We join our patient advocates in urging global action. A pervasive treatment gap is leaving even the most high-risk patients unprotected against fractures. An individual who has already had one fragility fracture is highly vulnerable to further fractures, yet approximately 80% of these patients are neither identified nor treated for the underlying cause, osteoporosis.

IOF President Cyrus Cooper
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Marine fractured her spine while bending to help her disabled mother. Lo Lan broke her hip after tripping over a loose carpet in her home. Both women have something in common. They were unaware that they had osteoporosis, the disorder which causes bones to become weak and fragile.

In 2019, IOF put the spotlight on osteoporosis and the tragic impact of broken bones on quality of life by featuring portraits of patients from around the world in its World Osteoporosis Day campaign and in its ‘Give Patients a Voice’ video testimonials. IOF thanks all who have offered to share their inspiring stories which so clearly call for the urgent need to improve identification and care of people at risk of fracture.
In 2019 it was apparent that the organizational, financial and operational changes that were put in place over the past few years have truly borne fruit. Today, IOF is a stronger, leaner organization and an undisputed global leader in the field. As shown by the year’s many achievements ranging from research and medical best practice, to public outreach and health policy, IOF is well placed to drive progress and make change happen for the benefit of patients worldwide.

I would like to highlight just three of the noteworthy areas of activity which I believe underline IOF’s unique strength as an authoritative, influential and unifying voice in the field.

First, I am tremendously proud of Capture the Fracture® (CTF), an initiative which has been a major catalyst for Fracture Liaison Service (FLS) implementation worldwide. There has been an impressive increase in the number of FLS joining the programme, which has grown to 400 FLS in 46 countries (an increase of 25% in 2019). It is gratifying to see the greatest increase in LATAM & APAC, the regions which are expected to have a rapid increase in fragility fractures in the decades to come. CTF took a step further with the launch of the ‘Getting to Gold’ programme, a follow-up curriculum for FLS that have participated in FLS workshops, with the first pilot course held in Mexico this year. This will be a major impetus for FLS improvement and sustainability going forward.

IOF’s scientific leadership in the bone field cannot be understated. In 2019 the impressive outputs of our CSA Working Groups and IOF affiliated experts provided authoritative reviews and recommendations for clinical best practice on a wide range of topics including treatment intermission, bone health in childhood cancer, evaluation of femoral strength, and harmonization of assays for bone markers. Of particular importance this past year was the updated European guidance for the diagnosis and management of osteoporosis in postmenopausal women, with follow-up executive summaries and a related paper outlining an algorithm for the management of patients at different levels of risk.

Alliances, dynamic regional cooperation, and fruitful collaboration across disease areas have been the hallmarks of the past two years. Joint publications and sessions at scientific meetings with ASBMR, ECTS, EUROD, ESCEO, FFN, and SICOT (among others), new Alliances in the Asia-Pacific, and frequent collaborations in Latin America and beyond, have magnified IOF’s influence and outreach while enhancing the dissemination of best-practice and policy guidance at the national level and across medical specializations.

Finally, I should like to pay tribute to the IOF staff, the Executive Committee, and the Board for their commitment and extraordinary work this past year. Together with the IOF membership – a community of committed organizations, leading scientific experts, and corporate partners – we are driving important progress and change to make bone health and fracture prevention a global reality.
MESSAGE FROM THE CEO

IOF’s chief strategic goal is to change the perception of osteoporosis – a disease which suffers from continued neglect among patients, doctors and health authorities alike. Tragically, this ‘inaction’ occurs despite the enormous human and economic burden of osteoporosis and fragility fractures in all regions of the world.

A key way in which IOF works to change perceptions and drive policy action for the benefit of patients is through global public outreach and operational advocacy. I am proud to say that in 2019 exciting new operations in these spheres of action have allowed IOF to more successfully reach out to the patient community and to engage with health authorities than ever before.

As well, there was unprecedented engagement with our member societies at many levels. Held within the WCO-ESCEO-IOF Congress, our Patient National Societies Day featured a full day of dedicated workshops and presentations for and by members of IOF’s CNS. Excellent speakers from around the world shared their insights, including in regard to strategy and patient engagement.

IOF’s annual World Osteoporosis Day (WOD) campaign continued to grow in impact and outreach, with a record 266 events recorded this year. With support from our CNS and under the tagline ‘That’s Osteoporosis’, the campaign portrayed 18 patients and their stories, casting a direct spotlight on the burden of fractures. The IOF ‘Give Patients a Voice’ video competition in cooperation with member societies also put the patient experience at the forefront of our communication. Finally, the launch of the new IOF Osteoporosis Risk Check, now available online in 36 languages, will take public outreach to a new level. Completed by more than 64,000 people globally in 2019 alone, the Risk Check is now a major force in raising awareness of, and prompting testing for, those at risk.

In 2019 I was greatly honoured to meet personally with our member societies, health authorities, allied organizations and other stakeholders during an extended ‘Policy Tour’ in Asia and Latin America. Secondary fracture prevention was a major focus of the many meetings which have clearly helped to increase awareness of our Capture the Fracture® programme and to drive commitment to the implementation of Fracture Liaison Services in these regions.

I would like to thank all our membership, corporate partners, and the Board and Executive Committee for their support over the past year. And, above all, I’d like to extend my gratitude and admiration to the IOF staff whose dedication and hard work has allowed IOF to deliver outstanding operations which will directly impact on the bone field for the benefit of patients worldwide.
The International Osteoporosis Foundation 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, the International Osteoporosis Foundation (IOF) is strongly committed to its mission of promoting bone and musculoskeletal health as a worldwide priority.

**HEALTHCARE PROFESSIONALS**
Educate, train & promote best practice

**CORPORATE PARTNERS**
Encourage support for effective programmes & projects

**RELATED ORGANIZATIONS**
Build alliances & identify common strategies

**RESEARCHERS**
Support innovative research & promote young investigators

**POLICY MAKERS**
Alert to burden, engage & drive action

**PATIENTS**
Empower, educate & mobilize

**PATIENT SOCIETIES**
Support, maximize outreach & effectiveness

**GENERAL PUBLIC**
Inform & promote good bone health
ABOUT IOF

Founded in 1998, IOF is the largest and most influential global organization dedicated to fracture prevention and improving musculoskeletal health. IOF’s membership includes leading scientific experts, patient and medical societies, and other stakeholders in the broader non-communicable disease arena.

MEMBER SOCIETIES

▷ 260 member societies in 100 nations
▷ Representing 83% of the world’s population and 6 billion voices

2019 OUR CONSTITUENCY

Committee of National Societies (CNS)

260 Patient & Medical Societies, other organizations

Committee of Scientific Advisors (CSA)

164 of the world’s leading experts

Committee of Corporate Advisors (CCA)

10 Companies interested in bone health

3 Regional Advisory Councils (RAC)

Across Asia Pacific, Middle East & Africa, Latin America

20 Board Members

From 5 global regions

6 Executive Committee (EXCO) members

Subgroup of the Board
BROAD GLOBAL REPRESENTATION AND OUTREACH

- Headquarters in Europe, regional office in Latin America, dedicated coordinator for Asia and Middle East
- National societies in 100 nations and all continents
- World Congress in Paris with total of 4000 delegates
- Policy Tour in Latin America and Asia-Pacific: Sao Paulo, Buenos Aires, Bogota, Mexico City, Guadalajara, Taipei, Beijing, Seoul, Singapore
- Capture the Fracture® FLS Workshops and Onsite Trainings in Mexico, UK, FLS in 46 countries
- Skeletal Rare Disease courses in Tel Aviv and Singapore
- Osteoporosis Essentials courses in Brazil, Canada, Costa Rica, Hong Kong, Indonesia, India, Iran, Mexico, Romania, Serbia, S. Africa, Taiwan, Thailand
BOARD MEMBERS

Comprising four representatives from each of five world regions, the 20 elected members of the IOF Board reflect IOF’s strong commitment to a high level of international representation and coordination.

ELECTED BOARD MEMBERS (2016-2019)

<table>
<thead>
<tr>
<th>ASIA-PACIFIC &amp; S. AFRICA</th>
<th>EUROPE</th>
<th>LATIN AMERICA</th>
<th>MIDDLE EAST &amp; AFRICA</th>
<th>NORTH AMERICA</th>
</tr>
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<tbody>
<tr>
<td>Peter Ebeling AUS</td>
<td>Maria-Luisa Brandi ITA</td>
<td>Claudia Campusano CHL</td>
<td>Gemma Adib SYR</td>
<td>Jonathan Adachi CAN</td>
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<tr>
<td>Ambrish Mithal IND</td>
<td>John Kanis GBR</td>
<td>Patricia Clark MEX</td>
<td>Basel Masri JOR</td>
<td>Mary Bouxsein USA</td>
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<td>Hajime Orimo JPN</td>
<td>Eugene McCloskey GBR</td>
<td>Osvaldo Daniel Messina ARG</td>
<td>Riyadh Sulimani SAU</td>
<td>Bess Dawson-Hughes USA</td>
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<tr>
<td>Ego Seeman AUS</td>
<td>René Rizzoli CHE</td>
<td>Cristiano Zerbini BRA</td>
<td>Leith Zakraoui TUN</td>
<td>Michael McClung USA</td>
</tr>
</tbody>
</table>

EX-OFFICIO MEMBERS

- **COMMITTEE CHAIRS**
  - Chair CSA: Nicholas Harvey
  - Vice-Chair CSA: Serge Ferrari
  - Chair CNS: Jean-Yves Reginster
  - Chair CNS Patient Societies: Famida Jiwa
  - Subcommittee: Famida Jiwa
  - Chair CCA: Christopher Sherwood
  - Vice-Chair CCA: Pascal Waucquez

- **JOURNAL EDITORS**
  - Felicia Cosman
  - Stuart Ralston

- **EXECUTIVE COMMITTEE**
  - IOF President: Cyrus Cooper
  - Honorary President: John Kanis
  - Secretary General: Bess Dawson-Hughes
  - Treasurer: René Rizzoli
  - CSA Chair: Serge Ferrari
  - CNS Chair: Jean-Yves Reginster

MEMBERSHIP COMMITTEES

- **COMMITTEE OF SCIENTIFIC ADVISORS (CSA) - 164**
- **COMMITTEE OF NATIONAL SOCIETIES (CNS) - 260**
- **COMMITTEE OF CORPORATE ADVISORS (CCA) - 10**
REGIONAL ADVISORY COUNCILS

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

### LATIN AMERICA REGION

- José Zanchetta ARG (CHAIR)
- Oscar Neira CHL (América del Sur - ARG, CHL, URY)
- Luis Vidal Neira PER (Région Andina - BOL, ECU, PER)
- Rosa Maria Pereira (BRA)
- Adriana Medina Orjuela COL (Région Caribe - COL, VEN)
- Sonia Cerdas Pérez CRC (América Central - CRI, PAN, DOM)
- Hilario Ávila Armengol (Mexico)

**EX-OFFICIO IOF BOARD MEMBERS**
- Claudia Campusano CHL
- Patricia Clark MEX
- Osvaldo Daniel Messina ARG
- Cristiano Zerbini BRA

### MIDDLE EAST & AFRICA REGION

- Ahmad Al Mortagi EGY
- Farid Bedran LBN
- Nizar Abdulateef IRQ
- Eghbal Taheri IRN

**EX-OFFICIO IOF BOARD MEMBERS**
- Gemma Adib SYR (CHAIR)
- Basel Masri JOR
- Riyad Sulimani SAU
- Leith Zakraoui TUN

### ASIA-PACIFIC & S. AFRICA REGION

- Joon Kiong Lee MYS (CHAIR)
- Manoj Chadha IND
- Manju Chandran SGP
- Tobias de Villiers ZAF
- Edith Ming-Chu Lau HKG
- Tony Setiabudhi IDN
- Atsushi Suzuki JAP
- Keh-Sung Tsai TWN
- Thanut Valleenukul THA
- Weibo Xia CHN

**EX-OFFICIO IOF BOARD MEMBERS**
- Peter Ebeling AUS
- Ambrish Mithal IND
- Hajime Orimo JPN
- Ego Seeman AUS

*Dr Joon Kiong Lee (MYS) was elected as RAC Chair in February 2019*
Committee of Scientific Advisors (CSA)

The CSA comprises 164 of the world’s leading research and clinical experts, elected to the committee by their peers based on scientific merit and experience. The CSA ensures that IOF has an influential and important global reach in the science and medical arena. Through topic-specific Working Groups, the CSA also publishes influential papers which impact on global research and clinical best practice. 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.

NEWLY ELECTED MEMBERS IN 2019:

IOF welcomed the following new members to the CSA: F. Buckinx (BE), P. Delanaye (BE), M. Fusaro (IT), P. Khashayar (IR), M. Lorentzon (SE), P. Makras (GR), A. Trombetti (CH).

Prof. N. Harvey transitioned to CSA Chair and Prof. S. Ferrari to CSA Vice-Chair on Dec 1, 2019.

NICHOLAS HARVEY
CSA CHAIR

SERGE FERRARI
CSA VICE-CHAIR
CSA MEMBERS

FULL MEMBERS

Bo Abrahamsen (Denmark)
Jonathan D. Adachi (Canada)
Donato Agnusdei (Italy)
Kristina Åkesson (Sweden)
Nasser Al-Daghri (Saudi Arabia)
Mohammed-Salleh Ardawi (Saudi Arabia)
Douglas C. Bauer (USA)
Jürgen Bauer (Germany)
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 Carnagos (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 (USA)
Bart Clarke (USA)
Cyrille Confavreux (France)
Cyrus Cooper (UK)
Bernard Cortet (France)
Alfonso Cruz-Jentoft (Spain)
Bess Dawson-Hughes (USA)
Pierre Delanye (Belgium)
Elaine Dennison (UK)

Tobias J. De Villiens (South Africa)
Jean-Pierre Devogelaer (Belgium)
Manuel Diaz-Curiel (Spain)
Adolfo Diez-Perez (Spain)
Hans Peter Dirmay (Austria)
Gustavo Duque (Australia)
Richard Eastell (UK)
Peter Ebeling (Australia)
Ghada El-Hajj Fuleihan (Lebanon)
Abdellah El Maghraoui (Morocco)
Klaus Engelke (Germany)
Patrice Fardellone (France)
Julio Fernandes (Canada)
Serge L Ferrari (Switzerland)
Joseph A. Foldes (Israel)
Maria Fusaro (Italy)
Patrick Garnero (France)
Piet Geusens (Belgium)
Claus Gïuer (Germany)
Giuseppe Guglielmi (Italy)
Peyman Hadji (Germany)
Neven Harmsy (Netherlands)
Didier Hans (Switzerland)
Nicholas C. W. Harvey (UK)
Mickâel Hiligsmann (Netherlands)
Gerald Holzer (Austria)
Muhammad Kassim Javid (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)
Marius Krähenbühl (Switzerland)
Nancy Lane (USA)
Bagher Ardehshir Larijani (Iran)
Edith Lau (China)
Sarah Lekamwasam (Sri Lanka)
Willem Lemis (Netherlands)
William Leslie (Canada)
Michael Lewiecki (USA)

CORRESPONDING MEMBERS

Heike Bischoff-Ferrari (Switzerland)
Jean-Philippe Bonjour (Switzerland)
Peter Burckhardt (Switzerland)
Narong Bunyaratavej (Thailand)
Daniel Chappard (France)
Juliet Compston (UK)
Hong-Wen Deng (USA)
Martina Dören (Germany)
Erik F. Eriksen (Norway)
John Esman (Australia)
Dieter Felsenberg (Germany)
José Luis Ferretti (Argentina)
Harry K. Genant (USA)
Jörg Goldhahn (Switzerland)
Shu-fu Guo (China)
Franz J. Jakob (Germany)
Moustapha Kassem (Denmark)
Aung Kung (Hong Kong, China)
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)
Mario Passeri (Italy)
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)
Nikhil Tandon (India)
Jan Stepan (Czech Republic)
Nelson B. Watts (USA)
Christian Wüster (Germany)
Ling Xu (China)
José Zanchetta (Argentina)
Roger Zebaze (Australia)
The CNS is IOF’s key membership committee, representing national and regional patient and medical societies dedicated to osteoporosis and musculoskeletal health. In the past year IOF has reinforced the involvement of the CNS in a wide range of IOF global operations and initiatives.

Beginning in 2019, the Allied Member category of CNS membership was introduced to encourage participation by organizations such as universities, hospitals, and advocacy groups.

An important milestone was reached in 2019 as the CNS received new applications which have brought the membership to 260 organizations in 100 nations. The complete list of member societies is found on pages 16-17.

### CNS MEDAL

This annual award is presented to an individual within IOF’s CNS membership in recognition of outstanding personal commitment and achievements. In 2019 the Medal was presented to Dr Varta Babalyan, President of the Armenian Osteoporosis Association.
CNS VILLAGE AND BEST BOOTH AWARD

Fifteen CNS member societies showcased their activities at dedicated booths within the Committee of National Societies (CNS) Village during the World Congress in Paris, France. We congratulate FEBRASGO, Brazil, whose booth in Paris was selected for ‘Best Booth’ award.

CNS SESSIONS AT THE WORLD CONGRESS

CNS members had the opportunity to showcase their research at a special session of WCO-IOF-ESCEO Paris 2019. Eleven oral presentations underlining the important local research undertaken by IOF member societies worldwide were presented in the session “Clinical, social, ethical and economic burden of fragility fractures”.

3rd INTERNATIONAL SUMMIT IN ARMENIA

The 3rd International Osteoporosis Summit was held on October 8 in Yerevan, Armenia bringing together IOF member society representatives from 25 countries. Hosted by the Armenian Osteoporosis Association and Dr John P. Bilezikian together with IOF, the Summit also provided the opportunity for a brief meeting with the President of Armenia.

IOF GLOBAL PATIENT CHARTER

The CNS has been involved in outreach around this important IOF-CNS collaborative initiative since its launch in 2017. To date, more than 100 CNS societies have officially endorsed the Charter, which calls for action by health authorities to improve secondary fracture prevention and patient care.

NATIONAL PATIENT SOCIETIES DAY

Held for the first time in 2019, this informative all-day event (formerly the Worldwide Conference of Osteoporosis Patient Societies) was held for the CNS on April 6, 2019, during the WCO-IOF-ESCEO 2019 Congress in Paris. It was attended by 91 representatives from 52 societies who participated in a range of workshops and brainstorming sessions designed to present solutions and fresh ideas for five challenging topics: digital communication, calcium nutrition, evidence-based advocacy, connecting policy makers and patients, and patient empowerment. Speakers from the CNS and broader IOF membership included Bess Dawson Hughes, Wei-Bo Xia, Derrick Chan, Maria Luisa Brandi, Alison Doyle, Thierry Thomas and Elizabeth Thompson. Special guest speaker Marla Shapiro, a Canadian doctor and renowned health journalist, spoke on the ‘Patient Journey’ and how to empower the patient to ask for testing. Given the success of the 2019 event, IOF looks forward to holding another National Patient Society Day at the 2020 World Congress in Barcelona.
**ASIA-PACIFIC**

**AUSTRALIA** Osteoporosis Australia • Australian and New Zealand Bone & Mineral Society • Arthritis Foundation of Australia • Australasian Menopause Society • Australia Rheumatology Association

**CHINA** China Health Promotion Foundation • Osteoporosis Committee of China Gerontological Society • China Osteoporosis Foundation

**CHINESE TAIPEI** Asian Pacific Osteoporosis Foundation • Taiwanese Osteoporosis Association

**HONG KONG-CHINA** Hong Kong Osteoporosis Foundation • Osteoporosis Society of Hong Kong

**INDIA** Arthritis Foundation of India Trust • Indian Menopause Society • Indian Rheumatology Association • Osteoporosis Foundation India • Osteoporosis Society of India • Indian Society for Bone and Mineral Research

**INDONESIA** Indonesian Healthy Bone Foundation • Indonesian Osteoporosis Society • Indonesian Society of Gerontology • Indonesian Rheumatology Association

**JAPAN** Fujiyoshida Medical Association • Japan Osteoporosis Foundation • Japan Osteoporosis Society • Japanese Society for Bone and Mineral Research

**KOREA** Korean Society for Bone and Mineral Research • Korean Society of Osteoporosis

**MALAYSIA** Malaysian Osteoporosis Society • Osteoporosis Awareness Society of Kuala Lumpur & Selangor

**NEW ZEALAND** Osteoporosis New Zealand Inc.

**PAKISTAN** Gujranwala Osteoporosis Patient Society • Osteoporosis Society of Pakistan • Pakistan Society for the Rehabilitation of the Disabled

**PHILIPPINES** Osteoporosis Society of the Philippines Foundation Inc. • Philippine Rheumatology Association

**SINGAPORE** Endocrine and Metabolic Society of Singapore • Osteoporosis Society

**SRI LANKA** Osteoporosis Sri Lanka

**THAILAND** Thai Osteoporosis Foundation • Thailand Metabolic Bone Disorder and Orthogeriatrics Society

**VIETNAM** Vietnam Rheumatology Association

**EUROPE**

**ALBANIA** Albanian Society of Rheumatic Diseases

**ARMENIA** Armenian Osteoporosis Association

**AUSTRIA** Austrian Menopause Society • Austrian Society for Bone & Mineral Research • Action for Healthy Bones • Dachverband deutschsprachiger Osteoporose Selbsthilfeverbände und patientenorientierter Osteoporose Organisationen e. V. • European Union Geriatric Medicine • National Osteoporosis Patient Society Austria

**BELARUS** Belarusian Public Association ‘Fight Osteoporosis Together’ • Woman and Family

**BELGIUM** Belgium Bone Club • Royal Belgian Rheumatology Society • European Society for Clinical And Economic Aspects Of Osteoporosis And Osteoarthritis • SICOT • International Society of Orthopaedic Surgery and Traumatology

**BOSNIA-HERZEGOVINA** Society for Osteoporosis in Federation Bosnia-Herzegovina

**CYPRUS** Cyprus Society Against Osteoporosis and Musculoskeletal Diseases • Cyprus Society for Osteoporosis

**CZECH REPUBLIC** Czech Osteoporosis League • Czech Society for Metabolic Bone Diseases • Osteologic Academy Zlin

**DENMARK** Danish Bone Society • National Osteoporosis Foundation Denmark

**ESTONIA** Estonian Osteoporosis Society

**FINLAND** Finnish Bone Society • Finnish Osteoporosis Association

**FRANCE** Association des Femmes contre l'Osteoporose • Femmes pour toujours • French League Against Rheumatism • French Society for Clinical Densitometry • Société Française de Chirurgie Orthopédique et Traumatologie • Research and Information Group On Osteoporosis • Société Française de Rhumatologie

**GERMANY** Georgian Association of Skeletal Metabolism Diseases • National Association of Osteoporosis • Osteoporosis Patient’s Association of Georgia

**ICELAND** Icelandic Osteoporosis Society

**IRELAND** Irish Osteoporosis Society

**ISRAEL** Israel Society on Calcified Tissues Research • Israeli Foundation For Osteoporosis & Bone Diseases

**ITALY** European Women - Housewives Federation • Fondazione Raffaella Becagli • International Society for Fracture Repair • Italian Association of Osteoporosis Patients • Italian COPD Patient Association • Italian Federation of Osteoporosis and Diseases of the Skeleton • Italian Foundation for Research on Osteoporosis & Musculoskeletal Diseases • Italian Osteoporosis League • Italian Society for Osteoporosis Mineral Metabolism & Skeletal Diseases • Italian Society of Rheumatology • ORTOMED • Osteoporosis Italian Association • Osteoporosis Italian Association (Osteo-Stop) Onlus • MSOSD

**KAZAKHSTAN** Doctor’s Association on Osteoporosis

**KOSOVO** Kosova Rheumatologic Society

**LATVIA** Latvia Osteoporosis Patient and Invalid Association • Latvian Osteoporosis & Bone Metabolism Diseases Association

**LITHUANIA** Lithuanian Association of Metabolic Bone Diseases • Lithuanian Osteoporosis Foundation

**MACEDONIA** Macedonian Applied Densitometry Association-DXA • Macedonian Osteoporosis Association

**MALTA** Malta Osteoporosis Society

**MOLDOVA** Association Against Osteoporosis of the Republic of Moldova ‘OLIMP’ • Association of Prophylaxis of Osteoporosis from Moldova

**NETHERLANDS** Dutch Osteoporosis Foundation • Osteoporosis Vereniging • National Association ReumaZorg Nederland
NORWAY Norwegian Osteoporosis Society
POLAND Healthy Bone Enthusiasts Society • Multidisciplinary Osteoporotic Forum • Polish Foundation Of Osteoporosis • Polish Osteoarthritis Society
PORTUGAL National Association against Osteoporosis • Portuguese Osteoporosis Association • Portuguese Society Of Osteoporosis And Other Metabolic Bone Diseases
ROMANIA Association for Prevention of Osteoporosis in Romania • Romanian Foundation Of Osteoarthritis • Romanian Society Of Osteoporosis & Musculoskeletal Diseases • Romanian Society of Rheumatology
RUSSIA OSTEORUS • Russian Association on Osteoporosis • Eurasian Association of Therapists
SERBIA Association of Sports Traumatology & Arthroscopic of Serbia • Serbia Osteoporosis Society
SLOVAKIA Slovak Society Osteoporosis & Metabolic Bone Diseases • Slovak Union Against Osteoporosis
SLOVENIA Slovene Bone Society • Slovene Osteoporosis Patient Society
SPAIN Hispanic Foundation of Osteoporosis and Metabolic Bone Diseases • Spanish Association Against Osteoporosis • Spanish Orthopaedic and Traumatology Society • Spanish Society for Research on Bone & Mineral Metabolism • Spanish Society For Rheumatology • Spanish Society of Osteoporotic Fractures
SWEDEN Swedish Osteoporosis Patient Society • Swedish Osteoporosis Society • Swedish Rheumatism Association • 1.6 million club
SWITZERLAND OsteoSwiss • Swiss Association Against Osteoporosis
TURKEY Osteoporosis Patient Society of Turkey • Rheumatism Society • The Society of Endocrinology and Metabolism of Turkey • The Society of Life with Osteoporosis • Turkish Joint Diseases Foundation • Turkish Osteoporosis Society
UKRAINE Ukrainian Association of Osteoporosis
UNITED KINGDOM Bone Research Society • European Calcified Tissue Society • MRC Lifecourse Epidemiology • Royal Osteoporosis Society • World Confederation for Physical Therapy
UZBEKISTAN Endocrinological & Diabetes Association of Uzbekistan
LATIN AMERICA
ARGENTINA Argentine Association of Osteology & Mineral Metabolism • Argentine Society of Osteoporosis • DIAMED SRL (Centro Médico Rawson) • Ibero-American College of Rheumatology • Metabolic Research Foundation • Sanatorio Las Lomas - Endocrinology, Nutrition and Diabetes Dept.
BOLIVIA Bolivian Association of Osteology and Mineral Metabolism
BRAZIL Brazilian Association of Bone Assessment & Metabolism • Brazilian Federation of Gynecology and Obstetrics Associations • Brazilian Society of Rheumatology • Osteometabolic Brazilian Orthopaedic Association
CHILE Chilean Society of Osteology and Mineral Metabolism • Chilean Endocrine and Diabetes Society
COLOMBIA Asociacion Colombiana de Endocrinologia • Asociacion Colombiana de Osteología y Metabolismo Mineral • Colombian Osteoporosis Foundation • Liga Colombiana de Lucha contra la Osteoporosis • Osteoporosis National Foundation
COSTA RICA Costarican Association of Climacteric, Menopause & Osteoporosis
• Costarican Osteoporosis Foundation
CUBA Cuban Society of Rheumatology
DOMINICAN REPUBLIC Dominican Menopause & Osteoporosis Society • Dominican Osteoporosis, Menopause & Metabolic Disease Foundation • Dominican Society for Climacteric and Menopause Study
ECUADOR FOMAT Medical Research • Sociedad Ecuatoriana de Metabolismo Mineral
GUATEMALA Guatemalan League against Osteoporosis
MEXICO Asociacion Contra La Osteoporosis, S.C. • Mexican Association of Bone & Mineral Metabolism • Mexican Committee for The Prevention of Osteoporosis
PANAMA Osteoporosis & Bone Metabolic Disease Foundation • Iberoamerican Society of Osteology and Bone Metabolism
PERU Peruvian Society of Osteoporosis & Bone Diseases • Sociedad Peruana de Reumatología
URUGUAY Uruguayan Society of Osteoporosis & Mineral Metabolism • Uruguayan Society of Rheumatology
VENEZUELA Venezuelan Society of Menopause & Osteoporosis • Venezuelan Society of Osteoporotic Patients
MIDDLE EAST & AFRICA
ALGERIA Algerian Society for Rheumatology
BAHRAIN Bahrain Osteoporosis Society
CAMEROON Verstand Osteoporosis Foundation
CONGO Congolese Osteoporosis Society
EGYPT Egyptian Academy of Bone Health and Metabolic Bone Diseases • Egyptian Society for Osteoporosis and Geriatric
IRAN Endocrinology and Metabolism Research Institute
IRAQ Iraqi League for Bone & Joint Health • Iraq Osteoporosis Prevention Society
JORDAN Jordanian Osteoporosis Prevention Society • Jordanian Physicians Osteoporosis Society
KENYA Osteoporosis Prevention & Age Concern
KUWAIT Kuwait Association of Rheumatology • Kuwait Osteoporosis Prevention Society
LEBANON Abyad Medical Centre • Lebanese Society of Rheumatology • Middle East Academy for Medicine of Ageing
LIBYA Libyan Osteoporosis Society
MOROCCO Moroccan Society for Rheumatology
NIGERIA Foundation for the Awareness of Osteoporosis
PALESTINE Palestinian Osteoporosis Prevention Society
SAUDI ARABIA Pan Arab Osteoporosis Society • Saudi Osteoporosis Society
SOUTH AFRICA National Osteoporosis Foundation of South Africa
SYRIA Syrian National Osteoporosis Society
TUNISIA Tunisian Osteoporosis Prevention Society
UNITED ARAB EMIRATES Emirates Osteoporosis Society
NORTH AMERICA
CANADA Osteoporosis Canada • Canadian Menopause Society
PUERTO RICO Puerto Rican Society Of Endocrinology And Diabetology
USA American Association of Clinical Endocrinologists • American Bone Health • American Orthopaedic Association • California Hispanic Osteoporosis Foundation • International Society For Clinical Densitometry • National Osteoporosis Foundation • The Paget Foundation
IOF is a much respected and influential voice at the forefront of clinical research and education in the field. Activities include the organization of world-class scientific congresses, support of innovative research, publishing important positions through scientific Working Groups, collaborations across specializations and disease areas, and expanding professional awareness and training with the goal of improving patient care.
WORLD CONGRESS ON OSTEOPOROSIS, OSTEOARTHRITIS & MUSCULOSKELETAL DISEASES

This joint IOF-ESCEO Congress is the largest annual event dedicated to musculoskeletal diseases in the world. In 2019 the Congress took place in Paris, France from April 4-7. With 4136 delegates in attendance, findings were presented from 1416 high-quality research abstracts.

The extensive scientific programme, offering 20 European CME credits, included 57 oral communications of outstanding abstracts, 10 Plenary Sessions, 19 Non-sponsored Symposia, 14 Meet-the-Expert Sessions, and 15 special sessions and symposia. As well, there were eight Sponsored Symposia and a busy exhibition hall presenting products and services from leading companies in the field.

Future IOF-ESCEO World Congresses are planned in Barcelona, Spain (April 2-5, 2020) and London, UK (April 8-11, 2021).

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IOF ASIA-PACIFIC REGIONAL CONFERENCE

Following the success of the 7th IOF Asia-Pacific Osteoporosis Conference in Sydney in 2018, IOF looks forward to hosting the next IOF Regional in Bangkok, Thailand from November 25 to 28, 2020. Planning for a dynamic, high-quality scientific programme began, with close to 1000 delegates from more than 60 countries expected to attend.
Each year the IOF-ESCEO World Congress is the occasion at which prestigious IOF awards are presented to individuals in recognition of their scientific work and achievements. In 2019, the following awards and grants were presented:

**IOF PRESIDENT’S AWARD**
Recognizing outstanding achievements and dedicated support of IOF educational programmes, the Award was presented to Dr Radmila Matijevic (ASTAS, Serbia) and Dr Greg Lyubomirsky (Osteoporosis Australia).

**IOF OLOF JOHNELL SCIENCE AWARD**
Professor John A. Kanis, certainly among the most highly-regarded experts in the field, was honoured for his outstanding contributions to scientific research and policy implementation in the musculoskeletal field.

**IOF MEDAL OF ACHIEVEMENT**
Professor Harry K. Genant, renowned within the field, received this prestigious award in recognition of his innovative, ground-breaking research in non-invasive and quantitative imaging methods for osteoporosis, arthritis and orthopaedics.

**ESCEO-IOF HERBERT A. FLEISCH MEDAL**
Dr Jonathan D. Adachi was recognized for his many exceptional achievements in research and education which include influential epidemiological studies that have advanced knowledge about risk factors and therapies for osteoporosis.

**ESCEO-IOF PIERRE MEUNIER YOUNG SCIENTIST AWARD**
Dr Shaun Sabico was recognized for his notable commitment and achievements in advancing research and guideline development in regard to vitamin D deficiency.

**IOF CALCIUM ACADEMY AWARDS**
Calcium is a major building block of the skeleton and important for bone health throughout life. In order to support and recognize research excellence in the field of bone health and calcium nutrition, IOF established the IOF Calcium Academy, which granted awards for the first time at the WCO-IOF-ESCEO Paris 2019.

The five winning researchers, selected by a panel of IOF experts, received a grant in recognition of their outstanding abstracts at a special Award ceremony held on April 5. The winners were F. Wu (Australia), R. Daly (Australia), S. Varshney (India), L. Wang (China), P.E. Sanchez Marquez (Colombia).
HIPGEN is a multi-center phase III clinical study under Horizon 2020 funding, to determine the efficacy, safety and tolerability of intramuscular injections of allogeneic PLX-PAD Cells for improved recovery following arthroplasty for hip fracture. Through its large network, IOF will work to raise awareness about the project and fill the communication gap between scientists and patients. In 2019 IOF produced a three-part video interview with Prof. Tobias Winkler, HIPGEN project coordinator. [www.hipgen.eu](http://www.hipgen.eu)

**MEET THE EXPERTS ONLINE 2019**

This series of free online seminars featured seven sessions dedicated to treatment-related topics. Each session was presented separately in Spanish and Portuguese, with a certificate of attendance provided and CME credits in Brazil. With more than 1000 attendees, the webinars have made a noteworthy contribution to healthcare professional training in the region.

**IOF NUTRITION AND BONE TOUR**

Held previously in Colombia, Mexico and Costa Rica, the IOF Nutrition and Bone Tour was held in Honduras - the first time that an IOF course was held in that country.

Education on calcium in bone nutrition, with focus on the IOF Calcium Map, were also the topics of a key note lecture held at the SIBOMM Congress (Panamá) in August 2019 and of a dedicated IOF Symposium held during the FLASCYM Congress (Costa Rica) in March 2019.
IOF SCIENTIFIC WORKING GROUPS

IOF’s Committee of Scientific Advisor (CSA) Working Groups formulate global policy guidance, scientific guidance and statements to update IOF positions, and develop educational and research projects of international relevance. In 2019 there were 12 CSA Working Groups, listed below:

- Bone and Cancer
- Bone and Cardiovascular Diseases
- Bone and Diabetes
- Chronic Inflammation and Bone Structure
- Epidemiology / Quality of Life
- Fracture (Capture the Fracture®)
- IOF/ASBMR HR-pQCT
- Hip Bone Strength as a Therapeutic Target
- Rehabilitation
- Skeletal Rare Diseases
- IOF-IFCC Standardization of Bone Marker Assays
- IOF-APOA Orthopaedics Initiative

KEY IOF PUBLICATIONS OF 2019

WORKING GROUP PAPERS

- Fracture risk following intermission of osteoporosis therapy. Dennison EM et al. OI 2019
- Perspectives on the non-invasive evaluation of femoral strength in the assessment of hip fracture risk. Bouxsein et al. OI 2019

PUBLICATIONS IN COLLABORATION WITH OTHER SOCIETIES

- Recommendations for the conduct of economic evaluations in osteoporosis: outcomes of an experts’ consensus meeting organized by ESCEO and the US branch of the IOF Hiligsmann M, OI 2019
- Determinants, consequences and potential solutions to poor adherence to anti-osteoporosis treatment: results of an expert group meeting organized by ESCEO and IOF. Hiligsmann M et al. OI 2019
- A multicenter study to evaluate harmonization of assays for N-terminal propeptide of type I procollagen (PINP): report from the IFCC-IOF Joint Committee for Bone Metabolism Cavalier E et al. , IFCC-IOF Joint Committee for Bone Metabolism (C-BM). Clin Chem Lab Med. 2019
- European guidance for the diagnosis and management of osteoporosis in postmenopausal women Kanis JA, ESCEO and IOF. Osteoporos Int. 2019
- Executive summary of the European guidance for the diagnosis and management of osteoporosis in postmenopausal women Kanis JA et al. ESCEO and IOF. Calcif Tissue Int 2019
- Executive summary of European guidance for the diagnosis and management of osteoporosis in postmenopausal women Kanis JA et al. ESCEO and IOF. Aging Clin Exp Res. 2019
- Algorithm for the management of patients at low, high and very high risk of osteoporotic fractures Kanis JA, ESCEO and IOF, OI CSA endorsed

PAPERS ENDORSED BY CSA

- Algorithm for the management of patients at low, high and very high risk of osteoporotic fractures. Kanis et al., Osteoporos Int 2020
- Perspectives on the non-invasive evaluation of femoral strength in the assessment of hip fracture risk. Bouxsein et al., Osteoporos Int 2020
- European consensus statement on the diagnosis and management of osteoporosis in chronic kidney disease stages G4 to G5D. Evenepoel et al., (publication pending)
COLLABORATION AND JOINT INITIATIVES

EUROD-IOF

This collaboration between IOF and the European Society of Nephrology (ERA-EDTA) nephrologists working on chronic kidney disease (CKD-MBD) began in 2018. IOF has since participated in a workshop, endorsed the EROD CME, and sent a questionnaire on osteoporosis management to all IOF CSA members. A European consensus statement on the management of bone fragility in CKD is in progress with a CSA-endorsed publication expected in 2020.

ESCEO-IOF-IAGG COLLABORATION

IOF has committed to work with ESCEO and the International Association of Geriatrics and Gerontology (IAGG) to strengthen collaboration on research, education, training, and in raising public and policy-maker awareness in the field of musculoskeletal aging and its functional consequences.

JOINT SCIENTIFIC SESSIONS

- WCO-IOF-ESCEO Paris 2019
- Congreso Mexicano de Osteoporosis y Enfermedades Metabólicas Óseas / IOF-AMMOM SYMPOSIUM Osteoporosis & Special Populations
- AFOS (Asian Federation of Osteoporosis Societies) / Joint AFOS-IOF-ISCD symposium
- EUGMS meeting / Joint IOF-ESCEO symposium - update of the IOF-ESCEO guidelines for the diagnosis and management of osteoporosis
- SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie) / IOF Symposium: osteoporosis (fragility) fractures in orthopaedic surgery - Interactive case discussion

IOF JOURNALS PORTFOLIO

IOF’s three peer-reviewed journals are leading publications in the bone field, and key assets in our mission to promote high quality research, medical innovation, and improved patient care. Regular online communication is carried out to promote the journal papers.

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
2018 Impact Factor: 3.819, 5-year Impact Factor: 3.895

CALCIFIED TISSUE INTERNATIONAL & MUSCULOSKELETAL RESEARCH

Publishing 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
2018 Impact Factor: 3.265, 5 Year Impact Factor: 3.522

ARCHIVES OF OSTEOPOROSIS

This online journal, the sister publication of Osteoporos Int, highlights clinical aspects of osteoporosis and is a forum of choice for regional research and guidelines. Editors-in-Chief: John A. Kanis, Felicia Cosman
2018 Impact Factor 2.469
Worldwide, the majority of fragility fracture patients remain undiagnosed and untreated despite being at high risk of secondary fractures. The result: increased mortality and morbidity, and enormous healthcare costs. The implementation of Fracture Liaison Services (FLS) has been identified as a clinically and cost-effective model of care which can stop the costly fragility fracture cycle.

The IOF-led multistakeholder Capture the Fracture® (CTF) programme has led the way in the promotion of best practices in secondary fracture prevention since 2012. The CTF Steering Committee comprises the following leading experts who provide scientific input and guidance for the programme: Cyrus Cooper, UK (IOF President); Serge Ferrari, Switzerland (Co-Chair); Kassim Javaid, UK (Co-Chair); Kristina Åkesson, Sweden; Thierry Thomas, France; Willem Lems, The Netherlands; and Paul Mitchell, New Zealand. The programme’s key achievements of 2019 are outlined below.

A GROWING NETWORK – 400 FLS HAVE JOINED CTF!

CTF’s Map of Best Practice is the only platform which gives global visibility and recognition to FLS around the world – and interest has been growing steadily. A total of 77 new FLS joined the CTF network in 2019, bringing the total to 400 FLS in 46 countries - 25% more compared to the previous year. Among the new FLS, 32 (42%) are from Asia-Pacific, 24 (31%) from Europe, 18 (23%) from Latin American countries, and 3 (4%) from Middle East countries.

New countries that joined the Map in 2019 are Egypt, South Africa, Turkey, and South Korea. Together, the CTF network has seen more than 366,580 fragility fractures, among which are 55,147 hip fractures and 67,134 outpatients in need of care for secondary prevention. Recognition and visibility for the growing CTF network included regular social media posts (with 161% increase in views) as well as frequent news appearing in IOF’s monthly newsletter and on the IOF and Capture the Fracture® websites (22% increase in views).

EDUCATIONAL PROGRAMME

CTF catalyses local FLS development by providing important training and key resources to healthcare professionals who are aspiring to implement or improve existing FLS. CTF also supports education through publications and webinars. Two very popular CTF webinars in 2019 focused on post fracture nutritional care and non-pharmacological interventions for secondary fracture prevention.
**BENEFIT CALCULATOR**

CTF is developing a calculator that can estimate the costs and outcomes of implementing an FLS that can be used in different health care settings. This tool will strengthen the prioritization of FLS at the national level and empower local clinics and health care professionals with local data to support their funding applications/ business cases for FLS. In the initial phase, data from Spain and Japan are being used to develop the model, which will then be integrated into the CTF website in 2020.

**SCIENTIFIC SESSIONS**

IOF participated in three scientific sessions dedicated to secondary fracture prevention and the CTF programme. A session on CTF for patients and policy makers was held at the National Patient Societies Day in Paris, April 2019, highlighting the benefits of joining the CTF programme from both patients’ and policy makers’ perspectives. CTF’s project leader also presented at the Asia Pacific Bone Academy meeting in Tokyo, Japan from August 3 to 4, 2019. Attended by some 300 osteoporosis experts from the region, the session provided valuable guidance on best practice and how to attain recognition through IOF’s landmark initiative. A joint session with Bone Health Societies (IOF, ASBMR and ROS) was held during the Fragility Fracture Network meeting in Oxford on August 29, 2019. Speaker K. Javaid presented on the importance of FLS in the identification of vertebral fractures and their management.

**MENTORSHIP PROGRAMME**

Now in its fifth year, the CTF Mentorship Programme has seen much demand from interested clinics around the world. The programme facilitates the transfer of knowledge and skills by connecting experienced FLS champions with institutions interested in initiating or improving their own FLS. As well as on-site trainings, FLS workshops for groups of interested clinics are offered. This programme has been enhanced by the new ‘Getting to Gold’ initiative, mentioned below.

In August 2019, an onsite training was held in Oxford, UK at the FLS in Nuffield Orthopaedic Centre (NOC). Here Assoc. Prof. Kassim Javaid (Co Chair of CTF Steering Committee) and his FLS team (nurse practitioners) welcomed Dr Juan Carlos Viveros from Hospital Regional del ISSSTE, Leon, México for an educational visit. A workshop was also held in Dubai, UAE in cooperation with the Emirates Osteoporosis Society in November 2019. It was the second FLS workshop to be hosted by the CTF programme in the Middle East. A train the mentor meeting (part of Getting to Gold initiative) was held in Mexico City with Dr Kassim Javaid in December 2019, bringing together representatives of 14 existing Mexican FLS at the national level.

**NEW! GETTING TO GOLD FLS MENTORSHIP PROGRAMME**

This new initiative provides effective long-term support for FLS that were established with the help of the CTF mentorship programme (e.g. FLS workshops). Getting to Gold aims to help a developed FLS improve and sustain itself in the long run. In contrast to the standard FLS workshops and onsite trainings which focus on the early stages of development and building business cases, Getting to Gold focuses on making sure FLS grow in number and quality, and are sustainable locally. The programme was developed by the CTF Steering Committee.

An important component of the Getting to Gold programme is the development of a team of key national FLS mentors with the right knowledge, skills and competencies. The first ‘Train the Mentors’ session took place in Mexico and Dr Lucia Mendez Sánchez, Dr F. Torres Naranjo, Dr A. Olascoaga and Dr JC. Vivero Garcia were welcomed as CTF’s first certified mentors on December 7th 2019. As mentors, they will support local service development with the objective of helping local FLS to improve their performance, to become more efficient units, and to create a good patient experience.
To support IOF’s missions, our extensive outreach aims to change the perception of osteoporosis towards increased understanding of its enormous burden and serious consequences; alert and engage the at-risk population and other stakeholders to osteoporosis and fracture risk; encourage dialogue between patients/public and their doctors; amplify the patient voice; and share the work of member societies across IOF communication channels.
WORLD OSTEOPOROSIS DAY
Marked on October 20 each year, World Osteoporosis Day (WOD) is the largest global campaign to educate, raise awareness and urge action among all stakeholders, including the public, patients, at-risk individuals, healthcare professionals, and policymakers worldwide.

The IOF-led campaigns puts a spotlight on the immense human and socioeconomic burden caused by osteoporosis and related fragility fractures, and is an opportunity to educate, inform and fight misconceptions about a disease which still suffers from underdiagnosis and treatment worldwide.

THAT’S OSTEOPOROSIS! PUTTING PATIENTS AT THE FOREFRONT
For the first time, the WOD campaign put the spotlight on real patients. CNS member societies liaised with local patients who shared 18 portraits and inspiring personal stories to highlight the burden of osteoporosis and fractures on quality of life. Under the tagline ‘That’s Osteoporosis’, the IOF-led campaign addressed poor public understanding of the:
- Link between osteoporosis and broken bones, as well as the severe impact of broken bones on quality of life
- Human and socio-economic costs of fractures
- Key risk factors which alert to need for testing and treatment

“Osteoporosis can be what I call “3D”—devastating, debilitating and depressing. It’s more than just a curved spine or a broken bone. One false move, one fall on a slippery sidewalk, even one sneeze can change your life forever.”

RECORD NUMBER OF WOD EVENTS
More than 266 WOD events in 57 countries were listed on the WOD Map of Global events. This record number highlights the increasing significance of WOD as an annual focal point for public education and media outreach. IOF member societies in all regions held events ranging from awareness walks and public information stands, to digital campaigns and major press events with VIPs.

FOCUS ON PUBLIC OUTREACH AND EDUCATION
The impactful World Osteoporosis Day campaign website attracted more than 73,000 page views and 10,800 downloads of materials and resources. Using 18 posters/social media banners, IOF reached out to the public at large in its social media channels and issued three press releases via international press agencies. Eighteen short videos were created for social media, which attracted more than 75,000 views via social media.

New resources to enhance IOF’s library of informational leaflets and reports included the brochure ‘That’s Osteoporosis – a compact guide to osteoporosis and its prevention and treatment’ and the 2nd edition of the IOF Compendium of Osteoporosis (see p. 31).

FLYING THE FLAG FOR WOD IN GENEVA, SWITZERLAND
In collaboration with Geneva City authorities, IOF displayed eight large flags featuring key global statistics and portraits of people with osteoporosis along Mont-Blanc Bridge from October 28 to November 5, 2019. It was an impactful initiative as more than 50,000 people cross the bridge every day!
In 2019 IOF officially launched the IOF Osteoporosis Risk Check – an easy-to-use online questionnaire to alert the public to potential risk factors for osteoporosis. The Risk Check includes eight key questions and shows other common risk factors that can negatively impact on bone health. Available in 36 languages, the Risk Check replaces IOF’s iconic ‘One-Minute Osteoporosis Risk Check’ and is set to be an influential tool that will increase global awareness and drive people at risk to ask for testing.

Following an initial press release for the pilot launch in April 2019 at the WCO-IOF-ESCEO Paris 2019, IOF carried out a major campaign in conjunction with World Osteoporosis Day. A global press release was issued on October 18th, as well as country-specific releases in cooperation with CNS member societies in Brazil, Colombia, France, Germany, Japan, Mexico, South Korea, Spain and Taiwan.

In addition, an intensive six-week Facebook campaign focused on outreach to women aged 65 and older in the nine countries. It featured key messages and 10 impactful motion-design videos. Extensive social media continued across all IOF social media platforms including twitter and Instagram.

Resources developed to enhance the online questionnaire include a ‘Risk Check’ brochure and infographic, fact sheet, and a selection of videos.

GLOBAL OUTREACH THROUGH TARGETED SOCIAL MEDIA CAMPAIGN

Following an initial press release for the pilot launch in April 2019 at the WCO-IOF-ESCEO Paris 2019, IOF carried out a major campaign in conjunction with World Osteoporosis Day. A global press release was issued on October 18th, as well as country-specific releases in cooperation with CNS member societies in Brazil, Colombia, France, Germany, Japan, Mexico, South Korea, Spain and Taiwan.

In addition, an intensive six-week Facebook campaign focused on outreach to women aged 65 and older in the nine countries. It featured key messages and 10 impactful motion-design videos. Extensive social media continued across all IOF social media platforms including twitter and Instagram.

PEOPLE REACHED ON FACEBOOK
5.3M

RISK CHECKS COMPLETED
MORE THAN 64K

VISITS TO RISK CHECK PAGE
MORE THAN 470k
GIVE PATIENTS A VOICE VIDEO CONTEST

A powerful way to show the enormous impact of fractures due to osteoporosis on daily life is through patient testimonials. To help amplify the patient voice, IOF launched the ‘Give Patients a Voice’ video contest in cooperation with its CNS member societies. Seventeen societies and their patient members participated, submitting 23 one-minute patient video testimonials. A total of 5538 people voted online for their favourite videos!

The winning video, submitted by the Asociación Colombiana de Osteoporosis y Metabolismo Mineral (ACOMM), featured Mr. José Estupinan from Colombia. He received a free trip to Paris and attended the WCO-IOF-ESCEO 2019 opening ceremony at which the award was presented by IOF President Cyrus Cooper. The videos were shared on IOF’s social media channels and shown at the World Congress in Paris.

PROTECTURLIFE

For the second year, IOF was a proud partner of ProtectUrLife, an education and screening programme for cardiovascular diseases and bone health. Taking place in five European cities from August to November 2019, the free public events provided basic screening, informational leaflets and the opportunity to speak with professionals. IOF endorsed the campaign and helped disseminate information via its communication channels.

DIGITAL COMMUNICATIONS

With increasing followers and views, IOF’s outreach through digital communications has grown extensively, underlining our key objective to ‘be the global voice’ of osteoporosis. The various platforms allow us to effectively target all stakeholders, including patients and public, healthcare professionals and health authorities. As well as its popular Facebook and Twitter channels, IOF maintains active YouTube, LinkedIn and Instagram channels.

NEW WEBSITE PLATFORMS

The development of a new website to be launched in April 2020 was an important operation of 2019. The new website will feature clearly defined entry points and targeted information for its readers (patients and public, healthcare professionals, policymakers and members), providing concise, easily accessible resources for a global audience. The IOF Communications team also develops and maintains separate websites for World Osteoporosis Day, Capture the Fracture® and the IOF-ISCD Osteoporosis Essentials Course - for which a new website is planned in early 2020.

NEWS RELEASES

The 16 international press releases issued via press agencies in 2019 highlighted IOF’s scientific papers and positions, awards, World Osteoporosis Day, and the new Risk Check. As well, more than 96 news stories were featured on the IOF website, including 24 in Spanish.

SPOTLIGHT ON IOF PUBLIC OUTREACH IN LATIN AMERICA

IOF Latin America partnered with the Agency for the Elderly of the Government of [Monica Calo] the City of Buenos Aires and member societies in Argentina to continue educational awareness sessions for seniors. Seven interactive meetings were held for more than 450 older adults, focusing on osteoporosis prevention, bone-healthy lifestyle and patient empowerment. To strengthen support networks for primary and post fracture care, educational sessions for 100 certified ‘caregivers in training’ were also held and a manual was developed for gerontological assistants.

IOF CEO Philippe Halbout was in the Latin American region during World Osteoporosis Day. On this occasion, he participated together with the Colombian Osteoporosis Association in the event “Healthy bones for a life without fractures” held in Bogota. The event attracted more than 250 attendees who enjoyed a morning with talks[Monica Calo], dancing and sessions, including a presentation on the new IOF Osteoporosis Risk Check.
Through its enormous global constituency (which represents more than two billion people worldwide), authoritative scientific leadership, regional and multidisciplinary alliances, and influential, respected 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.
The IOF Compendium is an authoritative reference on osteoporosis for all key stakeholders in the field of musculoskeletal health. It provides a concise overview of the pathophysiology, risk factors, prevention and management of the disease; 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.

Launched on the occasion of World Osteoporosis Day together with a free slide kit, the 2nd edition of the IOF Compendium of Osteoporosis has been expanded, and now:

- Highlights alarming increases in dependency ratios for older people and outlines nine global priorities for fracture prevention;
- Expands on key priorities for action, urging health authorities to support all stakeholders in the development of national hip fracture registries;
- Urges improved multidisciplinary rehabilitation, including better acute multidisciplinary care for fracture patients, rapid secondary prevention after a first fracture, and adequate ongoing care for those with resulting functional disabilities;
- Presents data from the 2018 IOF report ‘Broken bones, broken lives’ which projects a 23% increase in fragility fractures from 2017 to 2030 in 6 major European countries.

The 2018 ‘Broken bones, broken lives’ report for six major European countries is the latest of IOF’s respected regional policy reports. Promotion for the 2018 report, which includes impactful infographics in 6 languages, continued in 2019. At the World Congress in Paris 4,000 copies of the report were included in the Congress folders and a 2.5 meter panel highlighting key statistics was prominently displayed.

Past Audits Reports for the EU, Eastern Europe & Central Asia, Asia-Pacific and the Middle East & North Africa are available on the IOF website. These reports have been widely disseminated and are oft-quoted sources of information about regional specificities regarding fracture epidemiology and burden.

The launch of IOF’s online interactive Calcium Map in 2018 revealed wide global variation and critically low calcium intakes in the world’s most populous countries. The Map aims to mobilize health care authorities to develop appropriate strategies to address low intake of this important nutrient globally. In addition to previous resources, IOF recently prepared a new calcium fact sheet and Q & A videos to help increase awareness of calcium nutrition among the general public. Dissemination of the map findings continued with the valued support of IOF RAC members and the Steering Committee, which presented the findings at various meetings worldwide.

Global interest in bone nutrition is evident: there were 365,717 views of IOF calcium-related resources in 2019, including 1500 downloads of the Calcium Map infographic, fact sheet and slide kit. There were also 79,711 unique visitors to IOF’s online Calcium Calculator.
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 disorders as a priority healthcare issue. In 2019 IOF was represented on NCD Alliance digital platforms and signed the Alliance’s Open letter to government leaders ahead of the UN High-Level Meeting on Universal Health Coverage.

**IOF GLOBAL PATIENT CHARTER**

This important advocacy tool has been endorsed by more than 100 member societies and international organizations to date. The Charter, developed in cooperation with IOF member societies, can be signed at [www.iofglobalpatientcharter.org](http://www.iofglobalpatientcharter.org). Signatories of the Charter call on health authorities to address the rights of patients worldwide to have access to timely diagnosis; effective intervention and care; involvement and choice in management plans; and support to ensure active, independent living.

**8995** NUMBER OF SIGNATURES

**101** NUMBER OF ENDORSING ORGANIZATIONS

**ADD YOUR VOICE TO OUR GLOBAL CALL FOR OSTEOPOROSIS PATIENT RIGHTS**

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

**PATIENT CARE**
Access to effective intervention options (treatment, lifestyle changes) and to regular drug treatment review by appropriate healthcare professional.

**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.

**NCD Alliance**
A highly successful example of IOF’s operational advocacy in action occurred in September and October 2019 as IOF CEO Philippe Halbout joined IOF member societies and other stakeholders in Latin America and the Asia Pacific to liaise with policy makers, healthcare providers and other influential institutions in the regions. The foremost objective of the Policy Tours was to drive policy advances by changing authorities’ perceptions of osteoporosis and by reinforcing IOF’s call for the effective implementation of secondary fracture prevention strategies. As well, the Tour enabled IOF to identify opportunities for collaboration, understand local needs and specificities, strengthen local stakeholder’s commitment and to connect with and support local member societies.

In Asia, the Tour included 16 meetings with CNS members, FLS champions, industry partners, health authorities and private healthcare stakeholders in Taiwan, China, South Korea and Singapore. High-level meetings with health authorities took place in Taipei, in Beijing and in Seoul, which included a meeting at the Korean National Assembly and with South Korea’s Deputy Minister for Health and Welfare. Among the many highlights of this impactful tour were also separate media interviews which resulted in media pick-up, including over 50 news articles in China, and an in-depth article in a leading Korean evening paper.

The IOF Policy Tour in Latin America was equally impactful, with 23 meetings in Argentina, Brazil, Colombia and Mexico, including in Sao Paulo, Buenos Aires, Bogotá, Mexico City, and Guadalajara. During the tours the CEO met with key players including health authorities, global & regional KOLs, national societies, representatives of government bodies and universities, social security & health insurance representatives, FLS champions, and corporate partners. The meetings highlighted the importance of evidence-based advocacy, helped to map IOF’s key future priorities, and improved IOF’s understanding of different challenges and opportunities in the respective countries.

**JOINT INITIATIVES IN THE ASIA-PACIFIC REGION**

The Asia-Pacific is faced with a rapidly ageing population and with it, an epidemic of fragility fractures. IOF works collaboratively and intensively in the region. In cooperation with experts, policy makers and other concerned organizations, IOF helps to promote and initiate necessary preventive strategies to tackle the fracture crisis, particularly through secondary fracture prevention. Recent initiatives include:

**IOF-ISCD-AFOS REGIONAL ALLIANCE:**

IOF and the Asian Federation of Osteoporosis Societies (AFOS) and the International Society for Clinical Densitometry (ISCD) launched a new regional alliance in 2018 in which the three organizations pledge to collaborate on a common platform to achieve their respective missions.

**ASIA PACIFIC FRAGILITY FRACTURE ALLIANCE:**

The Alliance’s four regional (AFOS, AOSPRM, APGMN, APOA) and three global (IOF, FFN, ISCD) representatives will focus on three pillars – improving acute care for those who sustain bone fragility fractures, patient rehabilitation, and secondary fracture prevention.

**ASIA-PACIFIC CONSORTIUM ON OSTEOPOROSIS:**

Launched in May 2019, the Consortium comprises clinical experts from across the region and with different areas of specialization. APCO aims to help healthcare professionals deliver best practice for people who are living with osteoporosis. An initial aim will be to develop comprehensive Pan Asia Pacific guidance and to promote basic standards of care for risk assessment, diagnosis and management of osteoporosis and fragility fractures.

**APOA-IOF ORTHOPAEDIC INITIATIVE:**

Working with the Asia Pacific Orthopaedic Association (APOA), this initiative is chaired by JK Lee (IOF) and D Choon Sew-Kit (APOA). A manuscript on ‘Secondary prevention of osteoporotic fractures in Asia Pacific: role of the orthopaedic surgeon’ has been submitted for publication in 2020.

**IOF DRIVING POLICY CHANGE TOURS**

A highly successful example of IOF’s operational advocacy in action occurred in September and October 2019 as IOF CEO Philippe Halbout joined IOF member societies and other stakeholders in Latin America and the Asia Pacific to liaise with policy makers, healthcare providers and other influential institutions in the regions. The foremost objective of the Policy Tours was to drive policy advances by changing authorities’ perceptions of osteoporosis and by reinforcing IOF’s call for the effective implementation of secondary fracture prevention strategies. As well, the Tour enabled IOF to identify opportunities for collaboration, understand local needs and specificities, strengthen local stakeholder’s commitment and to connect with and support local member societies.

In Asia, the Tour included 16 meetings with CNS members, FLS champions, industry partners, health authorities and private healthcare stakeholders in Taiwan, China, South Korea and Singapore. High-level meetings with health authorities took place in Taipei, in Beijing and in Seoul, which included a meeting at the Korean National Assembly and with South Korea’s Deputy Minister for Health and Welfare. Among the many highlights of this impactful tour were also separate media interviews which resulted in media pick-up, including over 50 news articles in China, and an in-depth article in a leading Korean evening paper.

The IOF Policy Tour in Latin America was equally impactful, with 23 meetings in Argentina, Brazil, Colombia and Mexico, including in Sao Paulo, Buenos Aires, Bogotá, Mexico City, and Guadalajara. During the tours the CEO met with key players including health authorities, global & regional KOLs, national societies, representatives of government bodies and universities, social security & health insurance representatives, FLS champions, and corporate partners. The meetings highlighted the importance of evidence-based advocacy, helped to map IOF’s key future priorities, and improved IOF’s understanding of different challenges and opportunities in the respective countries.
## COMMITTEE OF CORPORATE ADVISORS (CCA)

![Corporate Advisors Logos]

## CORPORATE PARTNERS

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A note of thanks to our 2019 interns KRISTINA BULASHEVA (Communications), CANDICE GALÉ and JAKE WELLIAN (Science) as well as to ROCIO RODRIGUES, maternity leave replacement for the Personal Assistant to the CEO.
Our vision is a world without fragility fractures in which healthy mobility is a reality for all.