



ANNUAL REPORT

.....

2022

www.osteoporosis.foundation



Our vision is a world without fragility fractures,
in which healthy mobility is a reality for all.

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FOREWORD

As the leading global organization in the field, IOF's goal is to promote osteoporosis as a public health priority, and to increase education and research, optimize the uptake of diagnostic and therapeutic interventions, and improve secondary fracture prevention through models such as Fracture Liaison Services.



At the heart of all our efforts lies a commitment to patients – who deserve independence and mobility, free of fragility fractures.

Prof. Cyrus Cooper, IOF President



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MESSAGE FROM THE PRESIDENT



Prof. Cyrus Cooper, IOF President

As we reflect upon the past year, I am filled with a sense of pride and gratitude for the journey we have embarked upon together.

The year 2022 has been marked by important successes and significant highlights. We celebrated the remarkable 10th year anniversary of our Capture the Fracture® initiative and also achieved the incredible milestone of 800 Fracture Liaison Services in the network. Little did I think, when I laid down the framework for this landmark programme a decade ago, that it would have such a tremendous impact in strengthening secondary fracture prevention worldwide. To see it move from strength to strength is a great source of pride, and I anticipate that the programme will evolve to respond to changing policy landscapes and priorities in the future.

The growth and increasing breadth of the IOF network, which now covers

94% of the global population, is another achievement to be celebrated. The launch of the University Network has been a tremendous success, bringing young academics into the fold, while new organizational members such as the NCD Alliance and APCO have expanded global and regional representation and reach. In fact, regional representation within the network has been strengthened, with Africa and the Middle East now each recognized as separate regions within the IOF Committee of National Societies. The new Africa Regional Advisory Council opens up possibilities for growth and collaboration in a region which has previously been underserved in regard to musculoskeletal disease research, education and public awareness.

IOF's influential Committee of Scientific Advisors (CSA) brings together the world's leading experts in the field. The CSA Working Groups publish important papers that set best-practice standards and build global consensus. Notable this year were the publications on global approaches to rehabilitation and on population screening for fracture risk, as well as collaborative publications with other leading organizations. Launched last year, our BoneCast webinars have been incredibly successful and in 2022 continued with 13 sessions, attracting more than 6000 views, on a wide range of topics in the bone field. I'd also like to thank the editors of IOF's three highly respected scientific journals, *Osteoporosis International*, *Archives of Osteoporosis and Calcified Tissue International*, which have earned increasing impact factors.

The global Covid-19 pandemic tested us yet again. In spite of our best intentions to hold a live event, the difficult decision to stage the World Congress (WCO-IOF-ESCEO 2022) as a virtual event was taken due to ongoing travel restrictions in many parts of the world. Nonetheless, we were absolutely delighted to receive more than 1235 abstracts and welcome more than 7000 registrants. This success attests to the status of the Congress as the leading global event in the musculoskeletal field.

Our commitment to advocating for positive change in healthcare policy has been unwavering. Indeed, IOF acts as a catalyst for change, providing evidence-based insights and influential initiatives to help shape healthcare policies and practices worldwide. In 2022 highlights included the continued dissemination of the Scorecard for Osteoporosis in Europe (SCOPE), numerous policy publications under the Capture the Fracture® umbrella, and the launch of a new IOF Latin American Audit. The Audit collects data from 19 of the 20 countries in Latin America, representing more than 94% of the regional population, and presents updated data on fragility fractures as well as projections to 2050. The findings will help experts quantify the burden of osteoporosis, as well as to more fully understand the barriers and opportunities that must be addressed across the region.

Osteoporosis is a global healthcare challenge which can only be tackled through collaboration and the commitment of many stakeholders. On behalf of IOF, I extend my heartfelt gratitude to our entire network, to the IOF staff, and to our many allies and supporters, including the corporate partners which have supported our important projects and programmes in 2022.

Your contributions, hard work and steadfast support have helped to lay the foundation for a brighter future for osteoporosis patients worldwide.

MESSAGE FROM THE CEO



Dr Philippe Halbout, IOF CEO

Advocacy for osteoporosis prevention raises public awareness, empowers individuals, promotes preventive strategies, and influences healthcare policies.

By emphasizing the importance of bone health, IOF works to reduce the burden of fractures, aiming towards a future with fewer fragility fractures and improved quality of life for patients and people at risk.

Indeed, regarding advocacy for bone health, in 2022 we literally reached for the stars with our extraordinary 'Lift Off For Bone Health' campaign in collaboration with the renowned European Space Agency (ESA) Astronaut Samantha Cristoforetti. We were so privileged to work with Samantha, and to benefit from her extraordinary support – even from aboard the International Space Shuttle! The campaign helped us reach more than three million people, and an new, younger

audience, through video messages translated into 10 languages.

Public awareness of bone-healthy lifestyle was also the focus of our extremely successful World Osteoporosis Day 'Step up for bone health' campaign. Campaign messages and resources were widely disseminated through our member organizations worldwide, resulting in unprecedented outreach to the general public and patients around the world through press releases, social media campaigns and more than 225 events or campaigns held in 50 countries worldwide.

The importance of regional collaboration in driving policy change was highlighted by specific efforts in the Asia Pacific and in Latin America. I was very proud to attend the Asia Pacific Consortium on Osteoporosis (APCO) Scientific Summit in Singapore, which brought together leading experts to further the vision of reducing the burden of osteoporosis and fragility fractures in the world's most populous and fastest ageing region. In a visit to Latin America, we strengthened ties with influential organizations and institutions in Brazil and Mexico, an endeavour that was capped off by the publication of a new IOF LATAM Audit, 10 years after the first ground-breaking LATAM audit.

Efforts to drive policy change, primarily through improvements in post-fracture care, also continued under the umbrella of our Capture the Fracture® program with its growing network and important library of policy publications and resources. In 2022 this included the publication of country specific policy landscape assessments for Italy, France, the Netherlands and Spain. Establishing national coalitions comprised of KOLs and important stakeholders was another key focus of the program and this year we were delighted to facilitate the successful kick off of coalitions for Mexico and Turkey. Finally, it was a great pleasure to celebrate Capture the Fracture's 10th anniversary by highlighting the individual achievements of our dynamic FLS network in a special social media campaign that took place over three months.

As always, patients remain at the core of IOF's mission and strategy. This was highlighted in two very different ways in 2022. We participated in the launch of the Patient Advisory Group in France, an exciting pilot project which is providing incredibly important insights. We also launched, in cooperation with the Bone Health and Osteoporosis Foundation (USA), the 'Osteoporosis and Fracture Risk Evaluation tool', a resource that can be used in primary care settings to facilitate dialogue between doctors and patients and to improve patient knowledge of osteoporosis risk factors and their understanding of the benefits versus risks of treatment.

I am proud that our work has become a driving force for change, shaping policies that positively impact the lives of people with osteoporosis around the world. I extend my heartfelt gratitude to all whose hard work, collaboration, expertise, and commitment has helped us reach new heights in 2022.

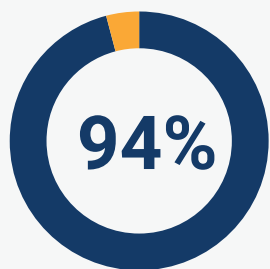
IOF STRATEGY AND FOCUS

The International Osteoporosis Foundation (IOF) is the world's largest non-governmental organization dedicated to the prevention, diagnosis, and treatment of osteoporosis and related musculoskeletal diseases.

Working together with its key membership committees, IOF is strongly committed to its mission of promoting bone and musculoskeletal health as a worldwide priority.



OUR CONSTITUENCY IN 2022



OF THE TOTAL
WORLD
POPULATION



REPRESENTING
8 BILLION
VOICES

IOF unites an influential global constituency of patient societies, research and medical organizations, healthcare professionals and international companies. Through its **membership committees**, IOF has a powerful voice and unparalleled outreach to the public, patients, health care professionals, policymakers, and media worldwide. Reflecting the importance of **regional representation**, IOF's Board of Governance has equal representation from each world region, and three Regional Advisory Councils (RAC) support the efforts of national osteoporosis societies in their geography and determine programming priorities in line with IOF's global strategy.

Committee of National Societies (CNS)

314 Patient & Medical Societies, other organizations, from 151 countries

Committee of Corporate Advisors (CCA)

11 Companies interested in bone health

Board of Governance

20 members, 4 from each of 5 global regions

Committee of Scientific Advisors (CSA)

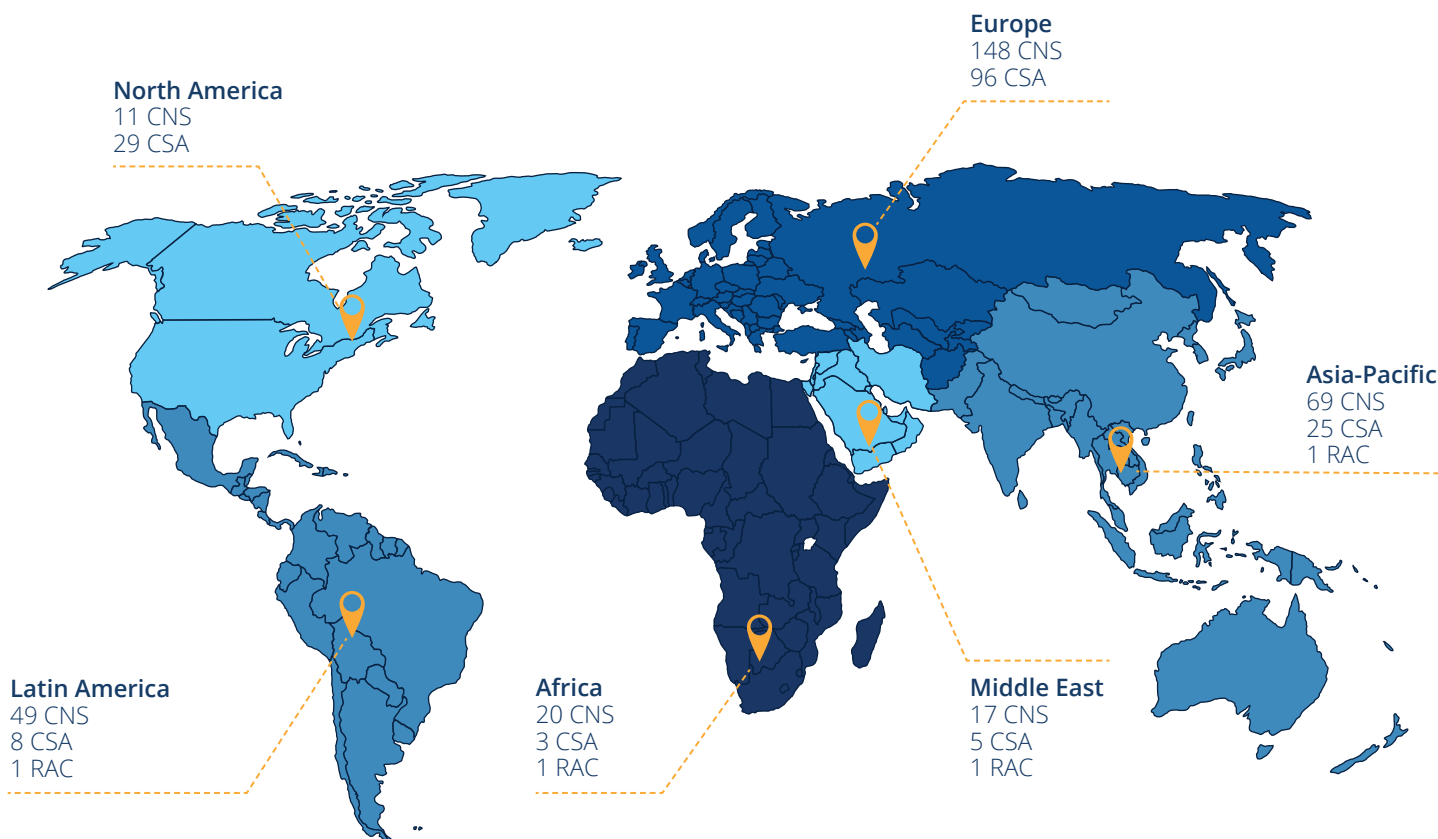
166 of the world's leading experts

Regional Advisory Councils (RACs)

4 RACs representing CNS in the Asia Pacific, Middle East, Africa, Latin America

Executive Committee (EXCO)

6 members, a subgroup of the Board



BOARD MEMBERS

The IOF board comprises internationally recognized experts and thought-leaders in the field.

With twenty elected members, comprising four representatives from each of five world regions, the Board reflects IOF's commitment to international representation and coordination.

ELECTED BOARD MEMBERS (2020-2024)

ASIA-PACIFIC	EUROPE	LATIN AMERICA	MIDDLE-EAST & AFRICA	NORTH AMERICA
Manju Chandran <i>Singapore</i>	Maria Luisa Brandi <i>Italy</i>	Claudia Campusano <i>Chile</i>	Gemma Adib <i>Syria</i>	Bess Dawson-Hughes <i>United States</i>
Peter Ebeling <i>Australia</i>	Olivier Bruyère <i>Belgium</i>	Patricia Clark <i>Mexico</i>	Basel Masri <i>Jordan</i>	Harry Genant † <i>United States</i>
Ambrish Mithal <i>India</i>	Cyrus Cooper <i>United Kingdom, IOF President</i>	Marise Lazaretti-Castro <i>Brazil</i>	Youssef Saleh <i>Saudi Arabia</i>	Famida Jiwa <i>Canada</i>
Toshikata Nakamura <i>Japan</i>	Eugene McCloskey <i>United Kingdom</i>	Oswaldo Messina <i>Argentina</i>	Leith Zakraoui <i>Tunisia</i>	Michael McClung <i>United States</i>

EX-OFFICIO MEMBERS OF THE BOARD

EXECUTIVE COMMITTEE	COMMITTEE CHAIRS
IOF President: Cyrus Cooper	Chair CSA: Nicholas Harvey
Honorary President: John Kanis	Vice-Chair CSA: Serge Ferrari
Secretary General: Bess Dawson-Hughes	Chair CNS: Jean-Yves Reginster
Treasurer: René Rizzoli	Chair CNS Patient Societies Subcommittee: Famida Jiwa
CSA Chair: Nicholas Harvey	Chair CCA: Marika Murto
CNS Chair: Jean-Yves Reginster	Vice-Chair CCA: James Pilachowski

REGIONAL ADVISORY COUNCILS

Four Regional Advisory Councils (RAC) support the efforts of national osteoporosis societies in Africa, the Asia Pacific, Latin America, and the Middle East. RAC members, elected by the CNS members in the region, determine programming priorities for their respective regions, in accordance with IOF's global strategy.



ASIA-PACIFIC REGION

Joon Kiong Lee, MYS (*Chair*)
 Manoj Chadha, IND
 Manju Chandran, SGP (*Deputy Chair*)
 Peter Ebeling, AUS
 Edith Ming-Chu Lau, HKG
 Ambrish Mithal, IND
 Toshikata Nakamura, JPN
 Tony Setiabudhi, IDN
 Atsushi Suzuki, JPN
 Keh-Sung Tsai, TWN
 Thanut Valleenukul, THA
 Weibo Xia, CHN

EX-Officio RAC Members - IOF Board Members

Peter Ebeling, AUS
 Manju Chandran, SGP
 Ambrish Mithal, IND
 Toshikata Nakamura, JPN



LATIN AMERICA REGION

Maria Belen Zanchetta, Southern Cone
 Luis Vidal Neira, Andina (*Chair*)
 Adriana Orcesi de Pedro, BRA
 Adriana Medina, Caribbean
 Sonia Cerdas, Central America
 Victor Mercado Cárdenas, MEX

EX-Officio RAC Members - IOF Board Members

Claudia Campusano, CHL
 Patricia Clark, MEX
 Marise Lazaretti Castro, BRA
 Osvaldo Daniel Messina, ARG

CSA Members

Bruno Muzzi Camargos, BRA
 Jorge Morales Torres, MEX
 Cesar Bogado, ARG



AFRICA REGION

Leith Zakraoui, TUN (*Chair*)
 Motare Henry Efamba Nongo, CMR
 Tereza Hough, ZAF
 Yasser El Miedany, EGY
 Ngozi Rosemary Njeze, NGA
 (*Deputy Chair*)
 Tobias de Villiers, ZAF

EX-Officio RAC Member - IOF Board Member

Leith Zakraoui, TUN (*Chair*)

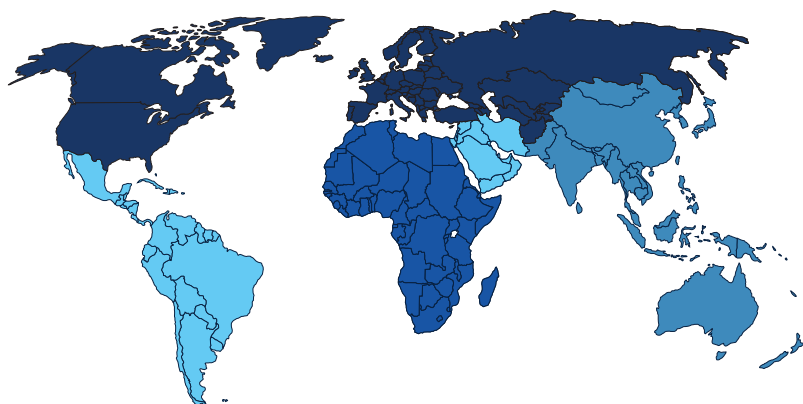


MIDDLE EAST REGION

Gemma Adib, SYR (*Chair*)
 Nizar Abdulateef, IRQ
 Bagher Larijani, IRN
 Basel Masri, JOR
 Youssef Saleh, SAU

EX-Officio RAC Members - IOF Board Members

Gemma Adib, SYR (*Chair*)
 Basel Masri, JOR
 Youssef Saleh, SAU



COMMITTEE OF SCIENTIFIC ADVISORS (CSA)



It is a great privilege to be at the helm of IOF's Committee of Scientific Advisors, whose members are recognized as world leaders in the field.

The CSA working groups make important contributions with publications that influence global best practice and consensus in key areas of clinical research.

Prof. Nicholas Harvey, CSA Chair

The CSA comprises 166 of the world's leading research and clinical experts, elected to the committee by their peers based on scientific merit and experience.

The CSA objectives, are to:

- Advise the Board in scientific matters related to IOF;
- Further IOF's clinical and research objectives;
- Support national policy changes relating to musculoskeletal health;
- Provide their expertise regarding scientific content of IOF's courses and congresses;
- Provide recommendations for practice in the care of osteoporosis at the global level.

IOF CSA WORKING GROUPS

The CSA publishes influential topical publications which have an impact on global research and clinical best practice.

The groups develop global policy guidance, scientific guidance and statements to update IOF positions, and educational and research projects of international relevance.

In 2022, the following 10 CSA Working Groups were active (see papers listed on page 26).

- **Bone and Cancer**
(Chair, R. Rizzoli)
- **Bone and Cardiovascular Diseases**
(Chairs, J. Cannata Andia, S. Ferrari)
- **Bone and Diabetes**
(Chairs, S. Ferrari & C Meier)
- **Epidemiology/Quality of Life**
(Chairs, J. Kanis, D. Prieto-Alhambra)
- **Fracture**
(Chairs, K. Akesson, K. Javaid)
- **Standardization of Bone Marker Standard Assay – with IFCC**
(Chair, E. Cavalier)
- **Rehabilitation**
(Chairs, O. Bruyère, D. Pinto)
- **Chronic Inflammation Bone Structure**
(Chair, O.D. Messina)
- **Vitamin D**
(Chair, M. Sosa)
- **Skeletal Fragility & Chronic Kidney Disease**
(Chairs, M. Fusaro, S. Ferrari)

COMMITTEE OF SCIENTIFIC ADVISORS (CSA)

FULL MEMBERS

Bo Abrahamsen (Denmark)
 Donato Agnusdei (Italy)
 Kristina Åkesson (Sweden)
 Nasser Al-Daghri (Saudi Arabia)
 Douglas C. Bauer (USA)
 Jürgen Bauer (Germany)
 Charlotte Beaudart (Belgium)
 Zhanna Belaya (Russia)
 Gerolamo Bianchi (Italy)
 John P. Bilezikian (USA)
 Neil C. Binkley (USA)
 Emmanuel Biver (Switzerland)
 Robert Blank (USA)
 Jean-Jacques Body (Belgium)
 César Bogado (Argentina)
 Fredrik Borgström (Sweden)
 Mary L. Bouxsein (USA)
 Maria Luisa Brandi (Italy)
 Olivier Bruyère (Belgium)
 Fanny Buckinx (Belgium)
 Björn Buehring (Germany)
 Bruno Muzzi Camargos (Brazil)
 Jorge B. Cannata-Andia (Spain)
 John Carey (Ireland)
 Etienne Cavalier (Belgium)
 Ding-Cheng Derrick Chan (Taiwan)
 Marlene Chakthoura (Lebanon)
 Manju Chandran (Singapore)
 Roland Chapurlat (France)
 Angela Cheung (Canada)
 Thierry Chevalley (Switzerland)
 Patricia Clark (Mexico)
 Bart Clarke (USA)
 Cyrille Confavreux (France)
 Cyrus Cooper (UK)
 Bernard Cortet (France)
 Alfonso Cruz-Jentoft (Spain)
 Elisabeth Curtis (UK)
 Bess Dawson-Hughes (USA)
 Pierre Delanaye (Belgium)
 Elaine Dennison (UK)
 Tobias J. De Villiers (South Africa)
 Manuel Diaz-Curiel (Spain)
 Hans Peter Dimai (Austria)
 Gustavo Duque (Canada)
 Richard Eastell (UK)
 Peter Ebeling (Australia)
 Ghada El-Hajj Fuleihan (Lebanon)

Abdellah El Maghraoui (Morocco)
 Klaus Engelke (Germany)
 Serge L Ferrari (Switzerland)
 Joseph A. Foldes (Israel)
 Maria Fusaro (Italy)
 Patrick Garner (France)
 Claus Glüer (Germany)
 Giuseppe Guglielmi (Italy)
 Peyman Hadji (Germany)
 Neveen Hamdy (Netherlands)
 Didier Hans (Switzerland)
 Nicholas C. W. Harvey (UK)
 Mickaël Hiligsmann (Netherlands)
 Gerold Holzer (Austria)
 Muhammad Kassim Javaid (UK)
 Helena Johansson (Sweden)
 Niklas Rye Jørgensen (Denmark)
 Robert G. Josse (Canada)
 John A. Kanis (UK)
 Jean-Marc Kaufman (Belgium)
 Jean-François Kaux (Belgium)
 David Kendler (Canada)
 Aliya Khan (Canada)
 Patricia Khashayar (Iran)
 Nancy Lane (USA)
 Bagher Ardeshir Larijani (Iran)
 Sarath Lekamwasam (Sri Lanka)
 Willem Lems (Netherlands)
 William Leslie (Canada)
 Michael Lewiecki (USA)
 Mattias Lorentzon (Sweden)
 Stefania Maggi (Italy)
 Polyzois Makras (Greece)
 Laura Masi (Italy)
 Radmila Matijevic (Serbia)
 Eugene McCloskey (UK)
 Michael McClung (USA)
 Christian Meier (Switzerland)
 Osvaldo D. Messina (Argentina)
 Ambrish Mithal (India)
 Jorge Morales-Torres (Mexico)
 Suzanne Morin (Canada)
 Nicola Napoli (Italy)
 Julien Paccou (France)
 Socrates E. Papapoulos (Netherlands)
 Daniel Pinto (USA)
 Nick Pocock (Australia)
 Daniel Prieto-Alhambra (UK)
 Jean-Yves Reginster (Belgium)
 René Rizzoli (Switzerland)

David Scott (AUS)
 Ego Seeman (Australia)
 Stuart Silverman (USA)
 Manuel Sosa (Spain)
 Atsushi Suzuki (Japan)
 Pawel Szulc (France)
 Thierry Thomas (France)
 Andrea Trombetti (Switzerland)
 Sansin Tüzün (Turkey)
 Samuel Vasikaran (Australia)
 Kate Ward (UK)
 Weibo Xia (China)
 Noriko Yoshimura (Japan)
 Leith Zakraoui (Tunisia)

Hua Lin (China)
 Robert Lindsay (USA)
 Paul Lips (Netherlands)
 Roman S. Lorenc (Poland)
 George P. Lyritis (Greece)
 Jay Magaziner (USA)
 David Marsh (UK)
 Toshio Matsumoto (Japan)
 Paul D. Miller (USA)
 Toshitaka Nakamura (Japan)
 Sergio Ortolani (Italy)
 Eric S. Orwoll (USA)
 Alexandra Papaioannou (Canada)
 Gyula Poor (Hungary)
 Christiane Pouliart (Belgium)
 Jonathan Reeve (UK)
 Ian R. Reid (New Zealand)
 Gregorio Riera Espinoza (Venezuela)
 Johann Ringe (Germany)
 Markus J. Seibel (Australia)
 Alan J. Silman (UK)
 Ethel S. Siris (USA)
 Jan Stepan (Czech Republic)
 Nikhil Tandon (India)
 Rakesh Thakker (UK)
 Nelson B. Watts (USA)
 Christian Wüster (Germany)
 Ling Xu (China)
 José Zanchetta (Argentina)
 Roger Zebaze (Australia)

CORRESPONDING MEMBERS

Jonathan D. Adachi (Canada)
 Heike Bischoff-Ferrari (Switzerland)
 Jean-Philippe Bonjour (Switzerland)
 Narong Bunyaratavej (Thailand)
 Peter Burckhardt (Switzerland)
 Daniel Chappard (France)
 Juliet Compston (UK)
 Hong-Wen Deng (USA)
 Jean-Pierre Devogelaer (Belgium)
 Adolfo Diez Perez (Spain)
 Martina Dören (Germany)
 John Eisman (Australia)
 Erik F. Eriksen (Norway)
 Patrice Fardellone (France)
 Julio Fernandes (Canada)
 Jose Luis Ferretti (Argentina)
 Piet Geusens (Belgium)
 Jörg Goldhahn (Switzerland)
 Shi-fu Guo (China)
 Franz J. Jakob (Germany)
 Moustapha Kassem (Denmark)
 Markus Kraenzlin (Switzerland)
 Annie Kung (Hong Kong, China)
 Edith Lau (China)



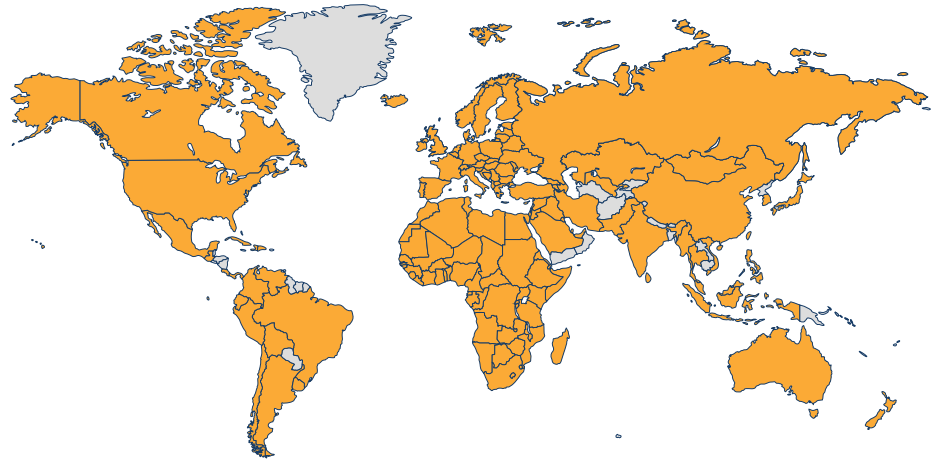
In memory of

In November 2022 IOF mourned the passing of **Prof. Uri Liberman** (Israel) who had been a respected, long-time member of the CSA and a Board Member of IOF from 1998-2011.

COMMITTEE OF NATIONAL SOCIETIES (CNS)



Prof. Jean-Yves Reginster, CNS Chair



Dr Famida Jiwa - CNS Vice-Chair and Patient Societies Subcommittee Chair

The CNS, IOF's key membership committee, represents a wide range of organizations which are dedicated to osteoporosis and musculoskeletal health.

As well as national, regional and international patient and medical societies, the CNS comprises organizations within the recently introduced Allied Member Category which includes the IOF University Network (see page 15), hospitals and various advocacy groups.

In recent years, CNS involvement in various operations and initiatives has been reinforced, with increased CNS input into scientific and policy programs.

At the end of 2022 the CNS counted **314 Members in 151 countries/territories.**



Being part of the IOF-CNS Community where we are all working together to make change happen in the way osteoporosis is diagnosed and treated is an absolute privilege.

Teréza Hough, CEO of the National Osteoporosis Foundation of South Africa



NEW CNS MEMBERS IN 2022

INTERNATIONAL / REGIONAL ORGANIZATIONS

- NCD Alliance
- ECHO Bone Health
- Asia Pacific Consortium on Osteoporosis (APCO)

NATIONAL ORGANIZATIONS

- The Mongolian Naran Society for Osteoarthritis and Musculoskeletal Health (Mongolia)
- Myanmar Society of Endocrinology and Metabolism (Myanmar)
- Rheumatology and Osteology Research Foundation (Argentina)

UNIVERSITY NETWORK

Asia-Pacific

- Universiti Sains Malaysia, School of Medical Sciences (Malaysia)
- International Islamic University Malaysia, Department of Medical Surgical Nursing, Kulliyah Nursing (Malaysia)
- Aga Khan University (Pakistan)

Europe

- Geneva University, Faculty of Medicine (Switzerland)
- Hacettepe University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation (Turkey)
- University of Oxford, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS) (United Kingdom)
- University of Oxford, Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) (United Kingdom)

Latin America:

- Faculty of Medical Sciences Minas Gerais / Faculdade de Ciências Médicas de Minas Gerais (FCMMG) (Brazil)



IOF UNIVERSITY NETWORK

The IOF University Network, launched in November, 2021 welcomed 8 new members in 2022, and is now comprised of 37 Universities from 11 countries.

The Network integrates renowned academic institutions into the IOF family of member organizations, and achieves important objectives including facilitating liaison with young investigators within leading research institutions, who may one day become the next generation of key opinion leaders in the field. It also provides opportunities to share knowledge in the bone field and to elaborate new programs for young scientists and healthcare professionals collectively.

IOF University Network Membership Benefits

We invite academic institutions, medical schools and research institutes to join and be part of a global community of bone health advocates.



FREE REGISTRATIONS

Opportunity to benefit from up to **10 free registrations** to attend the annual WCO-IOF-ESCEO Congress



ENDORSEMENT

Apply for endorsement of musculoskeletal & bone health related **postgraduate & Master programs**



COLLABORATION

Opportunity for **collaboration on research projects & access to a global network** of experts worldwide



ADVOCACY RESOURCES

Access to advocacy resources to support organisation of osteoporosis awareness activities



EDUCATIONAL RESOURCES

Access to **educational and scientific resources** & materials including the IOF Educational Hub



ENDORSEMENT

Opportunity to apply for endorsement of musculoskeletal and bone health related **publications and meetings**

CNS MEDAL

The CNS Medal is an annual award which honours an individual who has made an important contribution to the IOF Committee of National Societies through active participation in CNS activities and by expanding IOF's message and outreach at the local level.

In 2022 IOF was pleased to present the CNS Medal to **Teréza Hough**, CEO of the National Osteoporosis Foundation of South Africa (NOFSA) in recognition of her longstanding support of IOF initiatives and important work on behalf of osteoporosis education and advocacy in South Africa and within the region.



CNS AT THE VIRTUAL WCO-IOF-ESCEO 2022

Once again, the annual WCO-IOF-ESCEO Congress was held virtually due to continuing uncertainty and travel restrictions resulting from the Covid-19 pandemic in various parts of the world. Nevertheless, in addition to the CNS Medal presentation, there was robust CNS participation at the CNS scientific session featuring 9 abstracts, and 32 booths presented at the CNS virtual village.

CNS REPRESENTING

6 REGIONS

VIRTUAL BOOTHS

32

CNS SESSION SHOWCASING

9 ABSTRACTS

IOF MEETINGS WITH CNS MEMBERS

Two virtual meetings were held, giving IOF and its members the opportunity to interact and exchange information and valuable feedback. Meetings were held as follows, each with participation by up to 50 member societies.

**23
MARCH**

Update on IOF Operations and upcoming WCO-IOF-ESCEO 2022 Virtual Congress, as well as a special roundtable discussion on key challenges faced by national societies/organizations in driving policy changes, in the development of FLS, in supporting secondary fracture prevention and in raising awareness.

**19
MAY**

A special World Osteoporosis Day Webinar to present the theme of the 2022 campaign as well as newly developed resources and materials available for local campaigns for use at the local level.

IOF CONNECT

IOF Connect is a Facebook group established exclusively for the CNS network as a forum for the exchange of information and experience.

In 2022 IOF Connect had 173 followers, representing 76 CNS societies. More than 150 IOF posts highlighted new resources and organizational news of interest to the CNS community.

CNS MEMBERS

INTERNATIONAL AND REGIONAL

- African Society of Bone Health & Metabolic Bone Disease
- Asia Pacific Consortium on Osteoporosis (APCO)
- Asia Pacific Orthopaedic Association (APOA)
- Asian Pacific Osteoporosis Foundation
- European Calcified Tissue Society (ECTS)
- European Geriatric Medicine Society
- European Menopause and Andropause Society
- European Society for Clinical and Economic Aspects of Osteoporosis (ESCEO)
- European Women Housewives Federation
- Fragility Fracture Network (FFN)
- International Society for Clinical Densitometry (ISCD)
- International Society for Fracture Repair (ISFR)
- International Society of Orthopaedic Surgery and Traumatology (SICOT)
- Pan-Arab Osteoporosis Society

AFRICA

- ALGERIA** Algerian Soc. for Rheumatology
- CAMEROON** Verstand Osteoporosis Found.
- CONGO** Congolese Osteoporosis Soc.
- EGYPT** Egyptian Academy of Bone Health & Metabolic Bone Diseases • Egyptian Soc. for Osteoporosis & Geriatrics
- KENYA** Osteoporosis Prevention & Age Concern
- LIBYA** Libyan Osteoporosis Soc.
- MOROCCO** Moroccan Soc. for Rheumatology
- NIGERIA** Found. for the Awareness of Osteoporosis
- SOUTH AFRICA** National Osteoporosis Found. of South Africa
- TUNISIA** Tunisian Osteoporosis Prevention Soc.

ASIA PACIFIC

- AUSTRALIA** Healthy Bones Australia • Australian and New Zealand Bone & Mineral Soc. • Arthritis Found. Australia • Australasian Menopause Soc. • Australian Rheumatology Assoc.
- CHINA** China Health Promotion Found. • Osteoporosis Committee of China Gerontological Soc. • China Osteoporosis Found.
- CHINESE TAIPEI** Taiwanese Osteoporosis Assoc.
- HONG KONG-CHINA** Hong-Kong Osteoporosis Found. • Osteoporosis Soc. of Hong Kong

INDIA Arthritis Found. of India Trust • Indian Menopause Soc. • Indian Rheumatology Assoc. • Osteoporosis Found. India • Osteoporosis Soc. of India • Indian Soc. for Bone & Mineral Research

INDONESIA Indonesian Healthy Bone Foundation • Indonesian Osteoporosis Soc. • Indonesian Soc. of Gerontology • Indonesian Rheumatology Assoc.

JAPAN Fujiyoshida Medical Assoc. • Japan Osteoporosis Found. • Japan Osteoporosis Soc. • Japanese Soc. for Bone & Mineral Research

KOREA Korean Soc. for Bone & Mineral Research • Korean Soc. of Osteoporosis

MALAYSIA Malaysian Osteoporosis Soc. • Osteoporosis Awareness Soc. of Kuala Lumpur & Selangor

MONGOLIA Mongolian Naran Soc. For Osteoarthritis and Musculoskeletal Health

MYANMAR Myanmar Soc. of Endocrinology and Metabolism

NEW ZEALAND Osteoporosis New Zealand Inc.

PAKISTAN Gujranwala Osteoporosis Patient Soc. • Osteoporosis Soc. of Pakistan • The Pakistan Soc. for Rehabilitation of the Disabled

PHILIPPINES Osteoporosis Soc. of the Philippines Found. Inc. • Philippine Rheumatology Assoc.

SINGAPORE Endocrine & Metabolic Soc. of Singapore • Osteoporosis Soc. of Singapore • Chapter of Endocrinologists, College of Physicians

SRI LANKA Osteoporosis Sri Lanka

THAILAND Thai Osteoporosis Found. • Thailand Metabolic Bone Disorder & Orthogeriatrics Soc.

VIETNAM Vietnam Rheumatology Assoc.

EUROPE

ALBANIA Albanian Soc. of Rheumatic Diseases

ARMENIA Armenian Osteoporosis Assoc.

AUSTRIA Austrian Menopause Soc. • Austrian Soc. for Bone & Mineral Research • Action for Healthy Bones • Umbrella Org. of German-speaking Osteoporosis Self-help Assoc. and Patient-oriented Osteoporosis Org. • National Osteoporosis Patient Soc. Austria

BELARUS Belarusian Public Assoc. 'Fight Osteoporosis Together' • Woman & Family

BELGIUM Belgian Bone Club • Royal Belgian Rheumatology Soc. • Royal Belgian Soc. of Physical & Rehabilitation Medicine • Belgian Ageing Muscle Soc.

BOSNIA-HERZEGOVINA Soc. for Osteoporosis Federation of Bosnia-Herzegovina

BULGARIA Assoc. 'Women without Osteoporosis' • Bulgarian League for the

Prevention of Osteoporosis • Bulgarian Medical Soc. of Osteoporosis & Osteoarthritis • Bulgarian Soc. For Clinical Densitometry

CROATIA Croatian League Against Rheumatism • Croatian Osteoporosis Soc.

CYPRUS Cyprus Soc. Against Osteoporosis & Musculoskeletal Diseases • Cyprus Soc. for Osteoporosis

CZECH REPUBLIC Czech Osteoporosis League • Czech Soc. for Metabolic Bone Diseases • Osteologic Academy Zlin

DENMARK National Osteoporosis Foundation Denmark

ESTONIA Estonian Osteoporosis Soc.

FINLAND Finnish Bone Soc. • Finnish Osteoporosis Assoc.

FRANCE Women's Assoc. against Osteoporosis • Women Forever • French League

Against Rheumatism • French Soc. for Clinical Densitometry • French Soc. of Orthopaedic Surgery & Traumatology • Research and Information Group On Osteoporosis • French Soc. of Rheumatology

GEORGIA Georgian Assoc. of Skeletal Metabolism Diseases • National Assoc. of Osteoporosis • Osteoporosis Patients' Assoc. of Georgia

GERMANY German Soc. for Osteology • German Soc. For Endocrinology • Osteoporosis Network • Orthopaedics Soc. for Osteology • Umbrella Org. of Osteoporosis Self-help Groups • Umbrella Org. of German Speaking Scientific Societies of Osteology • National Self-help Assoc. on Osteoporosis • Board of Trustees for Bone Health • National Initiative Against Osteoporosis • German Academy of the Osteological and Rheumatological Sciences

GREECE Hellenic Endocrine Soc. - Panhellenic Assoc. of Endocrinologists • Hellenic Osteoporosis Found. • Hellenic Soc. for the Study of Bone Metabolism • Butterfly - Bone Health Soc.

HUNGARY Hungarian Osteoporosis Patients Assoc. • Hungarian Soc. for Osteoporosis & Osteoarthritis

ICELAND Beinvernd – The Icelandic Osteoporosis Found.

IRELAND Irish Osteoporosis Soc.

ISRAEL Israel Soc. on Calcified Tissues Research • Israeli Found. for Osteoporosis & Bone Diseases

ITALY Italian Found. for Research on Bone Diseases • Italian Assoc. of Osteoporosis Patients • Italian COPD Patient Assoc. • Italian Federation of Osteoporosis & Diseases of the Skeleton • Italian Found. for Research on Osteoporosis & Musculoskeletal Diseases • Italian Osteoporosis League • Italian Soc. for Osteoporosis Mineral Metabolism & Skeletal

Diseases • Italian Soc. of Rheumatology • ORTOMED • Osteoporosis Italian Assoc. • MSOSD

KAZAKHSTAN Doctors Assoc. on Osteoporosis

KOSOVO Kosova Rheumatologic Soc.

LATVIA Latvia Osteoporosis Patient and Invalid Assoc. • Latvian Osteoporosis & Bone Metabolism Diseases Assoc. • Latvia Osteoporosis • Bone Metabolism Association's Patient Support Group

LITHUANIA Lithuanian Assoc. of Metabolic Bone Diseases • Lithuanian Osteoporosis Foundation

LUXEMBOURG Luxembourg Assoc. for the Study of Bone Metabolism & Osteoporosis

MACEDONIA Macedonian Assoc. for Applied Densitometry -DXA • Macedonian Osteoporosis Assoc.

MALTA Malta Osteoporosis Soc.

MOLDOVA Assoc. Against Osteoporosis of the Republic of Moldova 'OLIMP' • Assoc. of Prophylaxis of Osteoporosis from Moldova

THE NETHERLANDS Osteoporosis Vereniging • National Assoc. ReumaZorg Nederland

NORWAY Norwegian Osteoporosis Soc.

POLAND Healthy Bone Enthusiasts Soc. • Multidisciplinary Osteoporotic Forum • Polish Found. of Osteoporosis • Polish Osteoarthrology Soc. • Specjalistyczny Ośrodek Medycyny

PORTUGAL National Assoc. against Osteoporosis • Portuguese Osteoporosis Assoc. • Portuguese Soc. Of Osteoporosis & Other Metabolic Bone Diseases

ROMANIA Assoc. for Prevention of Osteoporosis in Romania • Romanian Found. of Osteoarthrology • Romanian Soc. Of Osteoporosis & Musculoskeletal Diseases • Romanian Soc. of Rheumatology

RUSSIA OSTEURUS • Russian Assoc. on Osteoporosis • Eurasian Assoc. of Therapists

SERBIA Assoc. of Sports Traumatology & Arthroscopic of Serbia • Serbia Osteoporosis Soc

SLOVAKIA Slovak Soc. for Osteoporosis & Metabolic Bone Diseases • Slovak Union Against Osteoporosis

SLOVENIA Slovene Bone Soc. • Slovene Osteoporosis Patient Soc.

SPAIN Hispanic Found. of Osteoporosis & Metabolic Bone Diseases • Spanish Assoc. Against Osteoporosis • Spanish Orthopaedic & Traumatology Soc. • Spanish Soc. for Research on Bone & Mineral Metabolism • Spanish Soc. For Rheumatology • Spanish Soc. of Osteoporotic Fractures

SWEDEN Swedish Osteoporosis Patient Assoc. • Swedish Osteoporosis Soc. • Swedish Rheumatism Assoc. • 1.6 Million Club

SWITZERLAND Osteoswiss • Swiss Assoc. Against Osteoporosis

TURKEY Osteoporosis Patient Soc. of Turkey •

Rheumatism Soc. • The Soc. of Endocrinology & Metabolism of Turkey • The Soc. of Life with Osteoporosis • Turkish Joint Diseases Found. • Turkish Osteoporosis Soc.

UKRAINE Ukrainian Assoc. of Osteoporosis

UNITED KINGDOM Bone Research Soc. • MRC Lifecourse Epidemiology • Royal Osteoporosis Soc.

UZBEKISTAN Endocrinological & Diabetes Assoc. of Uzbekistan

LATIN AMERICA

ARGENTINA Argentine Assoc. of Osteology & Mineral Metabolism • Argentine Soc. of Osteoporosis • DIAMED. SRL (Centro Médico Rawson) • Metabolic Research Found. • Sanatorio Las Lomas - Endocrinology, Nutrition & Diabetes Dept.

BOLIVIA Bolivian Assoc. of Osteology & Mineral Metabolism

BRAZIL Brazilian Assoc. of Bone Health Assessment & Metabolism • Brazilian Federation of Gynecology & Obstetrics Assoc. • Brazilian Soc. of Rheumatology • Osteometabolic Brazilian Orthopaedic Assoc.

CHILE Chilean Soc. of Osteology & Mineral Metabolism • Chilean Endocrine & Diabetes Soc. • Chilean Found. for Osteoporosis

COLOMBIA Colombian Assoc. for Endocrinology • Colombian Assoc. for Osteoporosis & Mineral Metabolism • Colombian Osteoporosis Foundation • Colombian League against Osteoporosis • Osteoporosis National Foundation

COSTA RICA Costa Rican Assoc. of Climacteric, Menopause & Osteoporosis • Costa Rican Osteoporosis Found.

CUBA Cuban Soc. of Rheumatology

DOMINICAN REPUBLIC Dominican Menopause & Osteoporosis Soc. • Dominican Osteoporosis, Menopause & Metabolic Disease Found. • Dominican Soc. for Climacteric & Menopause Study

ECUADOR FOMAT Medical Research • Ecuadorian Soc. for Mineral Metabolism • Ecuadorian Soc. of Rheumatology

GUATEMALA Guatemalan League against Osteoporosis

MEXICO Assoc. against Osteoporosis, S.C. • Mexican Assoc. of Bone & Mineral Metabolism • Mexican Cttee for The Prevention of Osteoporosis • National College of Geriatric Medicine • Mexican Federation of Colleges for Orthopaedics & Traumatology • Mexican College for Orthopaedics & Traumatology • Mexican Assoc. for Climateric Study

PANAMA Osteoporosis & Bone Metabolic Disease Found. • Iberoamerican Soc. of Osteology & Bone Metabolism

PERU Peruvian Soc. of Osteoporosis & Bone

Diseases • Peruvian Soc. of Rheumatology

URUGUAY Uruguayan Soc. of Osteoporosis & Mineral Metabolism • Uruguayan Soc. of Rheumatology

VENEZUELA Venezuelan Soc. of Menopause & Osteoporosis • Venezuelan Soc. of Osteoporotic Patients

MIDDLE EAST

BAHRAIN Bahrain Osteoporosis Soc.

IRAN Endocrinology & Metabolism Research Institute • Iran Osteoporosis Society

IRAQ Iraqi League for Bone & Joint Health • Iraqi Osteoporosis Prevention Soc.

JORDAN Jordanian Osteoporosis Prevention Soc. • Jordanian Physicians Osteoporosis Soc.

KUWAIT Kuwait Assoc. of Rheumatology • Kuwait Osteoporosis Prevention Soc.

LEBANON Abyad Medical Centre • Lebanese Soc. of Rheumatology • Middle East Academy for Medicine of Ageing • Lebanese Soc. of Osteoporosis & Metabolic Bone Disorder

PALESTINE Palestinian Osteoporosis Prevention Soc.

SAUDI ARABIA Saudi Osteoporosis Soc.

SYRIA Syrian National Osteoporosis Soc.

UNITED ARAB EMIRATES Emirates Osteoporosis Soc.

NORTH AMERICA

CANADA Osteoporosis Canada • Canadian Menopause Soc.

PUERTO RICO Puerto Rican Soc. Of Endocrinology And Diabetology

USA American Assoc. of Clinical Endocrinology • American Bone Health • American Orthopaedic Assoc. • California Hispanic Osteoporosis Found. • Bone Health & Osteoporosis Foundation • The Paget Foundation

IOF UNIVERSITY NETWORK MEMBERS

AFRICA

EGYPT Ain Shams University, Fac. of Medicine, Dept. of Rheumatology • Assiut University, Fac. of Medicine, Dept. of Rheumatology & Rehabilitation • Aswan University, Fac. of Medicine, Dept. of Rheumatology • Benha University, Fac. of Medicine, Dept. of Rheumatology & Rehabilitation • Cairo University, Kasr Alainy Fac. of Medicine, Dept. of Rheumatology & Dept. of Orthopaedics • Sohag University, Fac. of Medicine, Dept. of Rheumatology & Rehabilitation • Tanta University, Fac. of Medicine, Dept. of Rheumatology & Rehabilitation

SOUTH AFRICA University of KwaZulu-Natal, School of Clinical Medicine, Dept. of Rheumatology

TUNISIA University Tunis Al Manar, Fac. of Medicine, Mohammed Taieb Kassab Inst. of Orthopaedics

College of Medicine, Chulabhorn Royal Academy, Fac. of Medicine & Public Health • Thammasat University, Fac. of Medicine, Dept. of Internal Medicine

EUROPE

BELGIUM University of Liège, Fac. of Medicine

SWITZERLAND Geneva University, Fac. of Medicine

TURKEY Hacettepe University, Fac. of Medicine, Dept. of Physical Medicine & Rehabilitation

UNITED KINGDOM Canterbury Christ Church University, Fac. of Medicine, Health & Social Care • University of Oxford, Nuffield Dept. of Orthopaedics, Rheumatology & Musculoskeletal Sciences (NDORMS) • University of Oxford, Oxford Centre for Diabetes, Endocrinology & Metabolism (OCDEM)

ASIA PACIFIC

MALAYSIA University Putra Malaysia, Fac. of Medicine & Health Sciences • University Tunku Abdul Rahman, Fac. of Medicine & Health Sciences • Jeffrey Cheah School of Medicine & Health Sciences, Monash University Malaysia • Universiti Sains Malaysia, School of Medical Sciences • International Islamic University Malaysia, Dept. of Medical Surgical Nursing, Kulliyah Nursing

PAKISTAN Aga Khan University

SINGAPORE Nanyang Technological University, Lee Kong Chian School of Medicine • National University of Singapore, Yong Loo Lin School of Medicine • DUKE NUS Medical School

THAILAND Mahidol University, Fac. of Medicine Siriraj Hospital, Dept. of Orthopaedic Surgery • Mahidol University, Fac. of Medicine Ramathibodi Hospital, Dept. of Orthopaedics • Mahidol University, Fac. of Medicine Ramathibodi Hospital, Dept. of Medicine, Div. of Endocrinology & Metabolism • Chulalongkorn University, Fac. of Medicine, Dept. of Orthopaedics, Metabolic Bone Unit • Chulalongkorn University, Fac. of Medicine, Dept. of Medicine • Chulalongkorn University, Fac. of Medicine Bhumibol Adulyadej Hospital, Dept. of Orthopaedic Surgery • Chiang Mai University, Fac. of Medicine, Dept. of Orthopaedics • Phramongkutklao College of Medicine, Phramongkutklao Hospital, Dept. of Orthopaedics • Princess Srisavangavadhana College of Medicine, Chulabhorn Royal Academy, Police General Hospital, Dept. of Orthopaedic Surgery, Osteoporosis & Geriatrics Excellence Center • Princess Srisavangavadhana

LATIN AMERICA

ARGENTINA Salvador University, Medicine School, Post-graduate Medicine • Rosario National University, Fac. of Medicine

BRAZIL Fac. of Medical Sciences Minas Gerais

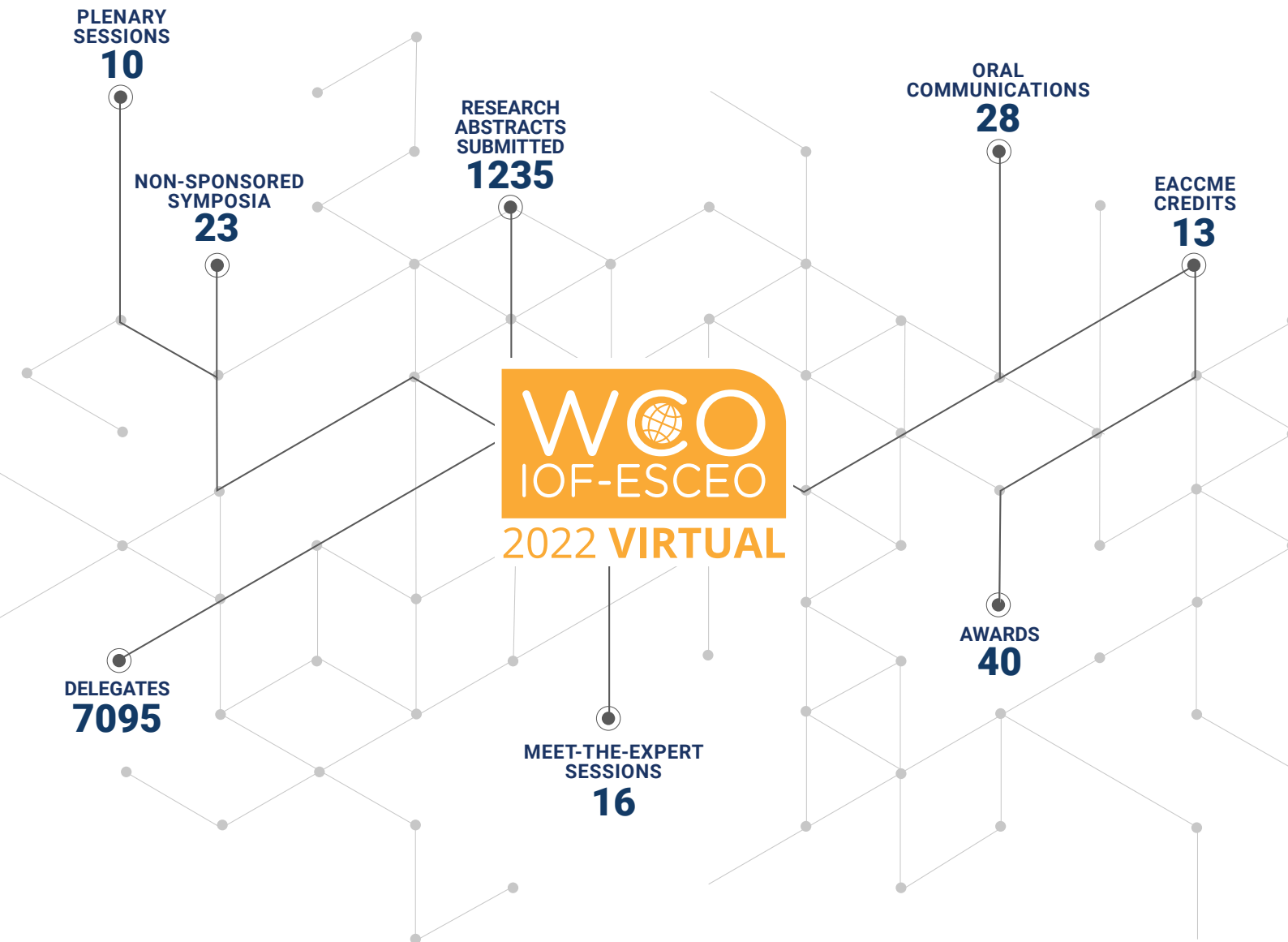
SCIENCE & RESEARCH

IOF is a respected and influential voice at the forefront of clinical research and education in the field.

Within its science program, activities include world-class conferences and training courses, educational webinars, support of innovative research, leading scientific publications, important Working Group position statements, the IOF Capture the Fracture® program, and collaborations across specializations and disease areas.



WORLD CONGRESS ON OSTEOPOROSIS, OSTEOARTHRITIS & MUSCULOSKELETAL DISEASES



With Covid-19 pandemic disruptions continuing, and given the success of the previous year's virtual Congress, the decision was taken to once again hold the annual IOF-ESCEO global Congress in a virtual format.

Record-breaking global participation at the Virtual WCO-IOF-ESCEO 2022 testifies to the Congress' status as the world's leading clinical forum in the field. Many of the sessions, including the plenary sessions, were held as 'live' virtual presentations with opportunities for Q&A, and access to the recordings of the entire scientific program and 16 virtual exhibition booths was provided

for a further three months resulting in unprecedented global outreach. The Congress was accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 13 European CME credits (ECMEC®s). For the first time, the highlights of the congress were made available in Spanish thanks to an initiative of Dr Maria Belen Zanchetta (RAC member).

GRANTS AND AWARDS

At the WCO-IOF-ESCEO 2022, IOF recognized the scientific work and individual achievements of six leading experts through the presentation of the following prestigious Awards:



IOF PRESIDENT'S AWARD

Prof. René Rizzoli, Emeritus Professor of Medicine at the University Hospitals of Geneva, was honoured with the prestigious IOF President's Award. The Award honours individuals who have made a significant and longstanding contribution to the advancement of the work of the IOF, through furthering one or more of the mission statements and/or goals of the Foundation.



IOF CSA MEDAL OF ACHIEVEMENT

The recipient of this prestigious annual award was **Prof. Thierry Thomas**, M.D., Professor of Medicine and Head of the Department of Rheumatology at the University Hospital of Saint-Étienne, France. The CSA Medal of Achievement honours an individual researcher who has significantly advanced the field of osteoporosis through original and outstanding scientific contributions. It underlines important aspects of IOF's mission – to increase understanding and awareness of osteoporosis and to promote medical innovation and improved care.



IOF OLOF JOHNELL SCIENCE AWARD

The 2022 IOF Olof Johnell Science Award was presented to **Prof. Elaine Dennison**, Professor of Musculoskeletal Epidemiology and Honorary Consultant in Rheumatology at the MRC Lifecourse Epidemiology Centre, University of Southampton, UK. The Award recognises individuals who have made outstanding contributions to the field of osteoporosis in a scientific or policy implementation area worldwide.



ESCEO-IOF HERBERT FLEISCH MEDAL

The 2022 Herbert A. Fleisch ESCEO-IOF Medal was awarded to **Prof. Antonio Cherubini**, Chief, Geriatria Accettazione Geriatrica e Centro di Ricerca per l'Invecchiamento, Geriatric Hospital, IRCCS-INRCA, Ancona, Italy and Associate Professor of Gerontology and Geriatrics, Perugia University Medical School. It is awarded in recognition of outstanding and ground-breaking achievements in basic bone science or musculoskeletal research.



ESCEO-IOF YOUNG SCIENTIST AWARD

This Award recognizes young investigators in the field who have demonstrated outstanding scientific merit early in their careers. The prestigious award was presented to **Dr Nicholas Fuggle**, NIHR Academic Clinical Lecturer at the MRC Lifecourse Epidemiology Centre at the University of Southampton, Lead of the Clinical Artificial Intelligence special interest group at the Alan Turing Institute, and Honorary Secretary of the International Society for Digital Health.

IOF 2022 NUTRITION AWARDS

Presented on the occasion of the Virtual WCO-IOF-ESCEO 2022, the IOF Nutrition Awards, each comprising a grant of 1000 USD and a certificate, were presented to five young investigators from Australia, India, and Switzerland in recognition of their outstanding research abstracts in the field of nutrition and musculoskeletal health.

The winners were **M. Sim** (Australia), **M. Papageorgiou** (Switzerland), **Feng Pan** (Australia), **M. M. Cervo** (Australia) and **G. C. Kakadiya** (India).



M. Sim



M. Papageorgiou



Feng Pan



M.M. Cervo



G.C. Kakadiya

IOF SKELETAL RARE DISEASES (SRD) ACADEMY AWARDS & BURSARIES

Six young researchers were awarded a certificate and grant/bursary of 1000 USD /500 USD in recognition of their outstanding abstracts related to rare disorders of the skeleton.

The Award winners were **A. Mercier** (France), **C. Grimbly** (Canada), **F. Miglietta** (Italy), **M. A. L. Legrand** (France) and bursary winners were **S. Donati** (Italy) and **I. Falsetti** (Italy).



A. Mercier



C. Grimbly



F. Miglietta



M.A.L. Legrand



S. Donati



I. Falsetti



IOF ACADEMY

Science, Knowledge & Education

IOF ACADEMY – ADVANCED COURSE ON OSTEOPOROSIS

In 2022 work began on the development of a new IOF e-learning platform which will feature a CME-accredited advanced on-demand online course to provide the latest knowledge on diagnosis and management of osteoporosis.

The course will be targeted to an audience of specialists in the fields of rheumatology and endocrinology, including those in training, with planned launch in late 2023.



OSTEOPOROSIS: ESSENTIALS OF DENSITOMETRY, DIAGNOSIS AND MANAGEMENT COURSE



Osteoporosis Essentials

Densitometry, Diagnosis and Management

ISCD IOF

The joint IOF and ISCD initiative provides high-quality clinical training to improve the diagnosis and management of patients with osteoporosis. In 2022, 7 on-site courses and 4 online courses were held in 8 countries, with 620 registrations. Since 2015, 138 courses have been held in more than 36 countries, with over 8425 participants internationally. In 2022 the educational materials and exams were also developed in Portuguese.

BONECAST WEBINAR SERIES

Launched in 2020, the IOF BoneCast webinars have been incredibly successful, reflecting the renowned expertise of the speakers and relevance of the largely clinical topics presented.

Covering a wide range of topics, the webinars provide state-of-the-art education for healthcare professionals worldwide, hosted by members of IOF's CSA, as well as by experts within the Capture the Fracture® program and by invited external speakers. In 2022, topics covered included: bone and cardiovascular disease, skeletal rare diseases, bone and transplantation, HIV, bone and dementia, osteoporosis drug effects in diabetes, and bone health in transgender individuals among others.

BoneCast

SESSIONS & TOPICS

13



REGISTRANTS

2731



ATTENDANCE RATE

37%



VIEWS ON REPLAY IN 2022

3450



CSA SESSION AT THE WCO-IOF-ESCEO 2022

The virtual IOF-ESCEO World Congress included a session of three lectures dedicated to CSA Working Group topics, chaired by Prof. Nicholas Harvey.

- Assessing metastatic and non-metastatic fracture risk in patients with cancer - Cyrille Confavreux (Bone and Cancer WG)
- Role of bone microstructure in diabetes bone fragility - Serge Ferrari (Bone and Diabetes WG)
- Can we improve communication of risk to patients? - Mickaël Hilgismann (Epidemiology & Quality of Life WG)

HIPGEN STUDY

Since 2018, IOF has been the communications partner for the HIPGEN clinical trial, a phase III, multicentre study, designed to determine the efficacy, safety and tolerability of intramuscular injections of allogeneic PLX-PAD cells for improved recovery following arthroplasty for hip fracture.

Following the 4th Annual Meeting held on March 1, 2022, IOF attended the final HIPGEN meeting which was held on September 12-13, 2022. IOF looks forward to communicating on the publication of the scientific results when these are available.

IOF SCIENTIFIC WORKING GROUPS

The scientific working groups of the IOF Committee of Scientific Advisors formulate policy guidance, scientific guidance, and consensus statements, as well as develop educational and research projects of international relevance.

In 2022 there were 10 CSA Working Groups (listed on page 12), including the following newly formed Working Groups.

VITAMIN D WORKING GROUP

Chaired by Prof. M Sosa-Henríquez, this Working group aims to provide

guidance on vitamin D for bone health, with a pragmatic approach to vitamin D treatment and supplementation, including the loading doses and toxicity.

SKELETAL FRAGILITY & CHRONIC KIDNEY DISEASE WORKING GROUP

Chaired by Prof. M. Fusaro and Prof. S. Ferrari, this Working Group will be formally established at the WCO-IOF-ESCEO 2023 and will meet to discuss specific research directions for this important topic.



SKELETAL RARE DISEASES

WEBINARS

A Practical And Clinical Approach To Skeletal Rare Disorders With Illustrative Cases
May 18, 2022, *Speaker: Prof. Manju Chandran*

Fibrous Dysplasia Of Bone/McCune-Albright Syndrome, an update
September 27, 2022, *Speaker: Prof. Roland Chapurlat*

PODCASTS

To expand knowledge of rare skeletal diseases, 25-minute podcasts to highlight specific topics related to skeletal rare diseases were broadcast with leading experts.

Challenges in screening, diagnosis and management of FGF-23 hypophosphatemic diseases
Speaker: Assoc. Prof. Kassim Javaid, moderator Dr. Manju Chandran

The impact of chronic hypophosphatemia on multiple body systems over the life course
Moderator: Assoc. Prof. Kassim Javaid, Speaker Prof. Maria Luisa Brandi

FACT SHEETS

Illustrated fact sheets providing key information and diagnostic algorithms were created and disseminated widely through the IOF network and social media.

- X-Linked Hypophosphatemia (XLH) in adults
- Tumor-Induced Osteomalacia (TIO) in adults

SURVEY ON DIAGNOSIS & MANAGEMENT OF HYPOPHOSPHATEMIC OSTEOMALACIA

A survey was prepared to gather insights from physicians who treat patients with hypophosphatemic osteomalacia (including TIO, XLH, FGF23-mediated disorders). The survey will be widely disseminated in the first three months of 2023 via the IOF newsletter and social media channels.

KEY PUBLICATIONS IN 2022

IOF WORKING GROUPS (WG)

- The global approach to rehabilitation following an osteoporotic fragility fracture: A review of the Rehabilitation WG of the IOF CSA *Osteoporos Int.* 2022
- Is it time to consider population screening for fracture risk in postmenopausal women? A position paper from the IOF Epidemiology/Quality of Life WG *Arch Osteoporos* 2022
- Population screening for fracture risk in postmenopausal women: a logical step in reducing the osteoporotic fracture burden? *Osteoporos Int.* 2022

CROSS SOCIETY COLLABORATIONS

- The need to distinguish intervention thresholds and diagnostic thresholds in the management of osteoporosis *Osteoporos Int* 2022
- Experience of a systematic approach to care and prevention of fragility fractures in New Zealand *Arch Osteoporos* 2022

OTHER PUBLICATIONS AND ENDORSEMENTS

- Osteoporosis in Europe: A compendium of country specific reports *Arch Osteoporos.* 2022
- Antiresorptive Therapy and Effects on Dental Implant Outcomes in Patients With Osteoporosis: A Systematic Review and Consensus Statement by S Tetradis et al.
- Post Hip fracture Orthogeriatric Care - A Canadian Position Paper Addressing Challenges in Care and Strategies to meet Quality Indicators by A Kahn et al.

REGIONAL PAPER

- Evidence based Latin American Guidelines of clinical practice on prevention, diagnosis, management and treatment of glucocorticoid-induced osteoporosis. A 2022 update. *Aging Clin Exp Res* 2022

COLLABORATION AND JOINT INITIATIVES

Alliances and joint initiatives with scientific organizations across a spectrum of related disease areas help to increase IOF's organizational outreach, and expand education and best practice to a broader range of health professionals around the world. As well as collaborations within the Asia Pacific region and specifically APCO (see page 44) and longstanding collaboration with ESCEO, IOF participated in the following scientific collaborations in 2022:

- **Capture the Fracture® sessions** were held in cooperation with many related organizations, including FFN (in Hong Kong and Thailand), National

Council for Secondary Fracture Prevention in Turkey, National Osteoporosis Foundation in South Africa, among others.

- **AMMOM-IOF online session** (Trends and key data on bone fragility in Latin America) held on Feb 24, 2022, was followed by a collaboration agreement for secondary fracture prevention in Mexico, formalized during the Allied Societies Summit at the AMMOM CXXI Congress.
- **ESCEO-IOF Symposium** at 10th BRADOO Congress (Management

of patients at very high risk through sequential treatments), October 21, 2022

- **Joint IOF-ABOOM Symposium**, Brazil (Post-fracture care in Brazil), May 26-28, 2022
- **IOF-ESCEO Symposium** (Post-fracture care in the Asia Pacific) at the SICOT World Congress, September 29, 2022
- **IOF-NOFSA Symposium** (Post-fracture care in South Africa), October 8, 2022

NEW

OSTEOPOROSIS AND FRACTURE EVALUATION TOOL

IOF and the Bone Health & Osteoporosis Foundation (BHOFF) in the USA developed a simple visual aid to help primary care providers initiate dialogue with their patients about osteoporosis and fracture risk during a medical consultation.



Through this new tool, we hope to encourage primary care providers to engage in constructive dialogue that will improve their patients' understanding of fracture risk and the benefits of adherence to anti-osteoporosis treatment.

Prof. N. Harvey, Chair of the CSA



The tool, available in PDF form and in several languages, lists essential questions for osteoporosis and fracture risk assessment and illustrates a screening and management algorithm based on either UK or US guidance.

Key messages are provided to assist clinicians in explaining the benefits to treatment versus the risk of rare side effects from the treatment, supported by visual aids to help patients better understand this risk versus benefit discussion.

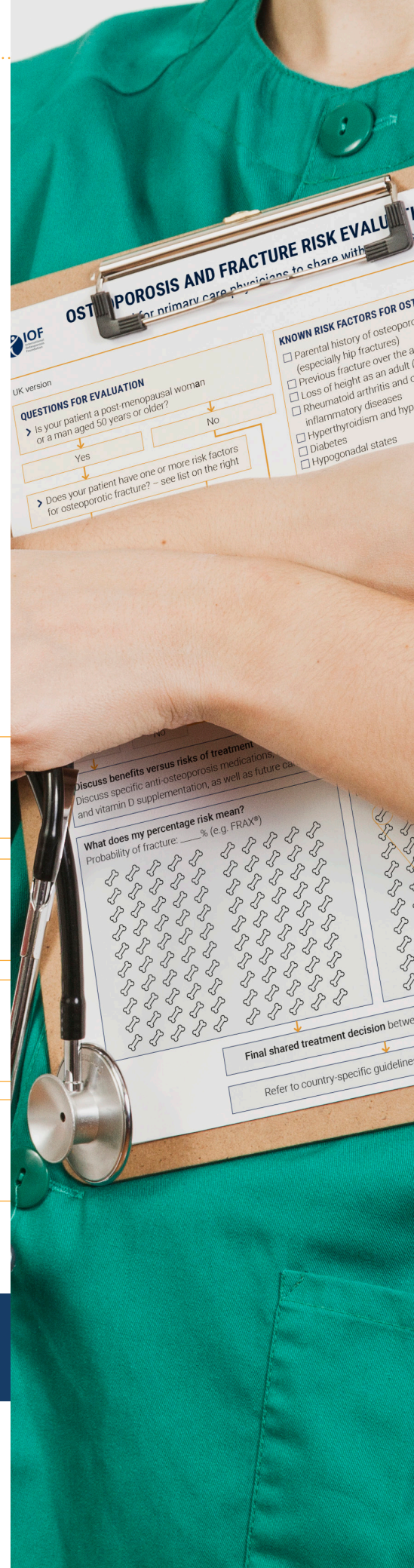
Helps to initiate dialogue with patients

Uses easy to understand visual aids

Demystifies the real risk of rare side effects

Available in 5 languages (EN, SP, DE, FR, JP)

CLICK HERE!
DOWNLOAD THE TOOL NOW





HEALTHCARE PROFESSIONAL EDUCATION IN LATIN AMERICA

With leading regional medical and scientific experts in its ranks, IOF Latin America has established an impressive portfolio of training programs, courses and webinars, and participates at national medical congresses in the region.

FLS CAFÉ

Driven by the regional office, Capture the Fracture® (CTF) continued to foster FLS implementation by supporting and disseminating useful tools and resources for Fracture Liaison Services (FLS) in Latin America. An essential part of the educational program for HCPs are FLS Café, the IOF TOUR, and dedicated webinars. Together with the IOF CTF mentors, IOF identifies opportunities to present and promote FLS benefits to target audiences and key stakeholders.



**50 FLS
4 COUNTRIES**

In 2022, IOF successfully organized **six editions of FLS Café** events which gathered **50 FLS from Argentina, Brazil, Colombia, and Mexico**, for **more than 107 healthcare professionals** dedicated to secondary fracture prevention based on the implementation of FLS. During these two-hour sessions, country CTF mentors together with renowned invited international experts presented and discussed key topics related to the running and optimal management of an FLS, including the benefits of FLS to

reduce secondary fractures and the management of patients at risk. Presentations were followed by an open roundtable discussion on controversial clinical cases and main barriers faced by FLS coordinators and their teams on a daily basis.

FREE REGISTRATIONS FOR MEMBERS

IOF LATAM continued to strengthen the knowledge network in the region by becoming a link between member societies in Latin America. Through a knowledge sharing initiative lead by IOF, member societies offer complimentary registrations to their congresses, annual meetings, and scientific activities which IOF distributes among other CNS members throughout the region. In 2022, this resulted in over 50 complimentary registrations to 8 national and regional events.

LATIN AMERICAN AUDIT 2021

This landmark report provides updated information on demographic indicators,

and up to date epidemiological data and costs on osteoporosis and fragility fractures in Latin America. It also describes infrastructure available and health policies on osteoporosis management within the region.

The LATAM Audit 2021 compiles information from 19 of the 20 countries that make up Latin America, representing 98.2% of region's total population, and includes 5 more countries than the 2012 edition). For detailed information see page 41.

IOF CNS WORKING GROUP - GLUCOCORTICOID INDUCED OSTEOPOROSIS

Under the auspice of the Committee of National Societies and Committee of Scientific Advisors, the IOF CNS GIO Working Group published '*Evidence-based Latin American Guidelines of Clinical Practice on Prevention, Diagnosis, Management and Treatment of Glucocorticoid-induced Osteoporosis: A 2022 Update*' .

Authored by O.D. Messina et al, the paper was published in the journal *Ageing Clinical and Experimental Research*.

CALCIUM SURVEY FOR COSTA RICA AND PANAMA

The study was the first conducted in Central America using the IOF Calcium Calculator with the aim to survey calcium intake in Costa Rica and Panama. The field survey included 1,189 participants, 50% men.

The investigation showed that calcium intake is deficient in both countries.

Media calcium intake was reported of 862 mg/d (IQR 650.5 – 1,115) in Costa Rica

and 825.5 mg/d (IQR 579.75- 1,029.2) in Panama. The paper was published in Spanish at *Nutrición Hospitalaria - Arán Ediciones, S.L.* (nutricionhospitalaria.org).

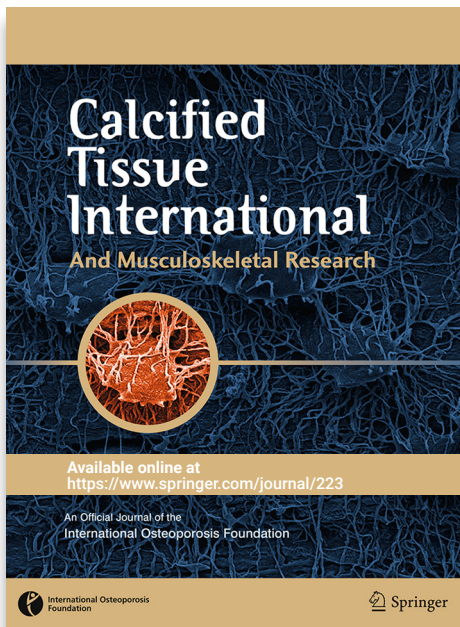
To disseminate key findings in both countries IOF partnered with CNS members, ACCMYO in Costa Rica and FOSEMO in Panama, to organize a series of media actions and events. In Panama, a breakfast meeting took place on October 13th, 2022, with the attendance

of KOL, media, and representatives of the technical areas of Panama's Ministry of Health.

In Costa Rica, IOF and ACCMYO hosted a workshop target to general public with a focus on healthy habits. On October 15th, 150 people enjoyed a morning of trivia games, exercises and healthy nutrition tips brought by Costa Rican experts committed to bone health.

IOF JOURNALS

IOF's scientific journal portfolio includes three peer-reviewed journals which are leading publications in the bone field, and key assets in our mission to promote high-quality research, medical innovation, and improved patient care. With regular online communication IOF works to promote the journals' papers.



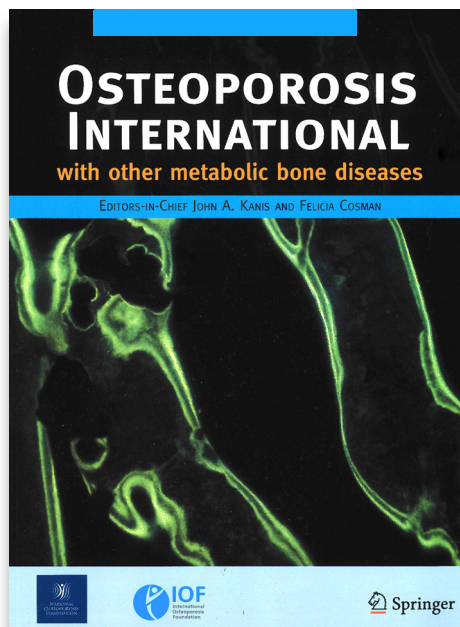
CALCIFIED TISSUE INTERNATIONAL & MUSCULOSKELETAL RESEARCH

Publishes cutting edge preclinical and translational research in the bone and muscle field, including state-of-the-art reviews.

Editors-in-Chief:
René Rizzoli, Stuart H. Ralston

2021 Impact Factor
4.000

5-year Impact Factor
4.227



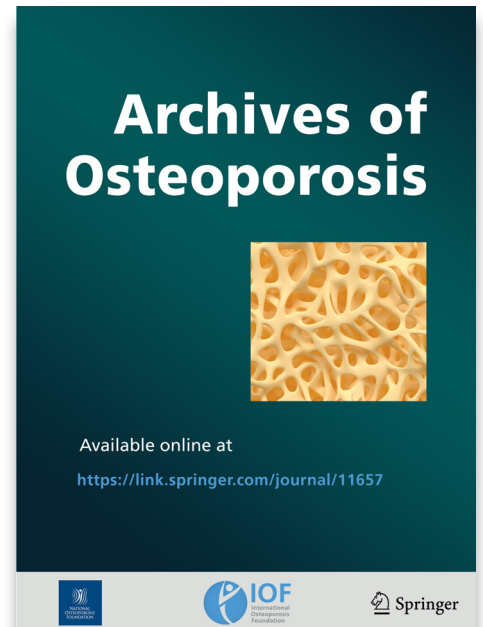
OSTEOPOROSIS INTERNATIONAL

A leading forum for clinical research in the diagnosis, prevention and management of osteoporosis and related musculoskeletal diseases.

Editors-in-Chief:
John A. Kanis, Felicia Cosman

2021 Impact Factor
5.071

5-year Impact Factor
5.137



ARCHIVES OF OSTEOPOROSIS

This online journal, the sister publication of Osteoporosis International, highlights clinical aspects of osteoporosis and is a forum of choice for regional research and guidelines.

Editors-in-Chief:
John A. Kanis, Felicia Cosman

2021 Impact Factor
2.879

5-year Impact Factor
3.236



CAPTURE THE FRACTURE®

In 2012, the International Osteoporosis Foundation developed Capture the Fracture® (CTF), a global program which provides recognition, resources, training and tools to support the implementation, scalability, and quality improvement of Post-Fracture Care Coordination (PFC) Programs, such as Fracture Liaison Services (FLS), worldwide.

The implementation of FLS is recognized as the single most important step in directly improving patient care and reducing spiraling fracture-related healthcare costs worldwide.

The Capture the Fracture® initiative guides healthcare systems in implementing their own FLS and provides a platform for the global exchange of existing projects and resources on FLS and local implementation strategies.



10 YEARS OF CAPTURE THE FRACTURE®

World Osteoporosis Day on October 20, 2022 marked 10 years since the official launch of Capture the Fracture®. Since its launch, the CTF network has rapidly grown from 53 FLS to **805 FLS**. To mark the occasion of the 10th anniversary of the CTF program, IOF launched a social media campaign to put the spotlight on the FLS that make up the CTF network.

FLS shared images of their dedicated multidisciplinary teams and inspiring messages about the improvements in patient care since initiating the service and the number of patients helped throughout the past decade.



In total, 36 FLS participated, leading to nearly 100 social media posts on IOF's communication channels, including Facebook, LinkedIn and Twitter. Between September 2022 and January 2023, the campaign reached more than 57,200 people worldwide.

In addition, two videos were created and shared on IOF social media channels to mark the 10th anniversary and give thanks to all the FLS that have helped grow the CTF network and positively impact post-fracture care and secondary fracture prevention around the world.

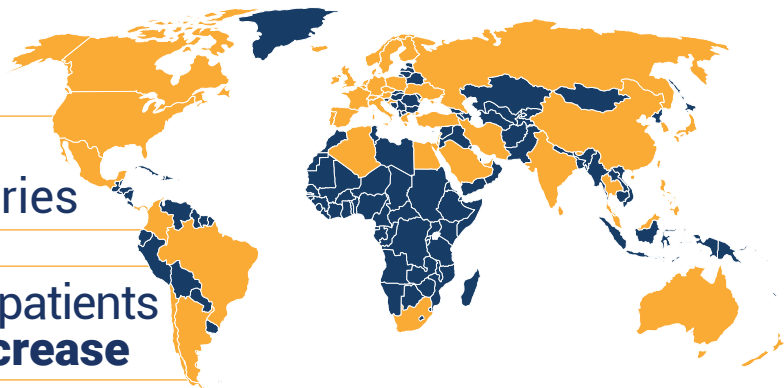
KEY ACHIEVEMENTS IN 2022

The CTF Map of Best Practice is the only global platform to give visibility and recognition to PFC programs/FLS worldwide. The past year has seen growing interest with **120 new FLS joining the CTF network (an increase of 18%)**, bringing the **total to 805 FLS** – a new milestone to be celebrated!

As well as surpassing the 800 FLS mark, CTF achieved a noteworthy milestone of **52 countries** represented on the Map. The CTF Network welcomed the first FLS from Iran and Panama in 2022, demonstrating the growing interest in post-fracture care worldwide.

805 FLS
52 Countries

460,000 patients
a 10% increase



By December 2022, the CTF Map of Best Practice included 385 FLS in Europe, 175 in the Asia-Pacific, 127 in Latin America, 82 in North America, 16 in the Middle

East and 20 in Africa. This year, the FLS in the CTF network saw a total of 460,000 patients, which represents a 10% increase compared to last year.



CAPTURE THE FRACTURE® PARTNERSHIP

Launched in 2019, the Capture the Fracture® Partnership is an extension of the Capture the Fracture® initiative and aims at advancing and fostering the implementation of Post-Fracture Care Coordination Programs, including Fracture Liaison Services, and focusing on improving patient care worldwide for osteoporotic patients.

Many of the important activities in Policy, Coalition and Mentorship pillars carried out under the Capture the Fracture® umbrella were supported by Amgen and UCB.

POLICY

With the objective of bringing policymakers, regulators, professionals and patients, organizations and opinion leaders together around a **defined call to action to drive policy change** to enable specific, impactful changes at the local, regional and national levels, the Capture the Fracture® program developed Country Policy Landscape Assessments.

These are comprehensive documents tailored to the specific national policy situation, making the case for secondary fracture prevention and Fracture Liaison Services in the country.

The **Country Policy Landscape Assessment** documents aim to build the response for policy change, focusing on different key areas:

- Current and future burden of fractures
- Existing and planned policy priorities.
- Expected benefits and outcomes of a strong secondary fracture prevention strategy.
- Recommendations and implementation plan.

The Country Policy Landscape assessments are meant to be used by a plurality of stakeholders to support their efforts in driving improvements in the standard of care for osteoporotic patients, by advocating for policy changes, supporting FLS implementation and sustainability, and advancing standards for post-fracture care.

To do so, the reports include various key messages for the national societies, healthcare professionals, and key stakeholders in the country, helping them raise awareness and argue for the need

for post-fracture care in the country with various entities, such as governmental institutions, hospital management or the lay public.

In 2022, the Country Specific Policy Landscape Assessment were finalised for the following countries:

	Italy
	France
	Netherlands
	Spain



COALITIONS

Coalitions for Post-Fracture Care (PFC) around secondary fracture prevention are the essential pivot step of the Capture the Fracture® Program as they permit **interactions with Key Opinion Leaders (KOLs) and stakeholders** for all the aspects related to driving secondary fracture prevention at the local level.

The Capture the Fracture® initiative will serve as the catalyst to establish the optimal broad-based fracture prevention coalition that unites existing international and national advocacy, medical and scientific societies, patient societies, multispecialty societies and NGOs.

The Coalitions at the country level will support:

- Driving Policy changes
- Driving insurance policy changes
- Education of HCPs through Mentorship
- Improvement of the quality standards of patient care
- Development and improvement of Post-Fracture Care coordinated programs.
- Communication of the initiative at the national level through active liaison with the national media

The national coalitions will be comprised of a multidisciplinary pool of experts and complementary KOL's representing different medical specialties, who have expertise in Fracture Liaison Services, engaging with policymakers and insurance providers, linking with the media, and in patient advocacy and support.

In 2022, with the support of the IOF, national coalitions have been established in Turkey and Mexico.



Turkey – National Council for Secondary Fracture Prevention

The National Council for Secondary Fracture Prevention in Turkey was initiated on May 23rd, 2022, in close partnership with key Turkish experts and stakeholders involved in post-fracture care and secondary fracture prevention, including representatives of the Turkish Osteoporosis Society, the Osteoporosis Patient Society of Turkey, the Society of Life with Osteoporosis, the Society of Endocrinology and Metabolism of Turkey, the Turkish Society of Physical Medicine and Rehabilitation, The Turkish Orthopaedics and Traumatology Association, and the Fragility Fracture Network Turkey.

In October 2022, the National Council for Secondary Fracture Prevention met to discuss the priorities and challenges in the post-fracture care and secondary fracture prevention Landscape in Turkey, and draw the foundations of their strategy and roadmap for the country.

Mexico – National Coalition for Secondary Fracture Prevention

Initiated on October 26th, 2022, the National Coalition for Secondary Fracture Prevention in Mexico brought together representatives of 10 renowned Mexican Institutions from the public, private and civil society sectors, including the National Institute of Geriatrics, the National Institute of Rehabilitation Luis Guillermo Ibarra (INR), Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Facultad de Medicina de la UNAM, Programa GeriatrIMSS del Instituto Mexicano del Seguro Social, Colegio Mexicano de Ortopedia y Traumatología (CMO), Colegio Mexicano de Reumatología, Colegio Nacional de Medicina Geriátrica (CONAMEGER), and the Academia Mexicana de Geriátrica and the Asociación Mexicana de Metabolismo Óseo y Mineral (AMMOM).

Members of the Coalition for Secondary Fracture Prevention have highlighted the challenges currently faced by post-fracture care in the country due to the complexity of the Mexican healthcare system, and are developing a strategy to move secondary fracture prevention forward in the country.



MENTORSHIP

IOF, under the umbrella of the Capture the Fracture® program, has developed a **Mentorship program to enable the implementation of Post-Fracture Care (PFC) coordination programs, such as Fracture Liaison Services worldwide.**

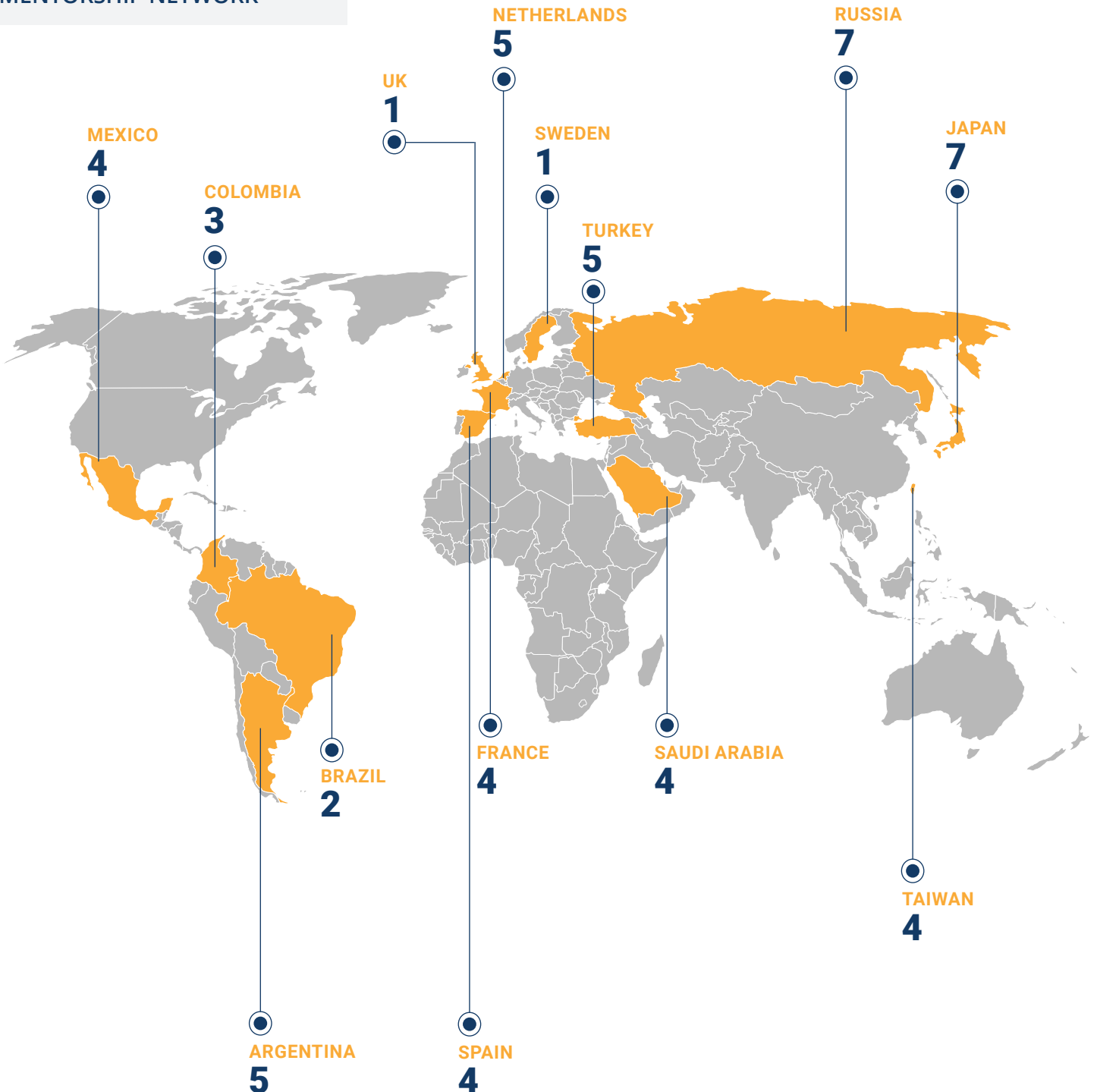
To achieve this goal, IOF facilitates the transfer of knowledge and skills by connecting experienced PFC program champions with any institutions willing to establish a new PFC program.

In 2022, **36 experts from 7 different countries completed their training** and became CTF-certified mentors in

France, Italy, Japan, Saudi Arabia, South Korea, Spain, Taiwan.

This brings the community of Capture the Fracture® mentors to **70 experts, from 14 countries** around the globe.

CAPTURE THE FRACTURE® MENTORSHIP NETWORK



COMMUNICATION & OUTREACH

Communication and outreach are at the core of all IOF programs and projects and are integral to IOF's mission as we seek to change the perception of osteoporosis, raise awareness of its burden, advance knowledge, drive policy change, and alert and engage patients and the general population.



WORLD OSTEOPOROSIS DAY

World Osteoporosis Day (WOD), marked on October 20th each year, is the key opportunity to educate, inform and fight misconceptions about a disease that still suffers from underdiagnosis and treatment worldwide.

With an extensive and targeted campaign each year, IOF leads the way and supports its member societies worldwide which amplify the outreach to the public, patients, at-risk individuals, healthcare professionals, and policymakers. The campaign is hosted on www.worldosteoporosisday.org, a platform which offers a vast library of resources, key messages, and a global map of events and campaigns.

STEP UP FOR BONE HEALTH

STEP UP for BONE HEALTH

A balanced, bone-healthy meal plan is a step towards osteoporosis prevention.

Add calcium, protein, vitamin D, and other bone-healthy nutrients to your daily diet!

WorldOsteoporosisDay October 20th IOF

STEP UP for BONE HEALTH

Step your way up to stronger bones!

Aim to exercise at least 30 to 40 minutes, 3 to 4 times each week, with weight-bearing and resistance exercises in the program.

WorldOsteoporosisDay October 20th IOF

STEP UP for BONE HEALTH

WHAT IS OSTEOPOROSIS?
OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND BRITTLE SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A DUELL!

AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

THE 5 STEPS

1 EAT BONE-HEALTHY FOODS

1.1 EAT BONE-HEALTHY FOODS

1.2 ARE YOU GETTING ENOUGH CALCIUM?

RECOMMENDED DAILY CALCIUM INTAKE (mg) BY SEX AND AGE

Age Group	Men	Women
19-50	1000	1000
51-70	1200	1200
71+	1200	1200

1.3 AND GET ENOUGH VITAMIN D FROM THE SUN

10-20 MINUTES OF SUN EXPOSURE PER DAY (10-15% OF SKIN)

2 EXERCISE FOR STRONGER BONES AND MUSCLES

AIM TO EXERCISE FOR 30-40 MINUTES THREE TO FOUR TIMES EACH WEEK

3 MAINTAIN A HEALTHY BODY WEIGHT

WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST

4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE

5 BE ALERT TO ANY PERSONAL RISK FACTORS

TAKE THE IOF OSTEOPOROSIS RISK CHECK

HEIGHT LOSS (at least 2.5 cm or more)
GENETICS (fractures in your family)
MEDICATIONS (e.g. corticosteroids, certain treatments)
DISEASES (e.g. Rheumatoid arthritis, diabetes)
MENOPAUSE (at least 10 years)

WorldOsteoporosisDay October 20th IOF

In 2022, the campaign tagline 'Step up for Bone Health' addressed people of all ages, highlighting the importance of a bone-healthy lifestyle as the foundation for strong bones and a mobile, fracture-free future.

A variety of resources and communications urged the public and patients to 'step up for bone health' by ensuring:

- Regular weight-bearing & muscle-strengthening exercise
- A nutritious bone-healthy diet and adequate vitamin D
- No smoking and avoiding excessive alcohol intake
- Maintaining a healthy body weight
- Early awareness of risk – and the need to discuss bone health with your doctor as a cornerstone of early prevention.

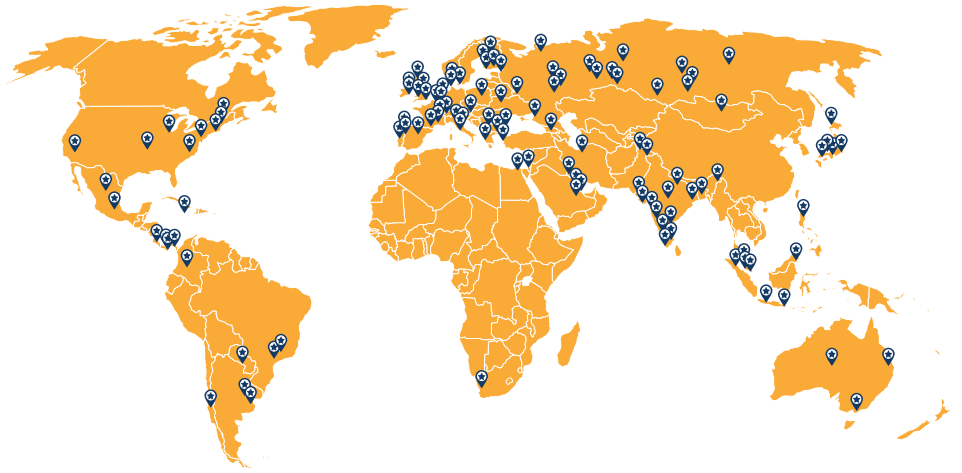
As the global campaign speaks to a wide range of stakeholders, including healthcare professionals and healthcare authorities, the important role of Fracture Liaison Services and post-fracture care were reflected in the WOD social media campaign and a targeted press release.



GLOBAL EVENTS AND CAMPAIGNS

More than **225 campaigns or events** were recorded in **50 countries**, including **122 events/campaigns held by CNS member societies**.

Due to the ongoing pandemic restrictions in some parts of the world, a large number of **virtual campaigns** were observed, these including online Facebook sessions, shared videos or webinars, as well as a strong focus on social media campaigns. IOF Executive Committee member and Treasurer Prof. René Rizzoli took part at a FIRMO Roundtable event in Rome, Italy on World Osteoporosis Day. IOF LATAM participated at the 5th Argentine Congress of Osteoporosis held at WOD and presented the IOF LATAM Audit.



225+ Events
50 Countries



122 events
by CNS members

PRESS AND SOCIAL MEDIA OUTREACH

IOF issued **three global press releases** which reached a potential audience of **2.2 billion people**, and **135 social media messages** were posted across seven IOF channels, with outreach to more than **145,000 people**.

Press releases announced the 10th Anniversary of CTF (October 18th) and the availability of the new SCOPE interactive map with snapshots of osteoporosis in 29 European countries (October 19th), and a global release in 8 languages issued via PRNewswire urged 'On World Osteoporosis Day, take five steps to better bone health' (October 20th).

SOCIAL MEDIA

135 Posts
7 IOF Channels

SOCIAL MEDIA OUTREACH

145,000 People

3 MEDIA RELEASES

Potential Outreach
2.2 Billion People

WORLD OSTEOPOROSIS DAY WEBSITE AND NEW RESOURCES

Featuring key messages, a global map of events, and hosting more than 100 multilanguage resources on topics of interest to patients and the public, **the WOD website attracted some 118,000 visitors in 2022.**

RESOURCES WERE DOWNLOADED 17,000 TIMES – A 66% INCREASE FROM THE PREVIOUS YEAR.

In addition to a library of past resources, the WOD 2022 campaign introduced new posters and social media banners, as well as the following **new resources**:

- Exercise For Bone Health And Osteoporosis fact sheet
- Post Fracture Nutrition fact sheet
- Calcium Rich Foods List
- World Osteoporosis Day Osteoporosis Awareness Quiz

NEW

BONE HEALTHY RECIPES

On the occasion of World Osteoporosis Day, IOF introduced an attractive new website subsection to host calcium-rich and bone-healthy recipes from around the world. Recipes list nutritional values, can be filtered according to course or other criteria, and can be easily printed.

IOF will build on the library of recipes in the coming year.



IOF OSTEOPOROSIS RISK CHECK

The IOF Osteoporosis Risk Check, launched in 2019 and **available in 36 languages**, is an easy-to-use online questionnaire with 8 key questions and related resources. It is primarily a tool with which to alert the public to potential risk factors for osteoporosis.

The Risk Check continues to be the most widely disseminated IOF resource for patients and is an important way to increase global awareness and encourage people at risk to ask for testing.

PAGEVIEWS IN 2022

99,500

TESTS COMPLETED

20,400

SOCIAL MEDIA OUTREACH

51,600 people reached

TOTAL RISK CHECKS COMPLETED SINCE OCTOBER 2019

185,000+

PRESS AND NEWS RELEASES

IOF issued 48 press releases through international press agencies in 2022, primarily highlighting new scientific papers and position statements, World Osteoporosis Day, and policy news and events. As well, more than 65 news stories were featured in English and Spanish on the IOF website.

THE 206

IOF's monthly newsletter to more than 29,000 subscribers reports on organizational news, events, publications and resources, Capture the Fracture® highlights, as well as member news and upcoming events.

IOF WEBSITE

The IOF website www.osteoporosis.foundation is an important global platform for accessible, targeted information on all aspects of osteoporosis, including rare skeletal diseases. As well as information tailored to patients and public, healthcare professionals and policy makers, there is information about the IOF network and IOF's projects and programs.

The website also hosts a much-visited **Educational Hub**, which hosts **more than 900 multi-language resources** that can be freely accessed. The total number of page views increased by 7.5% and the number of **downloads by 50%** compared to 2021.



PAGEVIEWS IN 2022

2,430,977



EDUCATIONAL HUB VISITS

567,514



DOWNLOADS

+50%

DIGITAL AND MEDIA COMMUNICATIONS

IOF's social media channels continue to grow steadily in terms of followers, views and engagement, allowing increased communication to all stakeholders, including health care professionals, health authorities, members, patients and public. **IOF maintains nine accounts**, including four Facebook accounts (IOF, World Osteoporosis Day, IOF Latin America, IOF Connect Group), two Twitter accounts (IOF and IOF Latin America), Instagram, LinkedIn and YouTube.

The **total number of posts** issued in 2022 across all channels was **1,360**, with the total number of **people reached 1,486,915** (impressions). The numbers of followers across all channels increased by 18% from 2021 to 2022, from 31,379 to 37,070 followers. In particular, Instagram showed impressive growth in followers (+33.9%) and engagement (+36.7%), and twitter followers grew by 18.6%. LinkedIn saw a 27.8% increase in impressions to close to 200,000, with engagement up by 16.5%.



TOTAL NUMBER OF POSTS

1,360



TWITTER FOLLOWERS

18.6%+



TOTAL IMPRESSIONS

1,486,915



LINKEDIN IMPRESSIONS

27.8%+

in collaboration with



LIFT OFF FOR BONE HEALTH

Both in space and on earth, exercise is needed to maintain strong bones and muscles. Astronauts in the low gravity of space, like women at menopause, are affected by rapid bone loss and loading/weight-bearing exercise is a critically important way to counteract this loss. With this key fact in mind, IOF launched a unique bone health awareness campaign together with the European Space Agency (ESA) and renowned ESA astronaut Samantha Cristoforetti.



Preparing for a space mission I have really become aware of the importance of bone and muscle health

ESA Astronaut Samantha Cristoforetti



The **#LiftOffForBoneHealth** social media campaign was carried out from April to October 2022, during **Samantha Cristoforetti's** 170 days aboard the International Space Station for ESA's Mission Minerva.

The campaign was instrumental in amplifying IOF's messages about the importance of loading exercise and a bone-healthy lifestyle for osteoporosis prevention to a new and younger global audience, as well as to women reaching the menopause.

Six impactful videos, in 3 translations and subtitled in **10 languages** with the help of

our member societies, touched on the following topics:

1. **Importance of load-bearing exercises**
2. **Bone-healthy nutrition**
3. **Beware bone loss in menopause**
4. **Exercise for rehabilitation/role of physiotherapists**
5. **Knowledge of osteoporosis risk factors**

The videos continue to be shared through the IOF website and YouTube channels, reaching a huge international audience.



6 Videos Recorded

10 Language
Translations/Subtitles

Video Views **2 Million**

Webpage Views **14,000+**

Social Media Messages Views
3 million+



[CLICK HERE - VISIT THE CAMPAIGN NOW](#)

POLICY & ADVOCACY

Through its enormous global constituency (representing more than two billion people worldwide), scientific leadership, regional and multidisciplinary alliances, and influential initiatives, IOF is uniquely placed to advocate at the political level.

Our mission is to mobilize healthcare authorities to implement secondary fracture prevention strategies and to make change happen for the benefit of patients worldwide.



IOF REGIONAL AUDITS AND POLICY REPORTS

Unique within the osteoporosis arena, IOF's global and regional policy reports and audits are among the most widely disseminated and oft-cited publications in the field. In 2022, IOF added to its library of policy resources by publishing a new Latin America Audit, and by expanding its 'SCOPE' European resources to include an interactive map.

LATIN AMERICAN AUDIT

In 2022, 10 years following the publication of the first Latin American Audit, IOF published the updated report 'LATAM Audit 2021: epidemiology, cost and impact of osteoporosis and fragility fractures in Latin America'. The Audit collects data from 19 of the 20 countries in Latin America, representing more than 94% of the regional population and five more countries than in 2012.



Let us together take decisive action to address the barriers and challenges revealed in this report, to build on the achievements made to date, and to consign osteoporosis to history

Prof. Cyrus Cooper, IOF President



It presents updated information on the demographics, including population projections to 2050; the frequency of fragility fractures in men and women over 50 in the period 2015-2019; the direct costs of fragility fractures; the infrastructure related to fragility fracture care; and the health policies implemented in the management of osteoporosis.

The findings will help experts to quantify the burden of this disease, as well as to more fully understand the barriers and opportunities that must be addressed across the region.

The report was published in Spanish with the English and Portuguese translations to follow in 2023. It was launched on August 11th, in a Meet-the-Expert Session with opening remarks by IOF President Cyrus Cooper.

The dissemination of the findings took place throughout the region, including at the XXI Congress of Bone & Mineral Metabolism, Mexico (AMMOM) in August 2022, a Facebook Live Scientific Session, Colombia (ACOMM, Oct 5), 5th Argentinean Congress of Osteology of the Argentinean Society (SAO and AAOMM, Oct 19), ACCMYO Symposium at the National Medical Congress in Costa Rica (ACCMYO, Nov 5), and at the Congress of Gynaecological Endocrinology, Chile (SOCHED, Nov 4).



NOW AVAILABLE

**LATIN AMERICAN
2021 AUDIT**



SCOPE - SCORECARD FOR OSTEOPOROSIS IN EUROPE

The Scorecard for Osteoporosis in Europe (SCOPE) aims to raise awareness of osteoporosis care in Europe, permitting an in-depth comparison of the quality of care in the 27 countries of the EU plus the UK and Switzerland (EU27+2).

Together with its related country-specific publication, SCOPE reveals that there is a large osteoporosis treatment gap, and that fragility fractures pose a major health care burden and result in high costs to European health care systems. The publications:

Summarize key indicators

for 4 domains: burden of disease, policy framework, service provision, service uptake.

Compare the original results from 2010 to data as recent as 2019.

Draw attention

to the disparities in healthcare provision that can serve in the setting of benchmarks to inform patients, healthcare providers and policy makers in the EU.

A related SCOPE publication gives **detailed country-specific** metrics for each of the EU27+2 countries.

In 2022 a new interactive online map was added to the library of SCOPE resources which include **Scorecard, country-specific fact sheets, summary report, slides, and infographics.**

The SCOPE Map provides a snapshot of five key facts and statistics for each of the EU27+2 European countries.

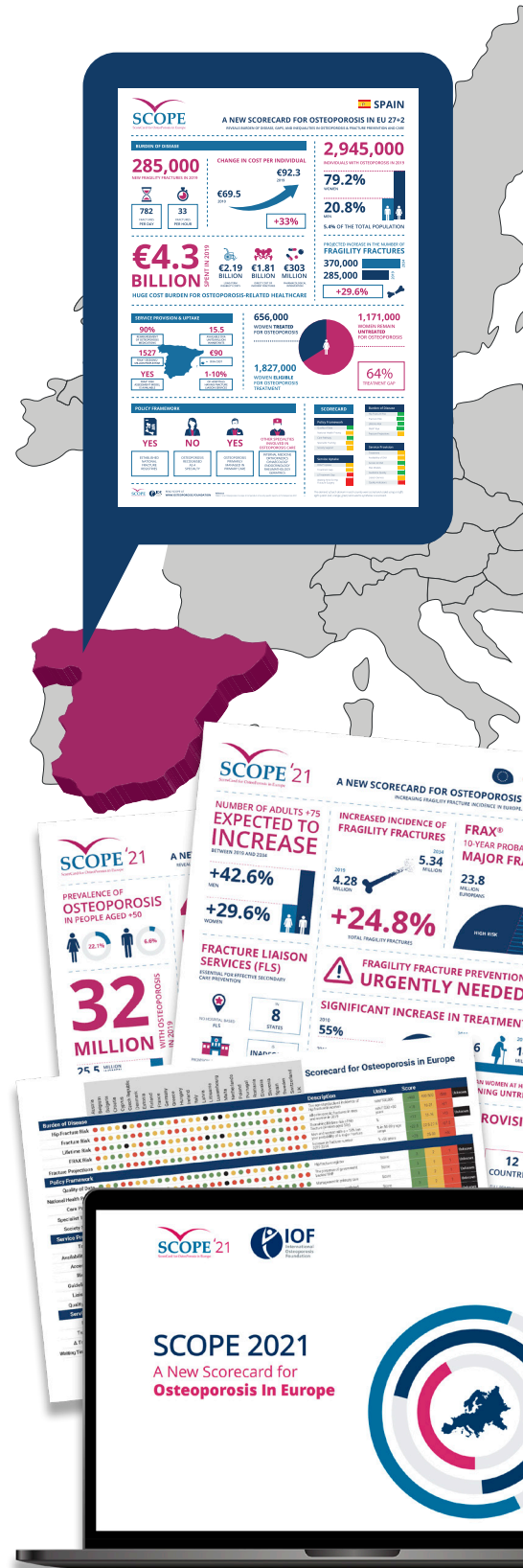
Viewers can also click to access their **country's more detailed illustrated fact sheet, with a comparative scorecard.**

SCOPE aims to stimulate a balanced, common, and optimal approach to managing osteoporosis throughout Europe. By optimizing policy frameworks, service provision and uptake, we can improve bone health and reduce the costly burden of fragility fractures.

Prof. John Kanis, IOF Honorary President, SCOPE 2021 lead author

Intensive dissemination of the SCOPE resources continued in 2022, with resources shared or hosted at the national level by 15 European CNS societies.

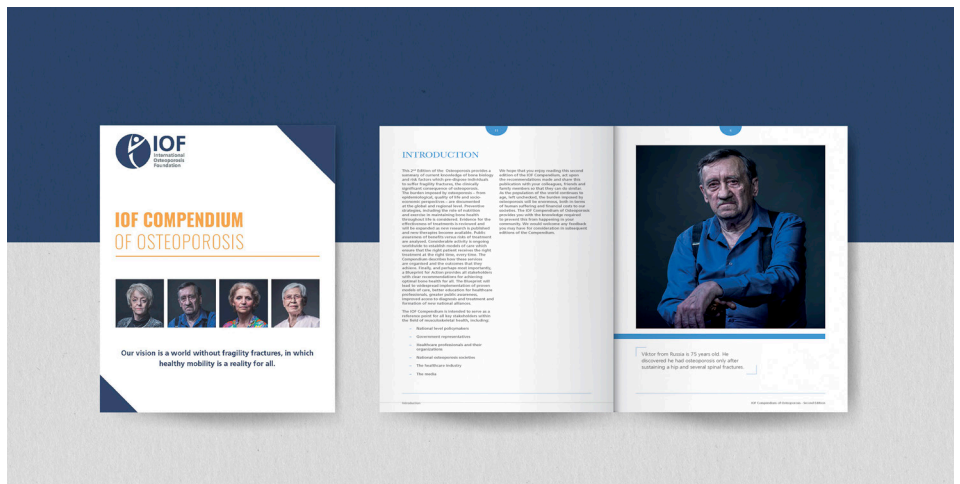
SCOPE findings were presented at meetings in Italy (R Rizzoli at FIRMO event), in Finland and in a dedicated BoneCast session (N. Harvey) and at further meetings in Italy and Switzerland (S. Ferrari).



IOF COMPENDIUM OF OSTEOPOROSIS

This **comprehensive reference on osteoporosis** provides all key stakeholders in the field with a concise overview of the pathophysiology, risk factors, prevention, and management of the disease.

It documents the prevalence of osteoporosis and related fractures both globally and regionally; and outlines current research on the epidemiology, mortality, health expenditure, and access to/reimbursement for diagnosis and treatment for each region of the world.



POLICY MEETINGS



The National Coalition for Secondary Fracture Prevention represents a remarkable opportunity to prioritize osteoporosis and fracture prevention in Mexico

Dr Philippe Halbout, IOF CEO



IOF's role as a pro-actively organizes meetings with healthcare authorities and policymakers or is invited to specific national or regional policy-related events. Among the events in 2022, IOF's CEO participated at the first meeting of the National Coalition for Secondary Fracture Prevention in Mexico in October 2022, which brought together representatives of 10 renowned Mexican institutions from the public, private, and civil society sectors.

As a speaker at the Meeting, Dr Halbout proposed, among other goals, a collaborative framework in which participants committed to work to promote dialogue with policymakers to drive policy change.

CALCIUM AND NUTRITION INITIATIVE

IOF promotes global awareness of bone-healthy nutrition through many resources and projects.

THE NUTRITION PAGES OF THE IOF WEBSITE ARE THE MOST HIGHLY VIEWED PAGES, INCLUDING MORE THAN 250,000 VISITORS TO IOF'S ONLINE CALCIUM CALCULATOR.



In 2022, the IOF website's nutrition section was visually enhanced, including with the launch of the **Bone-Healthy Recipes** section.

NCD ALLIANCE

Representing a network of more than 2,000 organizations in 170 countries, the Non-Communicable Disease Alliance (NCD Alliance) aims to prioritize non-communicable diseases within the global health agenda.

As a member of the NCD Alliance Supporters Group, IOF represents the bone field within the Alliance, seeking to raise the profile of musculoskeletal diseases as a priority healthcare issue.

FRAGILITY FRACTURE ALLIANCE (FFN)

IOF-FFN collaboration, which began in 2018 with the 'Global Call to Action', sets the framework for joint opportunities and optimization of resources.

Sharing complementary visions and missions, IOF and FNN together champion a systematic approach to fragility fracture care with the goal of restoring function and preventing subsequent fractures.



COLLABORATIONS IN ASIA-PACIFIC

The Asia Pacific region is faced with a rapidly ageing population and an epidemic of fragility fractures.

In cooperation with regional experts, policy makers and other concerned organizations, IOF works to expand preventive strategies to tackle the fracture crisis, particularly through secondary fracture prevention. In past years, IOF has engaged in the following fruitful collaborations and alliances:

ASIA PACIFIC CONSORTIUM ON OSTEOPOROSIS (APCO)



broad dissemination of the new APCO Quality Improvement Toolkit. A major highlight was the first face-to-face APCO summit since the beginning of the pandemic, held on December 10, 2022.

Singapore's Health Minister was a guest of honour and IOF CEO Dr Philippe Halbout was among the key expert speakers. The Summit garnered significant attention in news media, leading to an interview on Channel News Asia-Singapore Tonight. The interview afforded an opportunity for IOF's CEO and APCO Executive Committee Chair Prof. Manju Chandran to highlight the fragility fracture crisis and share insights on APCO's vision and mission.

Represented on the APCO Executive Committee by its CEO, IOF has been a strong support of APCO. In particular, IOF amplified public outreach for the APCO Framework and the Peer-to-Peer Health Care Professional Education Modules, and in August 2022, the

ASIA PACIFIC FRAGILITY FRACTURE ALLIANCE (APFFA)

The Alliance brings together representatives of four regional (AFOS, AOSPRM, APMGN, APOA) and three global (IOF, FFM, ISCD) organizations to focus on three pillars of action: improved acute post-fracture care, rehabilitation, and secondary fracture prevention. In 2022 a full-day hip fracture registry workshop took place and an APFFA-APOFFS survey was issued to discover regional surgeons' attitudes and perception of fragility fracture management.

IOF- ASIA PACIFIC ORTHOPAEDIC ASSOCIATION (APOA) ORTHOPAEDIC INITIATIVE

Dissemination of the IOF-APOA report '**Closing the Gap Between Orthopaedic Surgeons and Physicians in Secondary Fracture Prevention: A Call to Action**', published in 2021 under the umbrella of the APOA-IOF Orthopaedic Initiative, continued in 2022. Notably, a joint session was held at the 22nd APOA Congress in Manila from Nov 24-26, 2022.

A further collaboration in the region includes the IOF-AFOS-ISCD Regional Alliance.

IOF GLOBAL PATIENT CHARTER

The IOF Global Patient Charter developed in cooperation with IOF member societies, has been endorsed by **148 organizations** and international organizations to date, including more than **100 CNS societies**.

The page has attracted **more than 75,000 visits** and close to 11,000 individual signatories. **Available in 30 languages**, this important advocacy tool advocates for the rights of all patients to have:



DIAGNOSIS

Timely and accurate assessment of fracture risk, falls risk and diagnosis of osteoporosis.

Timely and correct diagnosis of rare bone disorders.



PATIENT CARE

Access to effective intervention options including treatment, lifestyle changes and regular drug treatment review by appropriate healthcare professionals.

Access to post-fracture care coordination programs for optimal care after a fracture.



PATIENT VOICE

Involvement and choice in a long-term management plan with defined goals.



SUPPORT

Care and support from society and healthcare providers, to ensure active and independent living.

SIGN THE CHARTER

[/globalpatientcharter.osteoporosis.foundation](http://globalpatientcharter.osteoporosis.foundation)

IOF COMMITTEE OF CORPORATE ADVISORS

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IOF thanks the following corporate partners for their much appreciated support of specific IOF projects and programs in 2022:

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SCAN ME!

Your support to our Foundation is so much more than charity, this is acting for change that will benefit millions of patients worldwide!



Our vision is a world without fragility fractures
in which healthy mobility is a reality for all

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