

Annual Report 2023



**OSTEOARTHRITIS
FOUNDATION
INTERNATIONAL**

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1. PRESENTATION OF THE OAFI FOUNDATION

1.1 Who we are

The **Osteoarthritis Foundation International (OAFI)** is an independent non-profit foundation, based in Barcelona, which was created to prevent, treat and improve the quality of life of people suffering from osteoarthritis, providing them with the necessary tools to manage their problems.

To this end, the foundation's activity is focused on the following activities:

- Raising social awareness of osteoarthritis.
- Improving the quality of life of patients and the prevention of risk groups (the elderly, athletes, postmenopausal women and children).
- Promote osteoarthritis research and improve treatment.

For us, patients are the most important.

1.2 Osteoarthritis, everyone's problem

Osteoarthritis is a degenerative joint disease that affects both the cartilage and the bone and soft tissues of the joint. It causes pain and limits our ability to perform our daily tasks. It already affects **595 million people** worldwide according to The Lancet ¹. **Despite its enormous social impact, osteoarthritis remains an unknown and distant disease for the majority of the population** who associate it exclusively with old age. However, it **affects a very fragmented patient population (elderly people, athletes, women over 45 years of age and young people)** who have very different needs and who find no response beyond a general approach.

¹ Global, regional, and national burden of osteoarthritis, 1990–2020 and projections to 2050: a systematic analysis for the Global Burden of Disease Study 2021, Lancet Rheumatol 2023; 5: e508–22

2. SOCIAL INITIATIVES: DRIVING CHANGE IN THE COMMUNITY

2.1 Charity clinic

Osteoarthritis patients are a priority for OAFI. That's why we offer free access to counsel patients, mainly those with limited resources. We listen to them, advise them and help them. In 2023, OAFI visited 415 patients between the Barcelona and Madrid offices.

2.2 Nutrition Service

In addition, we offer a nutrition service where 180 visits were made and we conducted online educational workshops in which 70 participants took part.

2.3 Patient Service Hotline

There is a great need for patients with osteoarticular diseases to receive quality information to answer their questions. In 2023, we received 650 phone calls asking for general information on osteoarticular diseases and preventive measures. Medical consultations were referred to the solidarity clinic to be attended by our specialist physicians. More than 1,100 e-mails were also answered for the same reasons.

2.4 Tai Chi

We promote physical activity and exercise. For this reason, once a month, we hold a Tai chi session in the Maternity Park in Barcelona for all the people who want to come.

3. TRANSFORMING SOCIETY: STRATEGIES FOR A BETTER FUTURE

3.1 OA Force

OAFI co-leads together with the Arthritis Foundation (USA) an international working group, OA Patients Task Force, in which patient organizations from all over the world participate such as: Pan American League of Rheumatology Associations (PANLAR, American continent), Liga Portuguesa Contra as Doenças Reumáticas (Portugal), Association Francaise de Lutte AntiRhumatismale (France), Fondation Arthrose (Belgium), Associazione Nazionale Persone con Malattie Reumatologiche e Rare (APMARR, Italy), Arthrose Forum Austria, Asociación General de Pacientes (AGP, Spain) and the Asociación Española con la Osteoporosis y la Artrosis (AECOSAR, Spain). Between all organizations we represent more than 150 million patients worldwide where we work to project the patients' voice, their opinion, needs and expectations to health authorities, medical and scientific societies, researchers, healthcare professionals and industry.

3.2 ARTRO360 Model

OAFI together with the methodological support of the Spanish Society for Healthcare Quality (SECA) and the AECOSAR Association, has created a new healthcare management model called ARTRO 360. This model is based on the Model of Care (MoC), which establishes how healthcare services should be provided to people according to their needs, with a patient-centered approach. Currently, 15 medical and healthcare organizations support this healthcare management model.

ARTRO 360 has been developed considering three main areas: the active participation of the patient and patient organizations, the optimization of available resources and a multidisciplinary approach that includes all the agents involved in the care process.

The main characteristics of this model are to promote the participation of patients and professionals in health policies and research, encourage patient participation in their care and decision-making, reduce waiting times for diagnosis, facilitate access to optimal treatments (pharmacological and non-pharmacological), consider comorbidities and possible treatment interactions, and raise awareness of the relevant role of patient organizations in the health system among the administrations and public opinion.

The model has been presented to: Community of Madrid, Junta de Andalucía, Generalitat de Catalunya, Basque Government.

3.3 Patient support platform

We are developing a patient companion platform which will be a digital tool to help patients navigate the healthcare system and make informed decisions about their care. This platform will offer a variety of services, including:

- Information and education: Patient companion platforms can provide information about diseases, treatments and care options. They can also offer educational resources to help patients better understand their health and how to manage their condition.
- Emotional support: Patient companion platforms can provide a safe space for patients to share their experiences and emotions with other patients, caregivers and healthcare professionals.

- Health self-management: Patient companion platforms can provide tools to help patients manage their health.

We have the support of three entities such as: SEMERGEN, FAECAP and SECA.

3.4 White Paper on aging and osteoarthritis

OAFI officially presented the White Paper on Aging and Osteoarthritis: Problems, Challenges and Solutions, prepared jointly with Dr. Julio Sánchez Fierro, lawyer and doctor in Health Sciences. The White Paper was created with the aim of assessing the impact of demographic aging in Spain and defining optimal socio-health strategies to preserve the health of the elderly and improve their quality of life.

The presentation was made at the Royal National Academy of Medicine (RANM) on June 29, 2023 and was supported by 46 institutions (27 scientific societies and professional organizations and 19 citizens' and patients' organizations).

3.5 Manifesto in favor of Osteoarticular Health and against Obesity

Obesity is of concern and a public health problem. In itself it is recognized as a chronic disease, but it is also a risk factor and comorbidity, affecting the morbidity and mortality of patients. In Spain, overweight and obesity stand out even from school age, which, together with the fact that this condition is a determining factor in adult obesity, means that we should establish urgent and effective measures.

From OAFI and given its impact on joint health and intrinsic morbidity and mortality, we continue to promote a manifesto currently supported by 34 organizations including: patients, medical, pharmaceutical, nursing, psychology, physiotherapy, podiatry, socio-sanitary and health management societies.

3.6 OAFI Space

OAFI presents the OAFI SPACE program whose main mission is:



- Reconfigure spaces according to the activities and needs of people with reduced mobility.
- To serve the population in order to meet their space needs, improve their quality of life and take care of their joint health.
- Increase the quality and safety of the spaces in which we live and work.

5 audits have been carried out (2 residences and 3 hotels) in 2023.

4. EDUCATING AND AWARENESS: STRENGTHNING SOCIAL CONSCIOUSNESS AND COMMITMENT

4.1 International Congress for Osteoarthritis Patients

Every year, OAFI organizes its international congress for osteoarthritis patients. The purpose of this public event is to provide a forum for the exchange of knowledge and social awareness. The event is aimed at osteoarthritis patients and at-risk groups (the elderly, athletes, and postmenopausal women) to enhance their quality of life.

The congress included participation from health authorities, international experts, patient associations, medical societies, healthcare professionals (pharmacists, physiotherapists, and social workers), and representatives from sports clubs, among others. Scientific publications were presented, roundtable discussions on osteoarthritis were held, patients participated, and the role of medical agencies was discussed.



The event took place in person with 34 presentations. The videos of the sessions and short clips were published through our YouTube Channel in November. From the last edition, there are already over 300,000 views.



4.2 Visit to Pope Francis

We visited the Pope again, on 13 March 2023, to bring the voice of patients to one of the most influential figures in spirituality. His Holiness, Pope Francis, received the Governing Council of the Spanish Society of Primary Care Physicians (SEMERGEN) at the Vatican City, in light of the Society's 50th anniversary and coinciding with the first global campaign in support of the essential role that family physicians play in the population. The OAFI Foundation collaborated in the management and organization of the visit to His Holiness.



4.3 Health Workshops and Sessions

The nutrition workshops are important for promoting healthy, balanced eating and as a tool for preventing osteoarticular diseases. In total, three online workshops were held throughout the year for patients and interested individuals.

On another note, the Bardenas Reales is a protected natural area located in the autonomous community of Navarra, Spain. It is a place of great natural beauty, with unique geological formations such as the Bardenas Negras and Bardenas Blancas.

The Bardenas Reales is a popular tourist destination that attracts visitors from around the world. However, the natural environment of the Bardenas Reales can be challenging for people with joint issues. Hiking and other outdoor activities can lead to joint pain, inflammation, and stiffness.

Therefore, it is important to organize educational workshops on joint health and quality of life in the Bardenas Reales. These workshops can help people with joint problems enjoy this natural space in a safe and healthy way.

November 10, 2023
Science Sessions in the Bardenas Reales,
Bardenas Reales

November 29, 2023
The Importance of the Mediterranean Diet in
Joint Health, Order of Volatín Headquarters

November 29, 2023
Can Osteoarthritis be Prevented through
Sports Practice? CIP-EPI Center

November 30, 2023
Is Sports Practice Beneficial for Our Joints?
Public University of Navarra



4.4 OAFI Radio and OAFI Sport

OAFI regularly airs two weekly radio and television programs. "OAFI Radio" focuses on the premise that an informed patient is an empowered patient, discussing topics related to joint health, medical updates, and other subjects of interest to promote greater understanding among patients about their diseases and the surrounding context. We always prioritize scientific rigor and quality interventions.



"OAFI Sport" advocates for responsible sports practices, with special attention to joint health for individuals engaging in sports, whether amateur, professional, or elite. Both programs are hosted by Txe Arana and feature Dr. Josep Vergés, CEO and founder of the OAFI Foundation. Additionally, "OAFI Sport" includes contributions from Dr. José María Villalón, Head of Medical Services at Atlético de Madrid.



4.5 OAFI Blog and OAFI Articles

It's important to keep our content of activities, news, and articles updated for visitors to our website. In 2023, we published 27 articles on our blog.

5. MEDIA IMPACT: COMMUNICATION, THE FIRST STEP TOWARDS HEALTH

Communication plays a fundamental role in promoting health and preventing diseases. Through the media, key messages about healthy habits, disease prevention, access to health services, and awareness about various health-related topics can be disseminated. The impact of media communication in 2023 was:

5.1 Impact on Online Media

Web

Users: 62,199

Visits to web pages: 92,575

Social Media

Twitter:

Followers: 1,918

Impressions: 218.9K

Instagram:

Reach: 40.4K

Followers: 1,984

LinkedIn:

Followers: 903

Impressions: 18,096

YouTube:

Subscribers: 61,711

Views: 4.9M

Facebook:

Followers: 1,728

5.2 Impact on Offline Media

144 appearances in general and specialized press (El País, La Razón, Europa Press, elDiario.es, La Vanguardia, among others).

6 appearances on national and regional radio programs (RNE, COPE, SER, among others).

9 appearances on national and regional TV programs (Tot Es Mou on TV3, TeleMadrid, Mañaneros on TVE, among others).

6. R&D IN OSTEOARTHRITIS AND JOINT HEALTH: INNOVATION FOR WELLNESS

From OAFI, we work at national and international level in the medical-scientific area developing studies, R&D projects, clinical trials and in the dissemination and training, with the aim of improving the quality of life of patients with osteoarthritis.

We believe in patient centricity, projecting their voice to be listened. Publications in scientific journals are described below:

Publications in 2023:

(1) Randomized, double-blind, placebo-controlled study to evaluate the effect of treatment with an SPMs-enriched oil on chronic pain and inflammation, functionality, and quality of life in patients with symptomatic knee osteoarthritis: GAUDI study, *Journal of Translational Medicine*;

(2) The OARSI Joint Effort Initiative: Priorities for osteoarthritis management program implementation and research 2024–2028, *Osteoarthritis and Cartilage Journal*.

Previous publications: (last 5 years)

(3) Psychosocial and individual factors affecting Quality of Life (QoL) in patients suffering from Achilles tendinopathy: a systematic review, 2022, *BMC Musculoskeletal Disorders*;

(4) Risk of ischaemic stroke among new users of glucosamine and chondroitin sulphate: a nested case–control study, 2022, *Therapeutic Advances in Musculoskeletal Disease*.

(5) A patients' view of OA: the Global Osteoarthritis Patient Perception Survey (GOAPPS), a pilot study, 2020, *BMC Musculoskeletal Disorders*;

(6) Documento de expertos sobre el uso apropiado de los SYSADOA en situaciones clínicas controvertidas, 2020, *Revista Reumatología Clínica*;

(7) Global management of patients with knee osteoarthritis begins with quality of life assessment: a systematic review, 2019, *BMC Musculoskeletal Disorders*.

7. SCIENTIFIC DISSEMINATION: COMMUNICATING ADVANCES IN JOINT HEALTH

Scientific dissemination of advances in joint health is essential to inform the public about new discoveries, treatments and techniques that can improve the quality of life of people suffering from joint-related diseases. The following are the congresses in which the OAFI Foundation has participated in 2023:

- Articulating Sport Congress, Spain, 6-8 March 2023.
- OARSI Congress, USA, 17-20 March 2023
- CardioVascular SEMERGEN, Spain, 23-25 March 2023
- CO IOF-ESCEO Congress, Spain, 11-14 April 2023
- ReConocidos Award, category "Patient Associations", Spain, 21 April 2023
- SER National Congress, Spain, May 9-12, 2023
- Let's talk about cancer and... osteoporosis, Spain, 8 May 2023
- EULAR Congress, Italy, Italy, May 31-June 3, 2023
- SEMDOR Congress, Spain, 1-3 June 2023
- SEMERGEN National Congress of Chronic Patients, Spain, 1-2 June 2023
- Socfic Congress of Iberoamerican Community Pharmacy, Spain, June 9-10, 2023
- Kiomedine Clinical Expert Meeting, Belgium, 12-13 June 2023
- Origin and Treatment of Osteoarthritis, Spain, 20 June 2023
- Joint Health in a Pluripathological Patient, Spain, 21 June 2023
- SER-OARSI Symposium, from biomarkers to precision medicine in knee osteoarthritis, Spain, 22-23 June 2023
- Presentation of the White Paper on "Aging and osteoarthritis: problems, challenges and solutions", Spain, 23 June 2023
- ISSFAL Workshop, France, 3 July 2023
- Pompeu Fabra Scientific Café, Spain, 22 September 2023
- SECOT Congress, Spain, 27-29 September 2023
- SEMERGEN National Congress, Spain, 18-21 October 2023
- International Osteoporosis Day, Spain, 20 October 2023
- International Congress of Patients with Osteoarthritis, Spain, 25-27 October 2023
- EU siNPAIN Project Workshop, Spain, 21 November 2023
- SER Course on Osteoarthritis, Spain, 15-16 December 2023

8. FINANCIAL STATEMENTS

INCOME STATEMENT (IN EUROS)	2023
1. Ordinary Income	643.273,86
a) Sales and provision of services	118.209,21
b) Income received on a regular basis	0,00
c) Income from promotions, sponsors and collaborations	227.670,00
d) Subsidies, donations and bequests received in the fiscal year	297.394,65
2. Subsidies granted and other expenses	0,00
a) Subsidies granted	0,00
b) Expenses for collaborations and for acting as member of the board of directors	0,00
3. Variation in stocks of finished and semi-finished goods	0,00
4. Work carried out by the entity for its assets	0,00
5. Supplies	-130.380,36
6. Other operating income	3.400,00
a) Income from lease	0,00
b) Other income from accessories and other current activities	0,00
c) Awards	3.400,00
7. Wage and Salary expenses	-339.652,80
8. Other Operating Expenses	-152.506,98
a) External Services	-151.099,32
a1) <i>Research and development</i>	0,00
a2) <i>Lease and fees</i>	-26.030,73
a3) <i>Repairs and maintenance</i>	-411,92
a4) <i>Independent professional services</i>	-66.643,49
a5) <i>Transport</i>	0,00
a6) <i>Insurance premium</i>	-431,83
a7) <i>Banking services</i>	-1.740,44
a8) <i>Advertising, promotion and public relations</i>	-15.848,09
a9) <i>Supplies</i>	-2.165,40
a10) <i>Other services</i>	-26.381,55
a11) <i>Travel and accomodation allowances</i>	-11.179,67
a12) <i>Non-deductible expenses</i>	-266,20
b) Taxes	-550,69
c) Losses, impairment and variation of provisions for operations of the activities	-856,97
d) Other operating expenses	0
9. Depreciation expense	-3.217,96
10. Subsidies, donations and bequests transferred to income in the fiscal year	0,00
11. Surplus provisions	0,00
12. Deterioration and result due to alienation of fixed assets	0,00
13. Other results	0,00
I) GROSS OPERATING PROFIT (1+2+3+4+5+6+7+8+9+10+11+12+13)	20.915,76
14. Interest revenue	0,00
15. Interest expense	0,00
16. Reasonable value variation on financial instruments	0,00
17. Exchange rate differences	0,00
18. Deterioration and result due to alienation of financial instruments	0,00
II) FINANCIAL RESULT (14+15+16+17+18)	0,00
III) INCOME BEFORE TAXES (I+II)	20.915,76
19. Income tax	0,00
IV. NET PROFIT (III + 19)	20.915,76

BALANCE SHEET (IN EUROS)	
ASSETS	2023
A) NON-CURRENT ASSETS	15.341,21
I. Intangible assets	0,00
III. Tangible fixed assets	10.017,04
V. Long-term investments in companies and entities of the group and associates	0,00
VI. Long-term financial investments	3.580,00
VII. Deferred tax assets	1.744,17
B) CURRENT ASSETS	304.423,63
I. Stocks	0,00
II. Users, Sponsors and debtors of activities and other accounts receivable	43.338,83
1. <i>Users and debtors from sales and provision of services</i>	20.036,00
2. <i>Debtors, entities of the group and associates and other related parties</i>	0,00
3. <i>Sponsors</i>	0,00
4. <i>Other debtors</i>	23.302,83
5. <i>Staff</i>	0,00
6. <i>Assets for current tax and other credits with public administrations</i>	0,00
7. <i>Founders and partners for pending disbursements</i>	0,00
III. Investments in short-term companies and group entities and associates	0,0
IV. Short-term financial investments	2.330,19
V. Short-term accruals	0,00
VII. Cash and other equivalent liquid assets	258.754,61
TOTAL ASSETS (A + B)	319.764,84

BALANCE SHEET (IN EUROS)	
LIABILITIES	2023
A) SHAREHOLDERS' EQUITY	260.813,25
A1) Capital Stock	220.551,93
I. Endowment funds or social funds	30.000,00
1. Endowment funds or social funds	30.000,00
2. Endowment funds or social funds pending disbursement	0,00
II. Special funds	169.636,17
III. Retained earnings from previous years	0,00
IV. Surpluses pending application in statutory activities	0,00
V. Retained earnings from last year	20.915,76
VI. Contributions to compensate losses	0,00
A-2) Subsidies, donations and bequests received and other adjustments	40.261,32
1. Official capital subsidies	40.261,32
2. Capital donations and bequests	0,00
3. Other grants, donations and bequests	0,00
4. Fiscal revenues to be distributed	0,00
B) NON-CURRENT LIABILITIES	0,00
I. Long-term provisions	0,00
II. Long term debts	0,00
1. Debts with credit institutions	0,00
2. Other long-term debts	0,00
III. Long-term debts with entities of the group and associates	0,00
IV. Deferred tax liability	0,00
V. Long-term accruals	0,00
C) CURRENT LIABILITIES	58.951,59
I. Short-term provisions	0
II. Short term debts	2.893,21
III. Short-term debts with entities of the group and associates	0
IV. Creditors for activities and other accounts payable	56.058,38
1. Suppliers	0,00
2. Creditors	56.058,38
3. Staff (salaries pending payment)	0,00
4. Liabilities for current taxes and other debts with public administrations	0,00
5. Down payments of users	0,00
VII. Short-term accruals	0,00
VIII. Holder of the Operation	0,00
TOTAL LIABILITIES (A + B + C)	319.764,84