

BHOF

Bone Health & Osteoporosis
FOUNDATION™



2023

ANNUAL REPORT



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OUR VISION

End fractures caused by osteoporosis

OUR MISSION

The Bone Health & Osteoporosis Foundation (BHOFF) is the leading health organization dedicated to 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.

LETTER FROM THE CHIEF EXECUTIVE OFFICER AND CHAIRMAN

Dear Friends of the Bone Health and Osteoporosis Foundation,

This past year has been busy. The Bone Health and Osteoporosis Foundation joined forces with American Bone Health, a sister organization with an active educational program focused on bone health. The acquisition of American Bone Health's educational resources has been seamless, thanks to the dedicated efforts of BHOF and ABH staff, and has greatly enhanced information and tools available to individuals seeking to protect bone health. Take a look at the BHOF website (bonehealthandosteoporosis.org) and sample the enhanced educational material focused on enhancing good bone health!

A second area of focus has been the education of our government and health insurance providers on the importance of osteoporosis prevention. The BHOF Policy Institute was instrumental in educating federal agencies, which led to a directive in the President's Women's Health Research Executive Order to prioritize osteoporosis care. In the current political and budgetary environment, this has been a challenging task, but one that we remain committed to tackling.

Another organizational effort has been the increasing focus on the impact of menopause on bone health. There has been a renewed focus on the impact of menopause on women's well-being and a reassessment of the role of estrogen replacement and other therapeutic interventions in its management. Menopause, without estrogen replacement, is a period of profound bone loss—as much as 10-15 percent over a 5-year period—half the way to a diagnosis of osteoporosis. The BHOF has been actively involved in trying to understand women's concerns and educate them on the benefits and risks of estrogen replacement and alternatives that reduce symptoms and prevent bone loss.

The human skeleton is an amazing structure. It makes it possible for us to walk upright, to engage in athletic pursuits—to run, to play basketball, baseball or tennis—and to remain mobile throughout life. Fractures occur with some regularity in children and in most cases will heal themselves in a month or two. The Bone Health and Osteoporosis Foundation's concern is the fracture that occurs later in life—in particular fractures of the spine and hip—because they cause deformity, pain, and death in 1 in 5 patients. Why has this become such a big problem over the past 50 years? The answer lies in the chart on page 6.

This chart shows the average American, at the turn of the 20th century, could expect to live to 45-50 years. A century later, the average life expectancy for men and women has almost doubled—to 75-80 years—a remarkable accomplishment. For most of mankind's existence, death occurred before a heightened fracture risk develops. Unfortunately, the period between 50 and 80 years is when men and, particularly, women begin to lose bone. For women, menopause is a major factor. Loss of estrogen accelerates bone loss. In men, after the age of 65 years, declines

in testosterone cause a similar loss of bone. Add to that the decline in muscle mass that promotes bone loss and falls, use of cortisone-like drugs for treatment of cancer and immune disorders, and a variety of medical conditions, and one has the “perfect storm” – a population of women and, increasingly men, at high risk for fracture.

In the past, this organization focused on those at highest risk for fracture and the development of strategies to reduce fracture in those most likely to fracture. What we have learned, however, is that there are threats to bone health that occur over the entire lifespan. For us to be successful in preventing fractures in those over the age of 65 years, we need to focus on events that occur throughout the lifespan. This prompted a change in focus and name—the National Osteoporosis Foundation is now the **Bone Health and Osteoporosis Foundation**—to emphasize the importance of protecting bone throughout the lifespan, thereby reducing the risk of fractures later in life.

All of these efforts become even more important as the “baby boomers,” the largest population group, enter their peak fracture years. This organization needs to protect aging Americans from the devastating effects of spine and hip fractures. We are grateful for all who have joined us in our efforts by making a donation—small or large—to support our efforts.

Sincerely,



Claire Gill

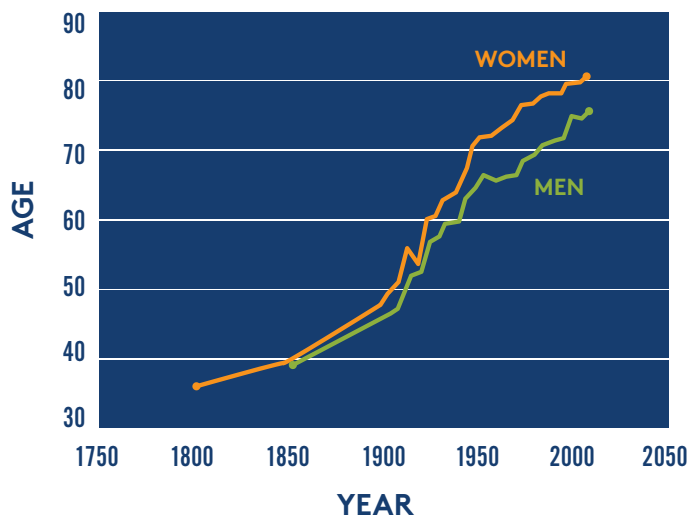
Claire Gill
Chief Executive Officer



Robert F. Gagel

Robert F. Gagel, M.D.
Chairman

LIFE EXPECTANCY IN THE USA SINCE 1800





**CONSUMER AND PATIENT
EDUCATION & AWARENESS**

In October 2023, BHOF and American Bone Health (ABH) joined forces under the BHOF umbrella. For over three decades, both organizations have been educating the public, communities, and policy makers about the importance of bone health, preventing fractures, and the treatment of osteoporosis and bone diseases.

This consolidation represents a pivotal moment for both organizations, fostering greater efficiency in delivering educational programs and support services. All of the important programs and services created by ABH fit well in the BHOF 2022-2024 Strategic Plan and were seamlessly transitioned to BHOF. The American Bone Health Fracture Risk Calculator™, along with a hallmark volunteer Peer Educator Program, ten Signature Programs delivered as webinars and community events, and numerous community partnerships, will expand the reach and impact of BHOF services. Together as one, we look forward to providing patients, care partners, healthcare clinicians, policy makers, and the general public with the most up-to-date, scientifically significant, and helpful information about how to build, improve, and maintain bone health across the lifespan.

YOUR PATH TO GOOD BONE HEALTH™ ONLINE PATIENT EDUCATION TOOL

This patient education tool is a roadmap for patients and care partners at any stage of their osteoporosis journey. From understanding the risks, to just having been diagnosed or managing osteoporosis, it serves as a guide to share the key things that they need to know. And, it points to resources to answer questions. It places patients in the

driver's seat throughout their osteoporosis journey to learn from quick reads, videos, and podcasts. It also helps patients more easily navigate BHOF materials and links to other key resources. This roadmap helps patients take care of their bones to stay healthy, active, and independent throughout their lifetime.

STEPS TO STRONG BONES™

BHOF hosts the monthly Steps to Strong Bones™ program for those who want to stay motivated to move more to maintain their bone health. Each session features a speaker who provides tips and inspiration to stay active, exercise, move safely, and stay committed to fitness goals. Nearly 100 participants each month take this opportunity to learn more, connect with like-minded individuals, ask questions, and share their progress.

SUPPORT GROUPS

BHOF strives to assist the millions of people affected by osteoporosis through a unified national network of Support Groups that are committed to providing people with the opportunity to obtain accurate, timely information in an environment which promotes connectedness and camaraderie.

Support groups provide a safe space for individuals of all ages and backgrounds to share information and experiences and encourage each other, leading to a more active role in managing their osteoporosis and preventing associated fractures.

When diagnosed with a chronic condition like osteoporosis, which can be overwhelming and life-changing for many,

"Joining a BHOF Support Group was a complete game changer for me. The knowledge gained fed my confidence and gave me the vocabulary and tools to understand my situation in a whole new light. Feeling prepared for annual DXA scans and doctor visits is invaluable. Connecting with others, who find themselves in a similar circumstance, is not only comforting, but fun!"

Shelly Gladstein, Support Group Facilitator



engaging and empowering people to take a more active role in their own care becomes crucial. Individuals learn to self-manage and incorporate their health condition into their daily lives.

Support groups meet in person and virtually across 14 states serving 1,000+ members, providing resources to learn about osteoporosis and sharing first hand advice from individuals experiencing a similar situation.

BHOF'S ONLINE COMMUNITY HOSTED BY INSPIRE™

BHOF works to ensure that everyone affected by osteoporosis has a place to turn for support. As a result, BHOF and Inspire™ have partnered to create a safe and secure online osteoporosis support community. The BHOF Support Community offers a place for patients and caregivers to meet others, ask questions, and share information about osteoporosis and bone health online. Volunteer group leaders, BHOF staff, and Inspire™ staff all play a key role in monitoring the Bone Health and Osteoporosis Support Community. We are pleased to see community membership grow on an annual basis. In 2023, the online community increased to nearly 85,000 members. We held an "Ask the Experts" session about exercise and safe movement with a physical therapist and Pilates instructor during the week of World Osteoporosis Day.

HEALTHY BONES, BUILD THEM FOR LIFE® PATIENT REGISTRY

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's journey and show what patients need and want most. Sharing experiences 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.

"At age 53, I was diagnosed with severe osteoporosis. I was completely blindsided and devastated with this diagnosis, as it was not on my radar of health issues to be concerned about. My diagnosis came from chasing a pulled muscle.

After six weeks of physical therapy and no improvement, I had some imaging done which showed mild degenerative disc changes with small protrusions. This result led to a bone density scan."

Stacey Schalde, patient



OSTEOPOROSIS AWARENESS AND PREVENTION MONTH AND WORLD OSTEOPOROSIS DAY

During Osteoporosis Awareness and Prevention Month in May, BHOF shared information on Support Groups, a Patient Registry, and informational resources and guides. Inspiration for this year's theme, "Healthy Bones Are Always in Style," was drawn from legendary designer and fashion icon, Iris Apfel. As a member of the Ambassadors Leadership Council, Ms. Apfel has been instrumental in helping to raise awareness about how important good bone health is for aging well and staying active.

We offered a variety of resources to help individuals learn more about osteoporosis and how to maintain strong and healthy bones. This included information on bone-healthy foods, exercise, bone density testing, medications for treatment of osteoporosis, tips for preventing falls, and much more.

Throughout the month of May, we hosted and shared a variety of events to promote bone health awareness. These events included educational webinars, interactive presentations, new podcast episodes, and fitness classes.

World Osteoporosis Day takes place annually on October 20th to encourage everyone, regardless of age, to take charge of their bone health. BHOF shared many important resources to help people understand the importance of good bone health, including how to prevent, manage, and treat osteoporosis. We prepared a user-friendly toolkit with information about osteoporosis, finding support, and sharing on social media. We also hosted an Ask-the-Expert session where people were invited to visit the BHOF Online Support Community, hosted by Inspire™, to post their questions about exercise and safe movement. Experts answered questions throughout the week. Additionally, we highlighted various events taking place throughout October in honor of World Osteoporosis Day and conducted a briefing on Capitol Hill to emphasize the importance of women's bone health throughout the lifespan.

BHOF appreciates the support of Amgen, Inc., Dorothy D. Smith Charitable Foundation, Sunsweet Growers, Inc., UCB, Inc., and individual donors to bring these activities to BHOF audiences.

STRONG VOICES FOR STRONG BONES®

A BHOF Ambassador is a well-informed, passionate, and often persuasive individual who cares deeply about those who suffer from osteoporosis. Ambassadors are adept at making an impact and sparking positive change in their field, sector, or community. The role of an Ambassador is to advise BHOF leadership, and to help make inroads in the medical, business, and philanthropic sectors within their communities. Involvement is tailored to each Ambassador's area of interest, time constraints, and expertise. We currently have 184 members who have assisted us in advocacy, served as guest speakers on webinars for consumers, and provided expertise in program development. In addition, we continued to update our members through activities and communications focused on advocacy, fundraising, and education. To learn more about becoming an Ambassador, please contact us at info@bonehealthandosteoporosis.org.

In December 2023, we welcomed the ABH Peer Educators to BHOF, and we look forward to working with them on a variety of future programs and projects. These trained volunteers

will represent BHOF on the front lines in their own communities. There are over 100 active Peer Educators. The Peer Educator program includes university student groups as well. We are excited to continue ABH's partnership with the Delta Phi Lambda sororities of Asian American students across the country to train them as Peer Educators to conduct bone health events and health fair tables for students and community audiences. As their philanthropic partner, BHOF also receives the funds raised from these activities.



RAISING AWARENESS

SOCIAL MEDIA OUTREACH


12,295
FOLLOWERS


7,966
FOLLOWERS


1,945
FOLLOWERS


1,579
FOLLOWERS

BONE TALK PODCAST & BLOG

In 2023, Bone Talk continued to expand its reach and solidify its position as a trusted resource for our audience. The website experienced a significant 19% increase in visits compared to the previous year, indicating a growing interest in bone health and osteoporosis education. Moreover, our varied content also attracted an increase in page views, exceeding a growth rate of 17%.

With over 3,000 monthly listeners and visitors, our blog and podcast gained popularity among individuals seeking valuable insights into bone health and osteoporosis. Throughout the year, we featured a diverse range of experts who covered a wide array of topics, including motivation, self-care, minority health, physical therapy, sleep, diet, and exercise. These experts included patients, healthcare providers, care partners, policy makers, researchers, advocates, and innovators, ensuring a rich tapestry of perspectives.

The Voices of Osteoporosis: Stories of Hope & Inspiration initiative provided a platform for individuals with osteoporosis to share their personal experiences, allowing them to narrate their journey in their own unique voice. By highlighting these stories, we aim to inspire and uplift our readers, fostering a sense of comfort and community. In addition to featuring expert content, Bone Talk also served as a hub for information on upcoming events, nutrition, exercise, diagnosis, treatments, and noteworthy news items related to bone health, keeping our audience informed and engaged with the latest information available.

"For 40 years, cardio was my main activity, from marathons to later long-distance cycling, including 100-mile "century" rides. I learned, however, that this type of non-weight bearing exercise, while good for my cardiovascular health (my heart is fine), did not help my bone health, and so my big change was making my occasional weightlifting front and center. Strength training became my primary exercise."

Mike Mayo, patient and contributor to the Bone Talk blog



OSSY THE OSTEOCYTE

We're excited to share that we have a brand new mascot, and it's a life-sized osteocyte! Our new mascot is a fun and engaging way for us to raise awareness about bone health and osteoporosis. In 2023, we held a contest to give our new mascot a name that truly reflects its vibrant personality. Our valued supporters and advocates weighed in to help us out, and the final vote was for Ossy the Osteocyte!



MEDIA HIGHLIGHTS

According to Dr. Kendall F. Moseley, medical director of the Johns Hopkins Metabolic Bone & Osteoporosis Center:

"We really shouldn't think about osteoporosis or fracture as being a normal part of aging..."

"Bad breaks: Prevention and treatment of osteoporosis and bone loss,"

- Jackie Duda, Costco Connection, June 2023

"Weak bones can lead to sudden fractures that can disable or even kill you. Some 20 to 30 percent of people who suffer a hip fracture die within a year, usually due to a downward spiral involving decreased mobility and possible infections. Nonetheless, experts say osteoporosis remains underdiagnosed, undertreated, and widely misunderstood. It's just not on the radar screens for many patients and physicians,"

- Andrea Singer, director of bone densitometry at MedStar Georgetown University Hospital in D.C. and a spokeswoman for BHOF.

"Not just your grandmother's disease: A new look at bone health,"

- Andrea Atkins, The Washington Post, October 17, 2023

"Osteoporosis is considered a 'silent' disease because people usually have no symptoms – people don't feel their bones getting weaker and do not realize they have the disease until they break a bone in an unexpected way, such as a minor fall, lifting something or simply coughing. Each year, about 2 million broken bones can be attributed to osteoporosis, according to BHOF."

"The 'silent' disease of osteoporosis affects 10 million Americans,"

- Linda Searing, The Washington Post, June 2023



HEALTHCARE PROFESSIONAL OUTREACH

PROFESSIONAL EDUCATION

In 2023, BHOF's learning management system had over 100 courses/sessions with more than 300 users/learners. BHOF is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians and is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.

HEALTHY BONES/HEALTHY COMMUNITIES (CITIES)

Launched in 2019, 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 everything from basic bone biology to osteoporosis epidemiology, diagnosis, and management. Through the program, we are training family practice, internal medicine, and obstetrics/gynecology providers in eight cities to become bone health experts and to serve as a resource for other local clinicians. In 2023, we hosted a successful program in San Diego, CA. Participants worked on an ongoing project with their city team to raise awareness about bone health and osteoporosis and to improve patient care.

While building on the success and lessons learned from the initial program, BHOF recently launched the latest Healthy Bones/Healthy Communities program that offers a variety of post-fracture care learning activities in partnership with select Fracture Liaison Service (FLS) program teams (in early/mid-stage program development) eager to learn and overcome barriers to advance best practices and grow their programs. This program targets a broad range of healthcare practitioners across specialties that manage osteoporosis patient care. By demonstrating success, the program will establish the content, processes, and capacity needed for the initiative to be scaled up to include additional cities/regions in the future. The first program took place in Burlington, VT, in 2023.

Amgen, Inc. provided support to bring this program to healthcare professionals.

RADICALLY SIMPLE TOOL

BHOF collaborated with AvoMD to launch the electronic version of the Osteoporosis and Fracture Risk Evaluation Tool, also known as the Radically Simple Tool, via a mobile/electronic application. The Radically Simple Tool supports healthcare professionals in starting a dialogue with patients about the benefits and risks associated with osteoporosis medication as part of their treatment plan.

"It has been a wonderful and exciting experience working with the BHOF as one of the Lead Trainers for the BoneFit™ USA courses. We have been able to train hundreds of clinicians and exercise experts across the country. We dive deeply into practice and research, teach how to apply it to real-life practice, and instruct the participants on safe and effective ways to exercise individuals with low bone density, with the goal of keeping them moving, active, and free from fractures.

I'm thrilled to see the immense interest in the BoneFit™ courses, with each training session being filled quickly. This indicates such a thirst for this knowledge. We will continue to work hard to fill this need and deliver this education nationally to as many healthcare and exercise professionals as possible."

Kavita Patel, BoneFit™ USA Trainer



THE POST FRACTURE CARE (FLS) PILOT PROGRAM

BHOF collaborated with Medstar (Maryland) and Atrium (North Carolina) Health Systems to test a “systems approach” to Fracture Liaison Service (FLS), creating a post-fracture care pathway to help curb the osteoporosis crisis and prevent patients from suffering debilitating broken bones.

Amgen, Inc. and UCB, Inc. provided support for this project.

CLINICAL UPDATES NEWSLETTERS AND WEBINAR

Two Clinical Updates newsletters were recently published on the topic of Vertebral Compression Fractures (VCF). The newsletters on “Identifying Osteoporosis-Related Vertebral Fractures in Primary Care” and “Management of Vertebral Compression Fractures in Primary Care” are available via BHOF’s learning management system.

BHOF hosted a webinar on Opioid Use Following Vertebral Compression Fracture (VCF) Treatment Procedures in the summer of 2023.

BHOF received support from Medtronic for these activities.

SANTA FE BONE SYMPOSIUM

BHOF sponsored a session at the 23rd Annual Santa Fe Bone Symposium in August 2023, on “Overview of Osteoporosis Guidelines and BHOF Resources to add Value to Clinical Practice.”

BONEFIT™ USA TRAINING PROGRAM

BoneFit™ is an evidence-informed exercise training workshop designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe, and effective methods to prescribe and progress exercise for people with osteoporosis. BoneFit™ includes two different levels of workshops.

“I will be able to immediately use the information I’ve gained to address the needs of my patients with osteopenia and osteoporosis. I’ll be able to now be a resource for our community on bone health and will plan to educate my patients on ways to minimize fracture.”

BoneFit™ 2023 attendee

BoneFit™ Basics workshops are aimed at exercise and fitness professionals. BoneFit™ Clinical workshops are aimed at rehabilitation professionals. Online learning modules are also completed by all workshop participants. In 2023, three training courses were provided to 69 participants between in-person and virtual delivery. BHOF partners with Osteoporosis Canada and the founders of BoneFit™ to offer this training program in the U.S.



ADVOCACY

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

NATIONAL BONE HEALTH POLICY INSTITUTE

BHOF's Bone Health Policy Institute was launched in 2019 to raise awareness and drive policy that supports patients with osteoporosis and their care partners. In 2023, our Coalition to Strengthen Bone Health membership grew to include 27 leading national organizations, and we convened three virtual meetings of the coalition. We continue to seek new members who can help advance our bone health policy agenda with their membership and with Congress. Together, we are advocating to create policies for healthy, strong bones and healthier aging.

BHOF held a "Congressional Briefing: Women's Bone Health Throughout the Lifespan." BHOF presented information about bone health basics, the bone health crisis in the U.S., including data from the Milliman report, protecting your bone health, and addressing the osteoporosis crisis with policy solutions. The briefing was recorded and circulated to Hill staff and has had over 100 views to date.

For the third consecutive year, BHOF announced the Congressional Bone Health Champion Awards. 2023 honorees included Senator John Barrasso [R-WY], Senator Tammy Baldwin [D-WI], Representative Susie Lee [D-NV], and Representative Kat Cammack [R-FL]. Senator Barrasso was the lead author on a letter signed by three additional Senators requesting that the Office of Management and Budget urge CMS to include the FLS code in the Physician Fee Service proposed Rule. Sen. Baldwin is chair of the committee overseeing the Department of Health and Human Services. Representatives Lee and Cammack are co-chairs of the Bipartisan Congressional Women's Caucus and co-chaired our recent Policy Briefing.

BHOF appreciates the support of Amgen, Inc. and UCB, Inc. for our advocacy efforts.

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Health Monitor Network

Hologic, Inc.

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Regenerative Technologies Corporation

Medimaps Groups

Nutritional Biochemistry, Inc.

Pharmavite, LLC

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Sandoz

Radius Health, Inc.

Tango Technologies

UCB, Inc.



Senator Tammy Baldwin with Claire Gill, BHOF CEO



PHILANTHROPY

IN 2023, BHOF'S SOURCES OF SUPPORT INCLUDED THE FOLLOWING:

- **INDIVIDUALS:** BHOF's many generous donors gave \$558,000, approximately 21% of total annual revenue.
- **PHARMACEUTICAL COMPANIES:** Pharmaceutical company funds accounted for 39% 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. Corporate support accounted for \$38,000, or approximately 1% of annual revenue.
- **OTHER ORGANIZATIONS:** Support from other organizations, including family foundations and other nonprofits, accounted for \$174,000, approximately 7% of annual revenue.

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.

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Mr. Charles B. Lawrence, Jr. ^T
Sandra and Kenneth W. Lyles, MD^T
Mrs. Susan F. Zimmerman

T = Trustee

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.

ENDURING FRIENDS

We recognize the following individuals for their steadfast support for the past 20 years or more. It is due to their unwavering support that we face the future with optimism to serve the public, osteoporosis patients, care partners, and healthcare professionals

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The following donors generously supported BHOF from January 1 to December 31, 2023. Thanks to our generous donors, Americans have an opportunity to live longer, healthier, and more independent lives.

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\$10,000 AND ABOVE

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Mrs. Elizabeth T. Heim^d
Mr. Charles B. Lawrence, Jr.^T
Ms. Margaret L. Rigby^d

\$5,000-\$9,999

Mrs. Dorothy M. Bluemke
Ms. Judith K. Dematteo
Sally C. Fullman, PhD^T
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\$1,000-4,999

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"I received your thank you card for my donation to BHOF, and it's your organization that should be thanked. I have used it as an excellent resource since I was diagnosed last year with osteoporosis and subsequently experienced a spinal compression fracture...BHOF has offered a lifeline to me, as I searched for material to understand the complicated facets of this disease...So, your work is critical to those of us who have osteoporosis, and I am happy to support BHOF."

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BE BONE STRONG™ TEAM

BHOF was pleased to be named once again as an official charity partner of the 2023 TCS New York City Marathon, held on November 5, 2023. Led by BHOF Trustee Barbara Hannah Grufferman, nine runners were part of the Be Bone Strong™ Team. Their months of training paid off, and they exceeded their fundraising goal of \$50,000!

The Be Bone Strong™ team members help prevent osteoporosis and broken bones by encouraging people to take smart steps to promote strong bones for life through runs, walks, rides, dance, or any other kind of physical activity, and by raising essential funds for BHOF. Supporters of bone health can join the team directly or create their own team and encourage friends, family, and others in their community to join the team, too (or they can just donate)!

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Please visit our website to learn more about legacy gifts:

<https://bhof.myplannedgift.org>

or call 703.647.3005.

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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

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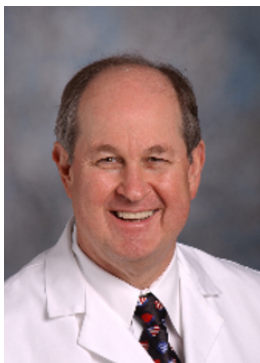
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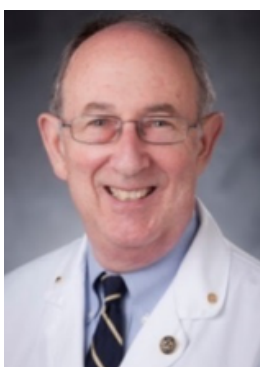
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2023 FINANCIALS



BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENTS OF FINANCIAL POSITION

DECEMBER 31, 2023 AND 2022

	<u>2023</u>	<u>2022</u>
Current assets		
Cash and cash equivalents	\$ 1,395,789	\$ 2,286,984
Accounts receivable	-	24
Contributions and bequests receivable	46,785	241,692
Prepaid expenses	172,168	96,020
Inventory	<u>65,617</u>	<u>72,000</u>
Total current assets	1,680,359	2,696,720
Property and equipment, at cost, net	12,588	12,067
Investments	4,070,688	3,788,370
Right-of-use asset - operating	<u>481,671</u>	<u>646,576</u>
Total assets	<u>\$ 6,245,306</u>	<u>\$ 7,143,733</u>
Current liabilities		
Accounts payable and accrued expenses	\$ 202,821	\$ 178,668
Deferred revenue	<u>166,759</u>	<u>615,948</u>
Total current liabilities	369,580	794,616
Other liabilities		
Obligations under charitable gift annuities	204,807	219,787
Operating lease liability	<u>567,628</u>	<u>753,632</u>
Total liabilities	<u>1,142,015</u>	<u>1,768,035</u>
Net assets		
Without donor restrictions	4,319,661	4,168,512
With donor restrictions	<u>783,630</u>	<u>1,207,186</u>
Total net assets	<u>5,103,291</u>	<u>5,375,698</u>
Total liabilities and net assets	<u>\$ 6,245,306</u>	<u>\$ 7,143,733</u>



BONE HEALTH AND OSTEOPOROSIS FOUNDATION

STATEMENT OF ACTIVITIES

YEAR ENDED DECEMBER 31, 2023
(WITH COMPARATIVE TOTALS FOR THE YEAR ENDED DECEMBER 31, 2022)

	2023			2022 Total
	Without Donor Restrictions	With Donor Restrictions	Total	
Support and revenue				
Grant and contributions	\$ 694,701	\$ 1,090,706	\$ 1,785,407	\$ 2,270,285
Membership dues	63,075	-	63,075	71,875
Royalties and consulting income	421,017	-	421,017	378,223
Legacies and bequests	167,501	-	167,501	658,448
Publication sales	51,293	-	51,293	51,518
Contribution nonfinancial assets	9,537	-	9,537	8,499
Other income	139,000	-	139,000	20,468
Net assets released from restrictions				
Satisfaction of program restrictions	<u>1,519,330</u>	<u>(1,519,330)</u>	<u>-</u>	<u>-</u>
Total support and revenue	<u>3,065,454</u>	<u>(428,624)</u>	<u>2,636,830</u>	<u>3,459,316</u>
Expenses				
Program services				
National Bone Health Alliance (NBHA)/Paget's	11,429	-	11,429	14,068
Patient education	303,773	-	303,773	651,463
Professional education	1,150,837	-	1,150,837	1,238,004
Advocacy	892,114	-	892,114	800,412
Communications	159,967	-	159,967	153,161
Membership	8,402	-	8,402	21,442
Research	<u>7,178</u>	<u>-</u>	<u>7,178</u>	<u>10,163</u>
Total program services	<u>2,533,700</u>	<u>-</u>	<u>2,533,700</u>	<u>2,888,713</u>
Supporting services				
Fundraising	634,893	-	634,893	478,520
Management and general	<u>277,066</u>	<u>-</u>	<u>277,066</u>	<u>254,442</u>
Total supporting expenses	<u>911,959</u>	<u>-</u>	<u>911,959</u>	<u>732,962</u>
Total expenses	<u>3,445,659</u>	<u>-</u>	<u>3,445,659</u>	<u>3,621,675</u>
Change in net assets before other income (loss)	(380,205)	(428,624)	(808,829)	(162,359)
Net investment income (loss)				
Net investment income (loss)	500,485	5,068	505,553	(664,402)
American Bone Health education assets	<u>30,869</u>	<u>-</u>	<u>30,869</u>	<u>-</u>
Change in net assets	151,149	(423,556)	(272,407)	(826,761)
Net assets				
Beginning of year	<u>4,168,512</u>	<u>1,207,186</u>	<u>5,375,698</u>	<u>6,202,459</u>
End of year	<u>\$ 4,319,661</u>	<u>\$ 783,630</u>	<u>\$ 5,103,291</u>	<u>\$ 5,375,698</u>

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