

2024 Spine & Bone Health Impact Report

On behalf of the team at The National Spine Health Foundation, we are pleased to provide this year in review of our work on the connection between spine and bone health. NSHF launched a strategic initiative this year to focus on the need in patient and provider communities to educate about the importance of bone health to spinal health, and ultimately, overall health.

A recent meta-analysis noted the **significant prevalence of osteoporosis** in patients undergoing spine surgery [PLoS One 2023; 18(5): e0286110]:

- Women: 27.8% of those age 50-59 (peaking at 75.4% of those age 70-79 [**3 in 4**])
- Men: 18.9% of those age 50-59 (peaking at 26.1% of those age 70-79 [**1 in 4**])

Therefore, NSHF's focus on educating the public and health care professionals on how to optimize spine health before surgery is a crucial step for improving patient outcomes and reducing complications.

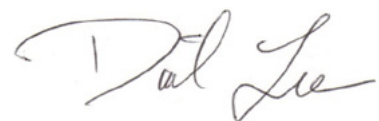
In addition, we have created information about vertebral compression fractures, including pre ruin and treatment options. In the following pages, you will see that the significant engagement in our content across numerous digital channels points to the need and desire of audiences to learn more. We are grateful for the experts on our team who are dedicated to creating this important information, and to the industry partners whose support makes it possible.



Name	Institution
Paul Anderson, MD (Co-Chair)	University of Wisconsin School of Medicine, Madison, WI
John Dimar, MD (Co-Chair)	University of Louisville School of Medicine and Norton Children's Hospital, Louisville, KY
Brandon Carlson, MD	University of Kansas Medical Center, Kansas City, KS
Benjamin Elder, MD, PhD	Mayo Clinic, Rochester, MN
Venu Nemani, MD, PhD	Virginia Mason Franciscan Health, Seattle, WA
Zeeshan Sardar, MD	Columbia Orthopaedics, New York, NY
Ganesh Shankar, MD, PhD	Massachusetts General Hospital, Boston, MA




Rita Roy, MD
CEO, National Spine Health Foundation


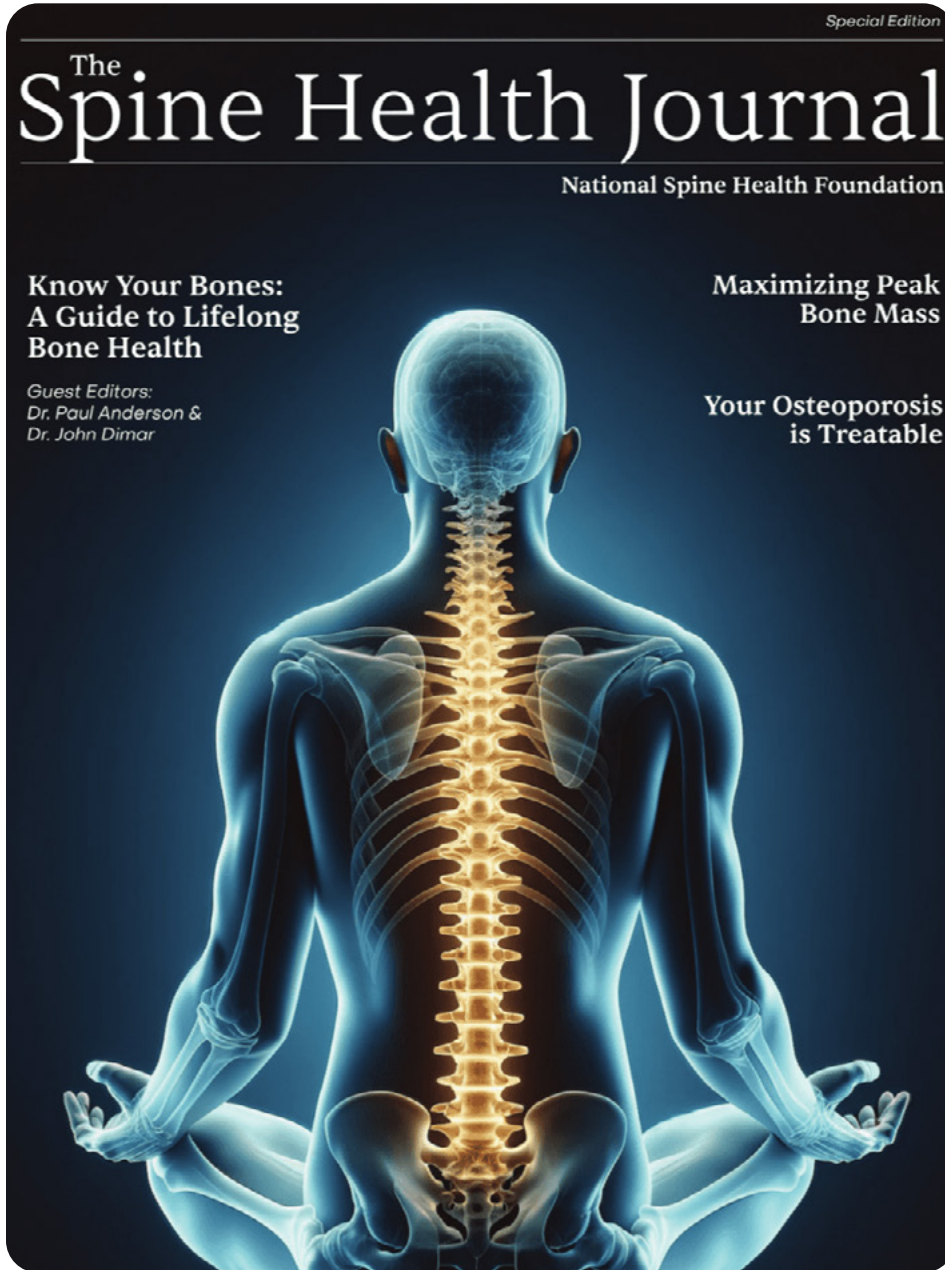



David Lee, MA
Partnerships and Programs Lead

Q1 2024

Know Your Bones: A Guide to Lifelong Bone Health

Publication of a special bone health edition of NSHF's Spine Health Journal (a patient-centered publication that aims to provide a deeper understanding of the science of spine care technology and techniques) that to date has been viewed 1,968 times.



8,371
IMPRESSIONS



312
ENGAGEMENTS

Knowledge is power.

Understanding bone health has the potential to be life-changing if some basic steps are taken, which are described in this issue. We are grateful to the contributions of our Guest Editors and all our Task Force volunteers, whose contributions make our mission of improving spinal health for everyone possible.

Guest Editors

Institution

Paul Anderson, MD
(Co-Chair)

University of Wisconsin School of Medicine, Madison, WI

John Dimar, MD
(Co-Chair)

University of Louisville School of Medicine and Norton Children's Hospital, Louisville, KY

Q2 2024

NSHF at the International Osteoporosis Foundation World Congress on Osteoporosis, Osteoarthritis, and Musculoskeletal Diseases (London, UK)

NSHF hosted a **spine non-sponsored symposium**, including presentations from Dr. Rita Roy (NSHF CEO), Dr. Thomas Schuler (NSHF Chair, Board of Directors), Dr. Paul Anderson (NSHF Spine & Bone Health Task Force co-chair), and Dr. Elie Najjar (Nottingham University Hospitals, UK).



National Osteoporosis Awareness and Prevention Month

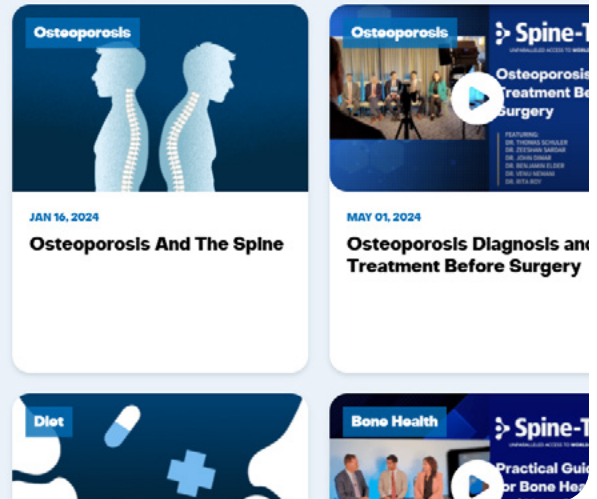
NSHF launched a [dedicated page on its website \(www.spinehealth.org/bone-health/\)](http://www.spinehealth.org/bone-health/) to highlight to patients the connection between spine and bone health during National Osteoporosis and Prevention Month (held in May each year)

This page on osteoporosis and spine health included:

- Two new Spine-Talks videos
 - Osteoporosis Treatment Before Surgery
 - Osteoporosis, Your Lumbar/Lower Spine, and the Importance of Assessing Your Bone Health
- Messaging on the impact of osteoporosis
- Risk factors and an osteoporosis risk check
- Patient resources on osteoporosis and spine health
- Questions on bone health
- Infographics for sharing via social media

Resources on Osteoporosis

NSHF has developed a number of tools and resources about the connection between osteoporosis and bone health and what you can do to diagnose and manage osteoporosis.



Distinction: Best Healthcare Content by a Healthcare Association for Page on Bone Health

eHealthcare
LEADERSHIP
AWARDS 2024



Q3 2024

NASS Annual Meeting (Chicago, IL)

Dr. Paul Anderson was among the speakers at the session during the North American Spine Society meeting entitled *Interdisciplinary Spine Forum: Bone Health Through the Ages: Optimizing Bone Health Throughout Life*. Dr. Anderson's presentation *Identifying and Treating Low Bone Mineral Density: Current Practice* covered the various approaches to diagnose and treat osteoporosis.

EuroSpine (Vienna, Austria)

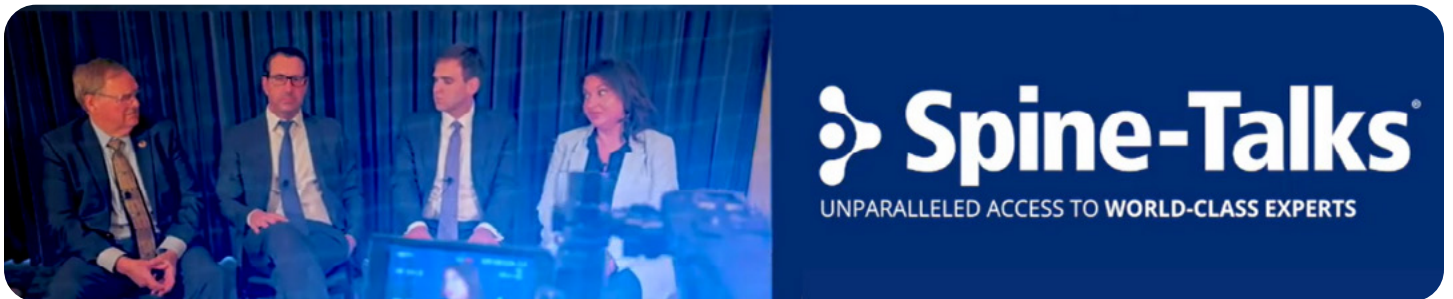
We are grateful to Eurospine leaders Prof. Dr. Ahmet Alanay, Peter W. Ferlic, Everard Munting, Benny Dahl, and staff members who convened with us to plan an international collaboration for patient and provider education beginning with spine and bone health. We congratulate Eurospine's visionary patient education with Patient Line and look forward to collaborating.

We were honored to attend sessions, present our research work by Lindsay Orosz, and work together towards a future where fewer people suffer from debilitating spine conditions.



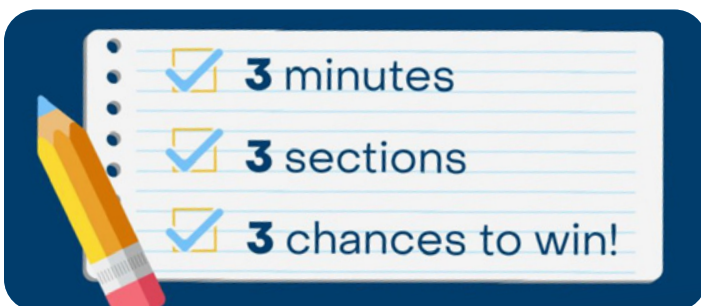
Spine-Talks

NSHF released 2 new Spine-Talks (<https://spinehealth.org/spine-talks/>) in 2024 focused on spine and bone health: *Osteoporosis, Your Lumbar/Lower Spine, and the Importance of Assessing Your Bone Health and Osteoporosis Diagnosis and Treatment Before Surgery*.



Bone Health Patient Survey

Public bone health survey launched in October 2024 and resulted in **~1500 responses**. The purpose was to identify gaps in current bone health knowledge among the public and to determine what bone and spine health related topics the public would like to know more about. Results are currently being analyzed followed by dissemination planning.



7K IMPRESSIONS

1,500 RESPONSES

Q4 2024

Launch of Our New Bone Hub

Launch of the NSHF [Bone Hub](http://www.spinehealth.org/bonehub) (www.spinehealth.org/bonehub) with targeted channels for patients/consumers, women age 50 and above, and health care professionals. This patient informational hub is made possible by educational sponsorships from Amgen, Radius, and UCB.



Launch of Our Continuing Medical Education Hub

Launch of the NSHF [Continuing Medical Education Hub](https://cme.spinehealth.org) (<https://cme.spinehealth.org>) which houses our 4 part webinar series on spine and bone health, additional continuing medical education videos, and the NSHF Spine & Bone Health ECHO program (which will launch in January 2025).


Free CME programs on bone health for the spine patient.

REGISTER NOW!

MON NOV 4	Approaches to Diagnosing Osteoporosis in Spine Patients with Dr. John Dimar and Dr. Paul Anderson	8PM EST
TUES NOV 12	Post-Fracture Care Coordination Models with Dr. Ganesh Shankar and Dr. Venu Nemani	8PM EST
TUES DEC 10	Osteoporosis Care Models for the Spine Surgeon with Dr. Zeeshan Sardar and Dr. Brandon Carlson	8PM EST
TUES JAN 14	Pre-Operative Bone & Spine Health Optimization Programs with Dr. Benjamin Elder and Dr. Paul Anderson	8PM EST



**1.5K
IMPRESSIONS**



**6 HOURS
OF CONTENT**

Overall Web Metrics Jan-Nov 2024



Acknowledgements

NSHF wishes to thank Amgen, Radius Health, and UCB for its financial and intellectual support of its spine and bone health activities as well as NSHF leadership (including our Medical & Scientific Board) and members of the Spine Health Leadership Council and Coalition for Spine Health.



Looking Toward 2025

As NSHF builds on this significant 2024 momentum, we look to continue to develop additional Spine-Talks and webinars, future Spine Health Journals, a patient awareness/infographic campaign, and development of a focused Coalition Newsletter on Bone Health.

Additionally, we would like to drive the following additional activities in 2025:

- Expand beyond the current health care professional focus of spine and bone health (engagement and attendance at major national primary care, rheumatology, endocrinology, ob-gyn, advance practice provider, and women's health organizations)
- Full execution of our work in Europe (including convening a European Spine and Bone Health Task Force)
- Focus on patient and health care professional engagement around policy and advocacy opportunities with the federal government, payers, and other key decision-making bodies

Please join us in our journey to drive patient and professional education on the connection between spine and bone health. **If you have any questions or inputs on our work, do not hesitate to contact David Lee, NSHF Partnerships and Program Lead for Bone Health (dlee@spinehealth.org).**