A few simple changes can help you stay active and independent for years to come. Download [The Man's Guide to Osteoporosis](#) for a complete overview of risk factors and the steps you can take today to protect your bone health.

## How Strong Are Your Bones?



When you give through a grant from your DAF, you can help those impacted by osteoporosis in the U.S. and around the world. Make a DAF grant today!

If you would like to learn more, please contact:

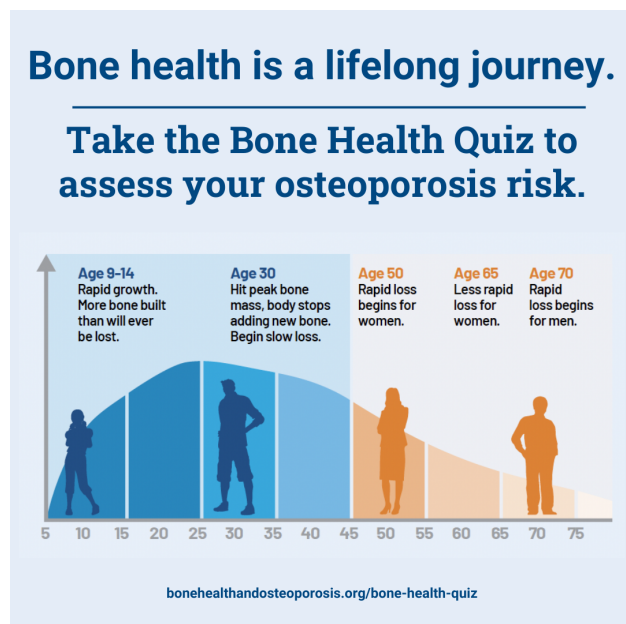
Nan Young, MPA  
Director of Development  
[nyoung@bonehealthandosteoporosis.org](mailto:nyoung@bonehealthandosteoporosis.org)  
[703-647-3005](tel:703-647-3005)

## 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

## Take the Bone Health Quiz to Find Out!



Your bones support you every day—make sure you are supporting them too. The Bone Health Quiz is a quick and easy way to learn about your risk for osteoporosis and fractures. As you answer a few simple questions, you will see helpful facts about bone health. If any of your answers suggest a possible risk, they will be highlighted in red letting you know it is time to talk with your healthcare provider.

Take the quiz today and take the first step toward protecting your bones for life.

**TAKE THE QUIZ**

## Spanish-Language Resources

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.

## 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:

- Beyond the Break™
- Healthy Bones for Life™
- Eating for Healthy Bones™
- Posture Power™

**FIND EVENTS**

## BHOF Partners

**HealthWell Foundation**



These two Spanish-language one-pagers are designed to help you take control of your bone health. [Tomando El Control De La Salud De Sus Huesos](#) (Take Charge of Your Bone Health) provides easy-to-follow tips on preventing osteoporosis, building strong bones, and understanding your risk factors. [Preguntas Para Hacerle A Su Medico Acerca De La Salud De Sus Huesos](#) (Questions to Ask Your Healthcare Provider) helps you prepare for your next medical visit with important questions to guide a proactive conversation with your healthcare provider. These resources make it easier to stay informed and take steps toward stronger, healthier bones with culturally relevant resources for Spanish-speaking communities.

The BONEUP project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$375,000.00 with 100 percent funded by CDC/HHS during year one. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

## Fuel Your Bones with Smart Nutrition



HEALTHWELL  
FOUNDATION®

The HealthWell Foundation is a 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



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





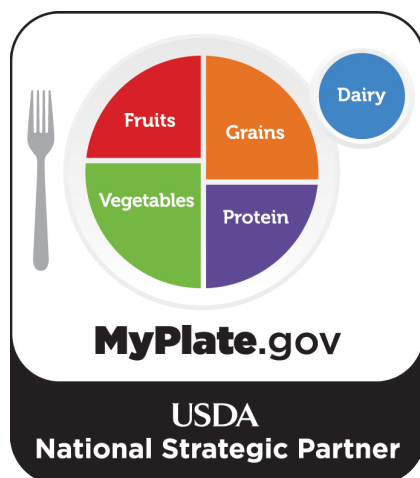
For almost 25 years, national nonprofit NeedyMeds has been helping patients meet their healthcare costs including, but not limited to, medications. NeedyMeds offers assistance for free and anonymously through their website ([NeedyMeds.org](https://www.NeedyMeds.org)) and helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do! They're there to help.

A well-balanced diet rich in fruits, vegetables, protein, and dairy can provide many of the key nutrients your body needs to build and maintain strong bones. Two of the most important are [calcium and vitamin D](#). Calcium serves as a critical building block for bone structure, while vitamin D helps your body absorb calcium effectively. Your needs for these nutrients can vary based on age and sex.

Visit the [MyPlate Plan](https://www.MyPlate.gov) to see how much you need from each food group to support lifelong bone health.

## 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



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 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 BHOH, and funded in part by Suncoast Health Council & the Florida Department of Health.

#### FOLLOW US



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