

# BHOF Programming

National Health Council  
Health Equity Affinity Group  
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# Patient Education and Engagement Updates

# PATIENT EDUCATION AND ENGAGEMENT

## Peer Educators

- Peer educators receive 12 hours of online training, as well as coaching to prepare them to share information at local events including workshops, health fairs and screenings. There are over 150+ active peer educators along with over 250+ student educators.
- Working to broaden our reach of diverse peer educators to provide education in their communities

## Signature Programs

- Offering 2-3 a month (ex: Healthy Bones for Life, Eating for Healthy Bones, Why Healthy Bones Matter for the Black Community, Why Healthy Bones Matter for People with Breast Cancer, Why Healthy Bones Matter for People Living with HIV)
- Led by peer educators and ranging between 150-800 registrants for each virtual program

## Support Groups

- Quarterly BHOF meetings with leaders on latest information on bone health and resources
- 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
- We are working on growing our reach to underserved areas and rural populations

# PATIENT EDUCATION AND ENGAGEMENT

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## **Online Support Community Hosted by Inspire**

- Tremendous growth: to date, there are 93,000 members.
- Recently provided an Ask the Experts session on nutrition for Osteoporosis Awareness & Prevention Month.

## **Voices of Osteoporosis: Stories of Hope and Inspiration**

- Recruiting patients to tell their stories so that others can learn from peer experience on how to live fulfilling, active lives.

## **The Osteoporosis Report (Quarterly)**

- Consumer-focused newsletter that generates positive feedback with follow-up comments/inquiries on bone health. The next issue will be distributed in mid September.

## **Bone Talk Podcasts and Blogs**

- Started in 2019, now with 66 podcast episodes highlighting bone health and active-aging topics.

# PATIENT EDUCATION AND ENGAGEMENT

## Steps to Strong Bones™

- Started February 2023
- Held virtually each month for individuals interested in moving more, moving safely, staying motivated, and staying connected

## Websites

- BHOF (<https://www.bonehealthandosteoporosis.org/>)
- Huesos Sanos (<https://huesosanos.org/>)
- Bone Health Policy Institute (<https://www.bonehealthpolicyinstitute.org/>)
- Your Path to Good Bone Health (<https://www.pathtogoodbonehealth.org/>)

# YOUR PATH TO GOOD BONE HEALTH

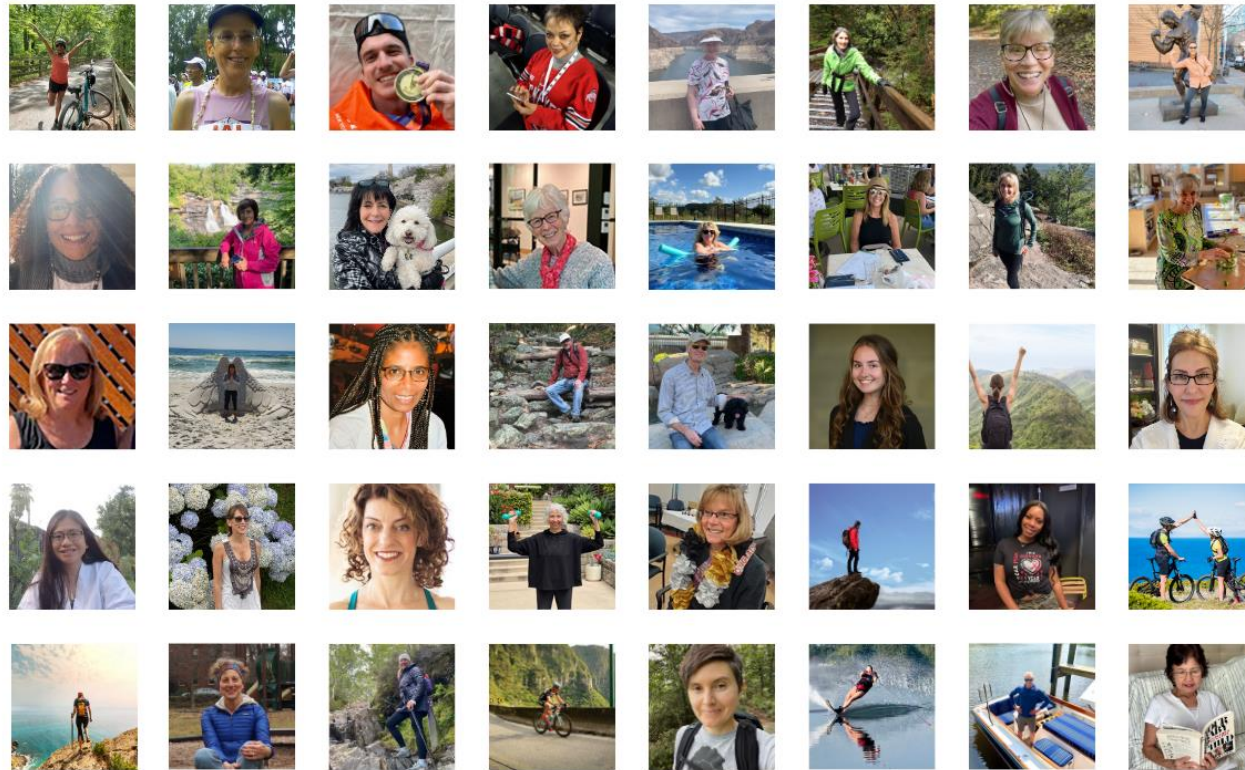
- New patient pathway tool went LIVE 02.23.23
- Designed with patient, care partner and healthcare provider feedback
- Three paths welcome learners to explore:
  - Am I at risk for osteoporosis?
  - I've just been diagnosed with osteoporosis. What's next?
  - How do I manage osteoporosis?
- Easy navigation of resources all in one place
- Includes short reads, videos, and podcasts to address various learning styles and low health literacy



Pathto**good**bonehealth.org

# PROTECT YOUR BONES CAMPAIGN: 40 FACES OF OSTEOPOROSIS

<https://www.bonehealthandosteoporosis.org/40-faces-of-osteoporosis/>



# Clinical Education and Engagement Updates



# CLINICAL EDUCATION & ENGAGEMENT UPDATES

- **Interdisciplinary Symposium on Osteoporosis (ISO) 2025**
  - In-person in Washington, D.C. April 24<sup>th</sup>-26<sup>th</sup>
  - <https://interdisciplinariesymposiumosteoporosis.org/>

**BHOFF**  
Bone Health & Osteoporosis  
FOUNDATION

**ISO 2025**  
INTERDISCIPLINARY SYMPOSIUM  
ON OSTEOPOROSIS

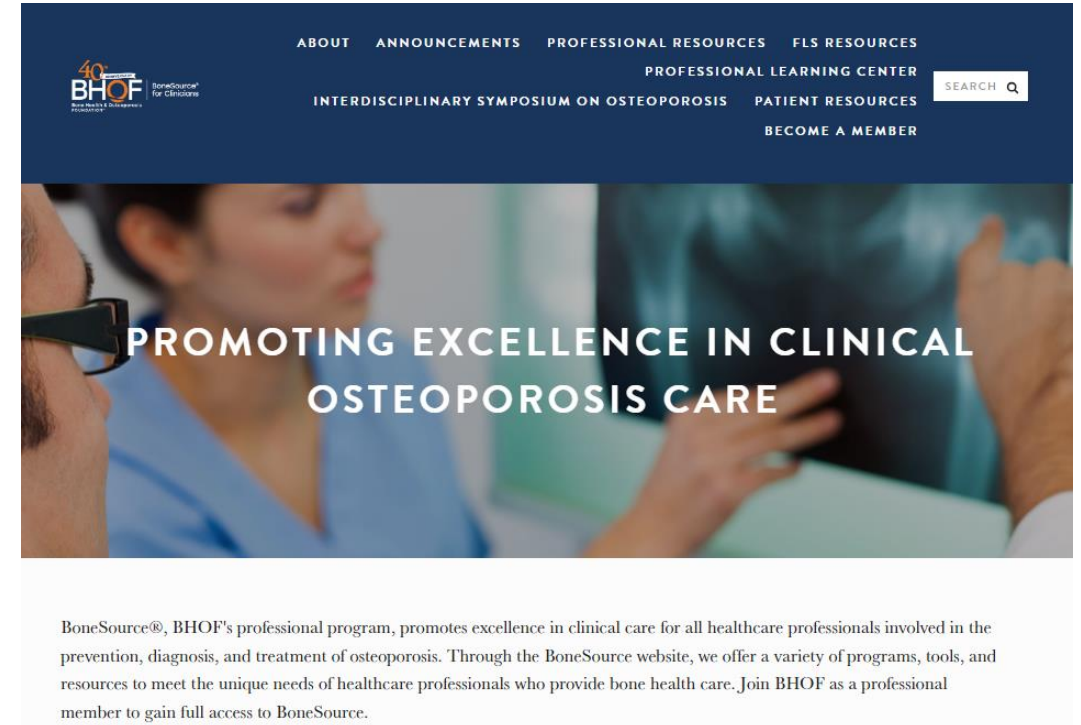
**SAVE THE DATE**  
**APRIL 24-26, 2025**  
CAPITAL HILTON, WASHINGTON, D.C.

The Premier Clinical Conference on Bone Health

INTERDISCIPLINARYSYMPOSIUMOSTEOPOROSIS.ORG

# CLINICAL RESOURCES AND PROGRAMMING

- BoneSource.org
  - Professional Learning Center
  - Fracture Liaison Service (FLS) secondary fracture prevention coordinated care model
  - Patient Resources
- BoneSource Quarterly Newsletter
- Healthy Bones/Healthy Communities (Cities) Training Program
- BoneFit Training Workshop
- FLS Bone Health ECHO





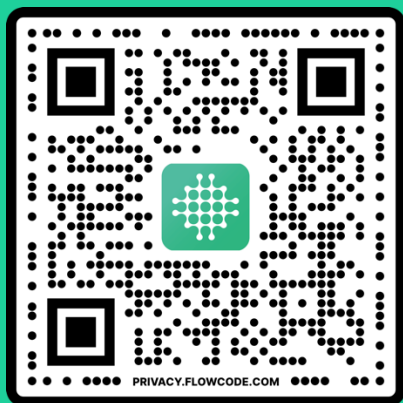
# AVOMD

Bringing clinical evidence into the workflow

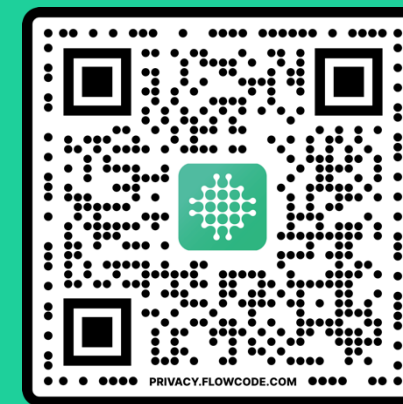
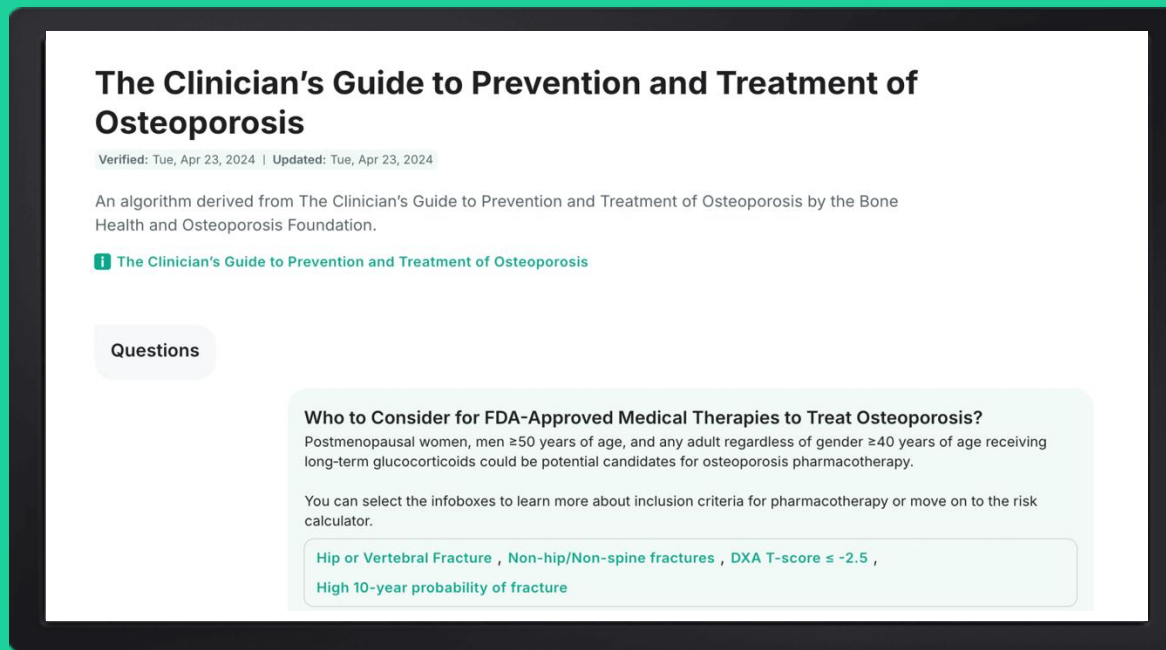


BoneSource®  
for Clinicians

## Save time referencing evidence-based guidelines with BHOFF tools now available on web, mobile, and in the EHR (with AvoMD integration). Visit the BHOFF exhibit to learn more.



### Clinician's Guide to Prevention and Treatment of Osteoporosis

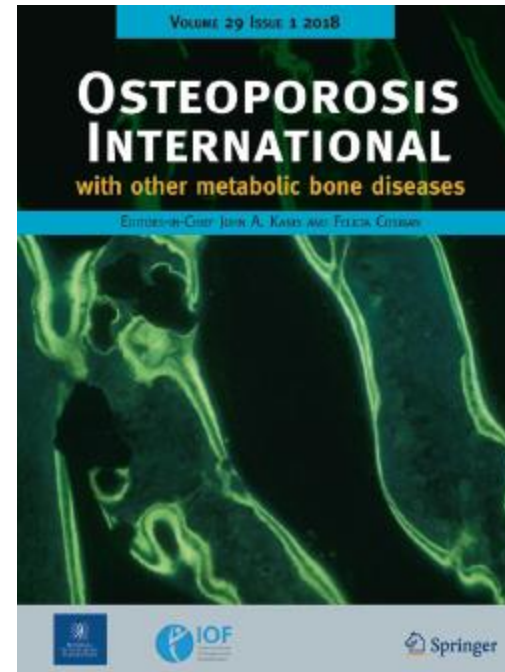


### Osteoporosis and Fracture Risk Evaluation

# OSTEOPOROSIS INTERNATIONAL JOURNAL

## WHY PUBLISH WITH US

- ➔ We provide an interdisciplinary platform for the communication of original and high quality experimental and clinical papers on all aspects of osteoporosis and other metabolic bone diseases.
- ➔ We publish studies relating to the diagnosis, treatment, and management of osteoporosis, advances in its prevention and the broad spectrum of clinical disorders associated with deficiencies of bone mass.
- ➔ Our editorial team is composed of experts in the field who provide rigorous and robust peer review with the goal of improving the presentation of your data. Median review time is 14 days from receipt to first decision.





National Bone Health  
Policy Institute

## **Current Members**

**Alliance for Aging Research**

**Alliance for Women's Health & Prevention**

**Arthritis Foundation**

**Autoimmune Association**

**Black Women's Health Imperative**

**Bone Health & Osteoporosis Foundation**

**Cancer Fashionista**

**Caregiver Action Network**

**Carrie's TOUCH**

**Celiac Disease Foundation**

**Coalition to Transform Advanced Care**

**Family Caregiver Alliance**

**Global Healthy Living Foundation**

**HealthyWomen**

**National Alliance on Caregiving**

**National Asian Pacific Center on Aging**

**National Caucus and Center on Black Aging**

**National Committee to Preserve Social Security and Medicare**

**National Council on Aging**

**National Hispanic Caucus on Aging**

**National Menopause Foundation**

**National Spine Health Foundation**

**National Women's Health Network**

**Obesity Action Coalition**

**Osteogenesis Imperfecta Foundation**

**Society for Women's Health Research**

**Tigerlily Foundation**

**Touch, The Black Breast Cancer Alliance**

**Thank you!**

**If you have any questions, please contact  
[info@bonehealthandosteoporosis.org](mailto:info@bonehealthandosteoporosis.org).**