

BHOF News & Updates

BHOF Be Bone Strong™ Team Takes on the 2026 NYC and Sydney Marathons



This year, BHOF's Be Bone Strong™ Teams are taking on two of the world's most iconic races: the TCS New York City Marathon on November 1 and the TCS Sydney Marathon on August 30.

Our dedicated runners are helping raise awareness about osteoporosis and the importance of lifelong bone health while supporting BHOF's mission to prevent broken bones and improve the lives of those affected by osteoporosis. Every mile they run helps shine a spotlight on a disease that causes more than 2 million broken bones each year in the United States alone.

In the News

[Bone Loss Can Start Before Menopause: 10 Things to Do About It Now](#) (Black Doctor, June 2026)

[Shifting Attitudes on Menopause Drive Lawmakers to Push for New Protections](#) (Stateline, May 2026)

[Protecting Women by Prioritizing Menopause and Osteoporosis Policies](#) (PA House, May 2026)

[100+ Advocates Bring a Midterm Mandate on Women's Health to Capitol Hill](#) (Forbes, May 2026)

[Can Bone Loss in Women Begin Silently After 30? Expert Weighs In](#) (Only My Health, May 2026)

[The Osteoporosis Post-Fracture Protocol: How to Stop One Break from Becoming Three](#) (Everyday Health, April 2026)

Bone Talk Podcasts

We are grateful to our runners for their commitment to building awareness, inspiring action, and helping more people protect their bone health.

[LEARN MORE](#)

Start a Be Bone Strong™ Walking Club



Staying active is one of the best things you can do for your bone health—and walking is an easy, enjoyable, and effective way to build strong bones and prevent osteoporosis. That's why BHOF is launching *'Be Bone Strong'™ Walking Clubs* in communities across the country!

These local walking clubs are open to everyone and will be led by enthusiastic community members who are passionate about healthy living and building connections. Walks are held weekly and designed to be fun, social, and accessible—whether you're already a regular walker or just getting started.

Each club follows a moderate-paced walking route, typically lasting 30–60 minutes, and focuses on movement, motivation, and meeting others.

[LEARN MORE](#)

Osteoporosis Awareness & Prevention Month Highlights



Strong From the Inside Out: Why Pelvic Floor Health Matters for Your Bones



On this episode of Bone Talk, BHOF CEO Claire Gill is joined by Ingrid Harm-Ernandes, PT, WCS, BCB-PMD to unpack a topic many overlook in bone health conversations: the pelvic floor. Their discussion reveals how this hidden muscle system plays a critical role in strength, balance, mobility, and fall prevention. The pelvic floor is more than just a support structure. It acts as a foundation for the body, working in coordination with the core, hips, and spine. When functioning properly, it supports organs, controls bladder and bowel function, contributes to sexual health,



Each May, we come together to raise awareness about osteoporosis and the importance of protecting bone health at every age. This year's [Osteoporosis Awareness & Prevention Month](#) theme, *Building Better Bones Together*, focused on the role that community, support, and healthy habits play in helping people stay strong and active throughout life.

Throughout the month, BHO shared educational resources and insights centered on four key areas: nutrition, physical activity, support, and personal experiences. We also hosted an [Ask the Experts discussion](#) on exercise for bone and joint health within our Inspire Bone Health and Osteoporosis Community. Experts Michelle McLeod, PhD, and Brittany Pabon, DPT, answered community questions and shared practical guidance on staying active safely while supporting bone and joint health.

A variety of webinars, educational programs, and community events were also offered throughout the month, providing opportunities for people to connect, learn, and take action for their bone health. Supporters helped amplify key messages and resources, reinforcing the importance of awareness, prevention, and early detection.

Thank you to everyone who participated, shared resources, attended events, and helped spread the word. Together, we are building stronger bones, stronger communities, and a future with better bone health for all.

and stabilizes movement. When it is weak or not functioning correctly, it can increase the risk of falls and fractures. [Click here](#) to learn more and listen to this episode.

Strong Bones for Midlife Women: Building Strength, Preventing Fractures, and Aging Well



On this episode of Bone Talk, BHO CEO Claire Gill talks with physical therapist and health coach Lisa Hamilton, PT, DPT, NBC-HWC about why midlife is such a critical window for bone health. Their conversation focuses on how women can take proactive steps to build strength, prevent fractures, and stay active and independent as they age. One of the most important themes is a mindset shift. Midlife is not a period of decline, it's an opportunity. While bone loss does accelerate during perimenopause and menopause due to declining estrogen, this stage of life is also when the actions you take can have the greatest long-term impact. Rather than waiting for a diagnosis or a fracture, this is the time to build habits that support strength and resilience. [Click here](#) to learn more and listen to this episode.

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Interdisciplinary Symposium on Osteoporosis (ISO2026) Recap



The Bone Health and Osteoporosis Foundation welcomed attendees to the [Interdisciplinary Symposium on Osteoporosis \(ISO2026\)](#) at the Capital Hilton in Washington, D.C., May 28 through 30, 2026. The symposium began with a Fracture Liaison Service (FLS) Workshop on May 27, bringing together clinicians and care coordinators for a focused pre-conference workshop on best practices in secondary fracture prevention. The symposium then brought together clinicians, researchers, and allied health professionals from across the country for three days of expert led educational sessions, interactive programming, and collaborative exchange.

At ISO2026, keynote speaker Pamela Barnum, delivered a session on “Misinformation and Enhanced Communication,” equipping attendees with practical strategies to build trust, address patient concerns, and navigate conflicting information in bone health care. One overarching takeaway from the program was the importance of multidisciplinary, patient-centered approaches that integrate up-to-date clinical evidence, effective communication, and coordinated care to close gaps in osteoporosis screening, treatment, and secondary fracture prevention. BHOFF thanks all planning committee members, faculty and attendees who made this year's symposium a success.

BHOFF gratefully acknowledges the generous support of Amgen, Ascendis Pharma, Kyowa Kirin, and Radius, whose contributions made ISO2026

Connect with BHOFF

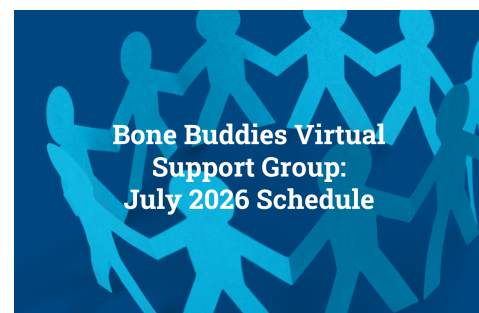
Find a Strength in Community



Our Building Strength Together® support groups provide opportunities to connect with others, share experiences, learn from one another, and find encouragement in a welcoming environment. Whether you're looking for practical tips, educational resources, or the support of people who understand what you're going through, there are both virtual and in-person groups available. Patients, caregivers, and healthcare professionals are also encouraged to start a BHOFF Support Group and help bring support, education, and connection to their local community. Explore the [Building Strength Together® support group page](#) to find a group near you or learn how to start one.

LEARN MORE

Connect, Learn, and Share with Bone Buddies This July



possible.

Dr. Shannon Carpenter Honored With the 2026 Robert F. Gagel, M.D. Community Leadership Award



BHOFF is proud to recognize Shannon Carpenter, M.D., as the recipient of the 2026 Robert F. Gagel, M.D. Community Leadership Award. The award honors healthcare professionals who are making a lasting impact on osteoporosis care and raising awareness about bone health in their communities.

A board-certified orthopedic surgeon and founder of The Bone Health Clinic in Kansas City, Dr. Carpenter has been a leader in prevention-focused bone health care, emphasizing early detection, patient education, and proactive management of osteoporosis. She is also the creator of the Demand the Scan campaign, which encourages women to receive a DXA scan at the time of their first mammogram to help identify osteoporosis risk earlier.

Through her clinical leadership, advocacy, and commitment to improving bone health care, Dr. Carpenter is helping advance better outcomes for patients and greater awareness of osteoporosis

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.

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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:

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

FIND EVENTS

Visit the BHOFF Career Center

nationwide.

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Poster Session at the Society for Public Health Education (SOPHE) Annual Conference



We were pleased to join colleagues from across the country at the recent [Society for Public Health Education \(SOPHE\) Annual Conference](#), where leaders in health education came together to share ideas, strengthen skills, and advance public health practice.

BHOFF Program Manager of Science & Education Jordan Childs represented BHOFF at a poster session highlighting efforts to address osteoporosis disparities through education, outreach, and evaluation. The work demonstrates how education-driven, equity-centered approaches—grounded in evaluation and supported by data-driven planning—can strengthen public health outcomes and expand access to bone health resources.

Growth and Impact of the BoneFit Program



Whether you're exploring your next career opportunity or seeking qualified professionals, the BHOFF Career Center connects talent across the bone health community. Job seekers can explore opportunities in clinical care, research, nursing, allied health, healthcare leadership, and more.

You'll also have access to optional career tools, including resume support and coaching services, designed to help you stand out in a competitive market.

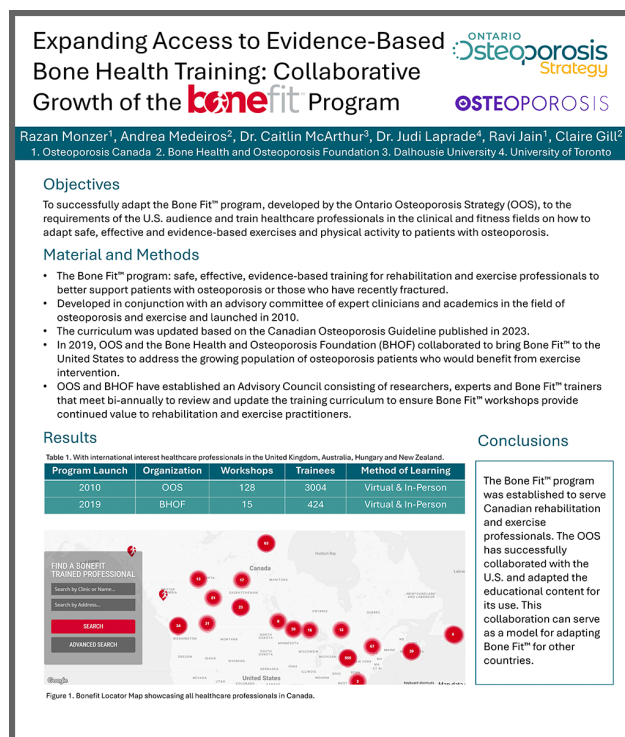
For employers, the BHOFF Career Center offers a targeted platform to reach professionals committed to advancing bone health and osteoporosis care.

No matter where you are in your professional journey, the BHOFF Career Center is here to support your next move.

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You Are Not Alone: Join Our 100,000+ Member Online Community





We are proud to share that the BHO team presented a collaborative poster with Osteoporosis Canada at the recent [World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases](#) held in Prague.

Our [work highlights the continued growth and impact](#) of the [BoneFit program](#), bringing evidence-based training to rehabilitation and exercise professionals supporting individuals with osteoporosis. Through this collaboration, BoneFit has expanded its reach in the United States, helping ensure that more professionals are equipped to deliver safe, effective, and appropriate exercise guidance.

This partnership reflects what is possible when organizations align around a shared goal: improving care, strengthening practice, and supporting people living with osteoporosis.

We are grateful to be part of a global community advancing bone health through research, education, and collaboration.

[Advocacy](#)

A Record Thirty-Three States Take Action to Address Osteoporosis Awareness and Prevention

The BHO Online Community, hosted by Inspire, brings together more than 100,000 people who are navigating osteoporosis and bone health challenges. It's a welcoming, supportive space where members connect, share their stories, and exchange practical advice. Available anytime and anywhere, this online platform encourages meaningful conversations and offers encouragement from others who truly understand. Whether you're looking for everyday tips or simply a place to feel supported, the community is here for you.

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!



Thirty-three states have taken steps through legislation and executive action to tackle the costly and growing problem of osteoporosis. **Arizona, Arkansas, Colorado, Connecticut, Georgia, Hawaii, Illinois, Indiana, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, New Jersey, Nevada, New Mexico, New York, North Carolina, North Dakota, Ohio, Oregon, Pennsylvania, South Carolina, South Dakota, Texas, Vermont, Washington, West Virginia, Wisconsin, and Wyoming** have passed, introduced legislation, or made gubernatorial proclamations calling for action to raise awareness and declare May 2026 as Osteoporosis Awareness and Prevention Month.

READ MORE

Take Action: Ask Your Senators to Cosponsor S.Res. 744



BHOF applauds the introduction of [Senate Resolution 744](#), led by Senator Susan Collins, which designates May as Osteoporosis Prevention and Awareness Month and calls for greater public and healthcare professional education about bone

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

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 YOUR PATH

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

Patient Registry



The Healthy Bones, Build Them for Life® Patient Registry surveys

health. Osteoporosis affects an estimated 54 million Americans, yet it often goes undiagnosed and untreated until a fracture occurs.

Now we need your help! Please contact your [two U.S. Senators](#) and urge them to join Senator Collins as a cosponsor of S.Res. 744. Hearing directly from constituents is one of the most elective ways to demonstrate support for raising awareness about osteoporosis, promoting early diagnosis, and improving bone health across the nation. A quick phone call or email can make a meaningful difference in building momentum for this important resolution. Talking points [can be found here](#).

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

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)?

Education

What to Do If You Break a Bone

WHAT TO DO IF YOU BREAK A BONE
(ALSO CALLED A FRACTURE)

Even the best efforts to protect your bones can't prevent all fractures. Regardless of the bones affected, recovery involves more than just healing the bone. Regaining strength and returning to daily activities is an ongoing process.

Whether from a fall, sports or another activity, broken bones are not a normal part of aging. It's never too late to strengthen your bones and learn what you can do to prevent future fractures and avoid falls, the leading cause of broken bones in older adults.

RECOVERY

DID YOU KNOW? Broken bones, including those in the spine, can be painful for some time as your muscles and other tissues recover even after the fracture has healed. Ongoing pain can make it hard to sleep and you may also move slowly, so make sure to get extra rest as you recover.

- Stick with your treatment plan and follow-up appointments to help manage your pain and monitor your progress.**
- Breaking a bone can cause worry and frustration. Take time out to talk with a friend, listen to music, enjoy a massage, or try guided meditation to help you relax and stay positive as you heal.**
- Eat nutritious foods that include enough calcium and make sure you get enough vitamin D to help your body recover and build new bone.**

STRENGTHENING

REMEMBER! The right, safe exercises will help you heal, regain your strength and mobility, and get back to the activities you love.

PREVENTING ANOTHER BROKEN BONE

TAKE ACTION!

- Ask your healthcare provider to refer you to a physical therapist to help guide your recovery. Check with your insurance plan to understand your coverage.
- Physical therapy can help reduce pain and swelling. Your team will also review when to use heat and when to use cold for symptoms. Physical therapy will give you confidence to move and exercise safely.
- Isolated, at-home exercises are key to regaining strength and range of motion.
- An occupational therapist can also help you return to your daily activities and reduce your risk of falls, so you can live more independently as you recover.
- Try not to be impatient with your progress or frustrated with small gains. It takes a long time to heal your bones and regain strength and movement.

Breaking a bone is not a normal part of aging. Any broken bones in people over the age of 50 that are not caused by a serious accident (such as a car crash or falling out of bed) can be the first sign of low bone density or osteoporosis.

- Tell your primary care doctor right away if you have broken a bone.
- Ask for a bone density test—also called a DXA scan—to help determine your bone strength.
- You may have osteoporosis—a common condition that leads to thinner bones more likely to break. Or, you might learn you have low bone density (called osteopenia) that can lead to osteoporosis.
- Once you break a bone, you are more likely to break another one. The good news is that osteoporosis is manageable and you can take steps to maintain strong, healthy bones to prevent another fracture.
- Find a healthcare provider who focuses on bone health to help you with nutrition, exercise, and effective medications to strengthen your bones. Make sure to mention if you are worried about your balance or falling.
- Since falls are the leading cause of broken bones in older adults, keep exercising to improve balance and strength, have your eyes and feet checked, and make your home safer.

A broken bone can be a life-changing event, but it can also be an important warning sign about your bone health. The *What to Do If You Break a Bone* flyer offers practical guidance on recovery, rebuilding strength, and reducing the risk of future fractures. Learn about the importance of follow-up care, nutrition, safe exercise, fall prevention, and steps to help protect your bones moving forward. Download this free resource and take an active role in your recovery and long-term bone health.

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
703-647-3005

Fundraise Your Own Way

DOWNLOAD NOW

Bone Health Matters for Men



Osteoporosis is often thought of as a disease that primarily affects women, but [millions of men are also at risk](#). In the United States, an estimated 2 million men have osteoporosis and another 16 million have low bone mass. After age 50, up to one in four men will break a bone due to osteoporosis, and men are more likely than women to experience serious complications following a hip fracture.

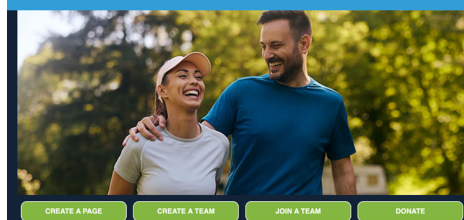
June's Men's Health Month is an important reminder that bone health is essential at every age. Understanding risk factors, talking with a healthcare provider about screening, staying physically active, and getting enough calcium and vitamin D can all help support strong bones and reduce the risk of broken bones.

To learn more about osteoporosis in men, including risk factors, screening recommendations, and steps to protect bone health, download BHOF's [The Man's Guide to Osteoporosis](#). We also invite you to watch our latest webinar, [Strong Bones for Life: How Men Can Take Action to Prevent Fractures](#).

Thank you to Radius for supporting this initiative.

Your Guide to Biosimilars: Advancing Osteoporosis Care

Start a Fundraiser – Learn How!



Looking for a way to support bone health? Our Fundraise Your Own Way platform makes it easy to create a personalized fundraising campaign and share your passion for bone health with friends, family, and your community.

Whether you're celebrating a birthday, honoring a loved one, participating in a walk or race, or simply raising awareness, you can create a fundraising page, share your story, and invite others to join your efforts. Every fundraiser helps support BHOF's work to educate the public, advocate for better bone health, provide resources for patients and caregivers, and advance awareness of osteoporosis and fracture prevention.

Together, we can help more people build strong bones and live active, independent lives.

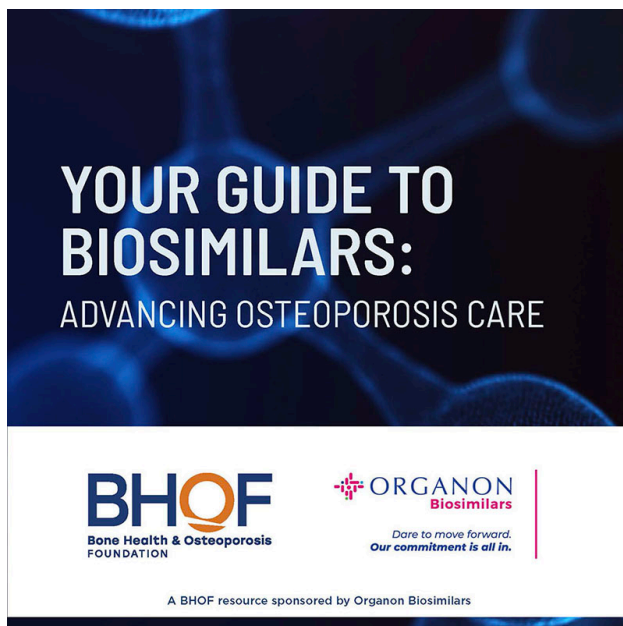
Need some inspiration? [Click here](#) to see an example of what your personal page could look like!

LEARN MORE

Bone Health and HIV: What You Need to Know



Why Healthy Bones Matter™ for People Living with HIV: BHOF is



Your Guide to Biosimilars: Advancing Osteoporosis Care offers clear, comprehensive information to support informed treatment decisions. Biosimilars are highly similar to FDA-approved biologic medications and are designed to work the same way in the body, with no meaningful differences in safety or effectiveness. Used to treat many chronic and serious conditions, including osteoporosis, biosimilars may expand access to important therapies while helping to manage costs.

Thank you to Organon for supporting this initiative.

DOWNLOAD THE GUIDE

**How Strong Are Your Bones?
Take the Bone Health Quiz to
Find Out!**

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.

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

BHOFF Partners

HealthWell Foundation

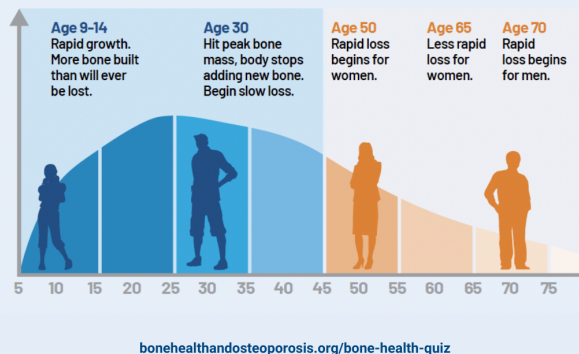


HEALTHWELL
FOUNDATION®

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.

Bone health is a lifelong journey.

Take the Bone Health Quiz to assess your osteoporosis risk.



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

Key Nutrients for Bone Health: Calcium and Vitamin D



Good nutrition plays an important role in building and maintaining strong bones throughout life. Two key nutrients for bone health are calcium and

[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](#).

Medical Fitness Network



BHOF and the MedFit Network have partnered to provide a free online directory to connect those with osteoporosis to qualified fitness professionals.

www.medfitnetwork.org

Menopause Cheat Sheet

Menopause Cheat Sheet

before, during and after the pause

Bone Health Ambassador, former 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 over 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

vitamin D. Calcium helps build and maintain bone, while vitamin D helps the body absorb and use calcium effectively. Getting enough of these nutrients through food, beverages, supplements when needed, and safe sun exposure can help support bone health at every age.

LEARN MORE

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

Healthy Bones for Life: Gujarati

([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) / Patient Advocate Foundation which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

www.panfoundation.org
www.totalassist.org



As part of Osteoporosis Awareness and Prevention Month and Asian American and Pacific Islander Heritage Month, we are proud to share our Healthy Bones for Life webinar in Gujarati, recorded by Ami Patel, BHOFF Vice President of Science & Education.

This educational video offers practical information about bone health, osteoporosis prevention, nutrition, physical activity, and healthy aging. We encourage you to watch, share, and help spread awareness within your community and among loved ones.

WATCH NOW

FOLLOW US



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Charity Navigator



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