Bone Health begins with Knowledge and ends with Action
Dear Friends,

I’m committed to bone health!

It was 2005, I had just been diagnosed with osteoporosis. I wanted information and my doctor sent me to American Bone Health. They gave me the resources and support that helped me in my search for answers. I learned so much and that led me to action.

I became an American Bone Health peer educator and dedicated myself to spreading the facts about bone health because I knew millions of others needed the same information. Now hundreds of passionate and caring individuals are helping us educate others.

Your donations help us train, equip and support community programs where we provide knowledge and encourage action for bone health.

I am proud of our work to get Americans involved in this important aspect of their health.

Warmly,

Shelley Powers
President of the Board of Directors
Bone Health Education Grows by 30%

In 2014, we reached over 189,000 Americans in a variety of programs. We now have trained peer educators doing these programs in 30 states.

Community Talks
- Strong Bones for a Healthy Life™
- Healthy Bones, Health Kids
- Girls, Sports and Bone Health
- American Bone Health lecture series

Workshops
- Bone Safe Pilates
- Bone Safe Yoga
- Bone Safe Exercise

Screening
- Bone Health Screening with the FORE Fracture Risk Calculator™
- Freedom from Fractures™ Screening Awareness Event
- Posture, Strength and Balance
Peer Educator Locations
We delivered public programs in 28 states. This year, the public education programs reached nearly 7,500 people in person.

Channels of Outreach
6th Annual Charity Golf Tournament Raises Funds for Athletic Energy Deficit Prevention

An amazing group of philanthropic golfers joined forces with Charles Schwab and Destination Wealth Management to raise money to support our program for girls on Athletic Energy Deficit.

Mark Your Calendars: June 29, 2015

The 2015 Charity Golf Tournament is on its way!
On July 12, 2014, 138 American Bone Health peer educators screened 523 shoppers in 36 Walgreens stores from Santa Rosa to San Diego. Of those screened, nearly 75% were found to be at moderate or high risk for having a fracture in the next 10 years. All participants left the event with a plan to prevent bone loss and reduce their risks of having a fracture.

### Screening Results

- **32%** of High Risk respondents reported having a bone density test.
- **26%** of Moderate Risk respondents reported having a bone density test.
In August, employees in 288 Walgreens stores in Northern California became bone health advocates to support American Bone Health. Equipped with talking points about bone health and scannables, they collectively raised over $42,000.

District Pharmacy Supervisor Ruth Conroy delivers the check to Kathleen Cody along with the store managers who promoted the campaign.
US Office on Women’s Health Entrusts Program to American Bone Health

American Bone Health received the exclusive license to steward Best Bones Forever!, the bone health campaign developed by the U.S. Department of Health and Human Services’ Office on Women’s Health.

American Bone Health will build on the campaign’s successes through social media, web-based activities and a new middle school outreach program.

Building strong bones begins in childhood. This program gives American Bone Health a vehicle to reach children and their parents.
BONESENSE™ help the public understand emerging research. The American Bone Health Medical and Scientific Advisory Board reviews all publications prior to release.

Nutrition
- Why strontium is not advised for bone health
- Is coffee and tea bad for bones?
- Kids and caffeine
- New study suggests concerns about milk for adults

Factors affecting bone health
- Sleep apnea and bone loss

Exercise
- Vibration platforms are not ready for bone health
- Are there benefits of weighted vests for bone health?

Diagnosis
- Heel ultrasound is not the best assessment for osteoporosis
- Understanding Athletic Energy Deficit for Training and Conditioning Magazine.

Volunteer!
Interested in joining our committee for children’s bone health?
Contact Shelley Powers at 510.832.2663
Computer science students worked through the night in a contest to develop the most engaging tool to demonstrate the American Bone Health Calcium Rule of 300™. Four teams vied for the top prize, but American Bone Health was the true winner. The talented students created Skely—who makes understanding calcium fun and informative.

Corporate Advisory Board Members

Our corporate partners help us design strategies for outreach and education for the public. Their unrestricted financial support of our work is very much appreciated.
Board of Directors
Shelley Powers, President of the Board
Kathleen M. Cody, MBA, Executive Director
Brenda Davis, Secretary
Gina Enriquez
Beth Kaplanek, Volunteer Representative to the Board
Julie Pantiskas, Treasurer
Karen McGuinn
Kathy Perez

Medical & Scientific Advisory Board
David Karpf, MD, President
Bruce Ettinger, MD
Risa Kagan, MD, CCD
Wendy Korht, PhD
Dolores Shoback, MD
Frederick Singer, MD
Sally Warner, PhD
Nancy Fugate Woods, PhD, RN, FAAN

Emeritus Members
Claude Arnaud, MD, FACE
Michael McClung, MD
Betsy McClung, MN, RN