



# QUARTERLY REPORT

JULY – SEPTEMBER 2023



GLOBAL  
HEALTHY  
LIVING  
FOUNDATION

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# Q3 2023 GLOBAL HEALTHY LIVING FOUNDATION QUARTERLY REPORT: EMPOWERING PATIENTS, SHAPING POLICY, AND EXPANDING REACH

In the third quarter of 2023, the Global Healthy Living Foundation (GHLF) remained steadfast in its mission to advocate for the chronic disease community, amplify patient voices, and foster meaningful change in healthcare policy and awareness.

As we review the highlights of the past quarter, we invite you to explore the impactful initiatives, collaborations, and achievements that have furthered our commitment to improving the lives of individuals living with chronic illnesses.

From advocacy efforts and educational content to global expansion and community engagement, this report encapsulates the dynamic and dedicated work of GHLF.



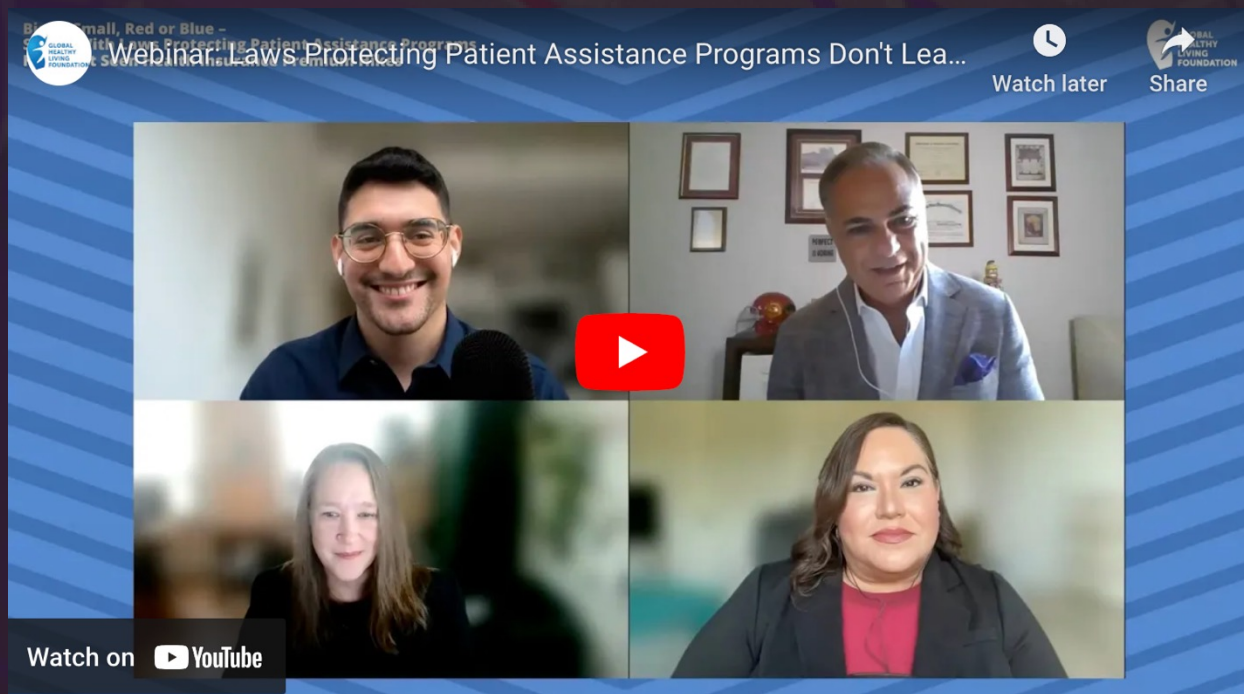
# U.S. ADVOCACY: AMPLIFYING THE CHRONIC DISEASE PATIENT VOICE

Our advocacy efforts centered on amplifying the chronic disease patient voice and promoting patient-centered health policy.

- Steven Newmark, GHLF's Director of Policy, attended CSRO's annual advocacy retreat. The event brought together medical providers, office managers, and other patient advocates to discuss trends in federal and state policy affecting patients. Attendees were able learn and strategize about advocacy.
- We invited members of the 50-State Network in Massachusetts to join us for a day of advocacy in support of proposed legislation that prohibits co-pay accumulator programs from diverting funds provided by patient assistance programs away from patient's co-pay and deductibles as they are intended. We also advocated in support of proposed legislation that prohibits non-medical switching where a patient gets switched to a less costly alternate prescription from what their doctor prescribed.



- We're excited to announce the latest version of our **free interactive tool** that shows that state laws banning accumulator and maximizer clauses in health insurance policies have not increased the cost of health insurance. We hosted an advocacy webinar, titled "[Big or Small, Red or Blue – States With Laws Protecting Patient Assistance Programs Have Not Seen Health Insurance Premium Hikes](#)" that explained co-pay accumulators and how to use the free interactive tool. You can also read more about it [here](#).
- Robert Popovian's Op-Ed: Chief Science Policy Officer, Robert Popovian, PharmD, MS, had several op-eds published during Q3, including a compelling op-ed on copays and remote therapeutic monitoring published in *Healthcare Business Today* as well as an op-ed on what we can do about patients needing faster access to approved FDA vaccines in *Clinical Leader*.



*For more information on how to partner with GHLF on patient-centered health policy, please contact Steven Newmark, JD, MPA, Chief Legal Officer and Director of Policy, at [snewmark@ghlf.org](mailto:snewmark@ghlf.org)*

# PATIENT-CENTERED RESEARCH

Our research team has been actively involved in various studies during Q3. Notable studies include an examination of real-world effectiveness using a mobile application for Upadacitinib in Rheumatoid Arthritis, an analysis of the racial and ethnic distribution of rheumatic diseases within health systems, and an investigation into participant engagement and adherence in the DIGITAL Real-World Study, which focuses on tracking rheumatoid arthritis longitudinally through smartwatches and patient-reported outcome data.

These studies contribute valuable insights to the field of rheumatology and patient-centered research.

- [A Real-World Effectiveness Study Using a Mobile Application to Evaluate Early Outcomes with Upadacitinib in Rheumatoid Arthritis.](#)
- [Racial and Ethnic Distribution of Rheumatic Diseases in Health Systems of the National Patient-Centered Clinical Research Network](#)
- [Participant Engagement and Adherence to Providing Smartwatch and Patient-Reported Outcome Data: Digital Tracking of Rheumatoid Arthritis Longitudinally \(DIGITAL\) Real-World Study](#)

*For more information on how to partner with GHLF on patient-centered research, please contact Shilpa Venkatachalam, PhD, Director, Patient-Centered Research Operations and Ethical Oversight and President of GHLF North Africa, at [svenky@ghlf.org](mailto:svenky@ghlf.org)*



# SOCIAL MEDIA ENGAGEMENT: STAYING CONNECTED

Our social media channels are key ways that GHLF and CreakyJoints directly communicate with our patient community, obtain member insights and perspectives, share new content and resources, and keep members informed about the organizations’ activities, opportunities, and accomplishments.

Channels include [Facebook](#) and [Instagram](#) (in English and [Spanish](#)), WhatsApp (in Spanish), [Twitter](#), [YouTube](#), [TikTok](#), [LinkedIn](#), and [Threads](#)! Notable posts from this quarter:

- Instagram: [Negative Blood Tests Don’t Rule out Rheumatoid Arthritis](#)
- TikTok: [When Your Immune System Creates Antibodies to Your Meds](#)
- Twitter: [Getting Back into the Swim with Rheumatoid Arthritis](#)
- Threads: [How to Take Care of Your Mental Health on High-Pain Days](#)

#CreakyChats continued to generate engagement with [Embracing Resilience](#), [#DisabilityPrideMonth Celebration](#), focused on a candid conversation on embracing pride, battling stigma, and adjusting to lifestyle changes for individuals with chronic illnesses and disabilities, and [Navigating Insurance & Chronic Illness](#), co-hosted by members of the GHLF community Jae Walker who lives with rheumatoid arthritis, Sjogren’s, fibromyalgia, small fiber polyneuropathy, anxiety with panic attacks, depression, autism and OCD and JP Summers, Patient Advocate and Community Outreach Manager at GHLF.



Our YouTube channels gained an 86 percent increase in views in Q3 2023 compared to the same period in 2022. Notable campaigns included Hispanic Heritage Month videos and content related to osteoporosis and psoriasis.

# EDUCATION AND ADVOCACY: BEYOND BORDERS

- GHLF continued its third year of support for ISLearning and Canopy Nepal's "Beyond Borders" program in Q3 2023, achieving significant milestones.
- Collaboration with ISLearning and Canopy Nepal led to the distribution of replenishable first-aid kits to five schools in Nepal, ensuring a steady supply of essential medical and hygiene items.



*Photo: "Canopy Nepal Newsletters – July & August 2023"*

- Ongoing planning with ISLearning and Canopy Nepal focused on health education efforts, covering physical, mental, and emotional well-being for academic school years in Nepal and the United States. Sessions on various topics, including hygiene and cyberbullying, are scheduled for Q4 2023 and Q1 2024.
- GHLF extended its support to address the health-based needs of differently-abled and socio-economically disadvantaged students in Washington DC.
- Potential new partnerships, such as with an elementary school in Malaysia, are being explored through Q4 2023. These efforts align with the United Nations Sustainable Development Goals (SDGs), including SDGs 3, 4, 5, 11, and 13.

## RAISING AWARENESS FOR EARTHQUAKE RELIEF IN MOROCCO

GHLF proudly joined forces with [DARNA](#), a Global U.S.-based Center for Gender, Race, and Health Equity, whose mission revolves around addressing the unique challenges affecting the quality of life of African women impacted by poverty.

DARNA is dedicated to dismantling gender and racial disparities, ensuring equitable access to health services for these women. Their commitment encompasses collaborative efforts with communities worldwide, driving transformative change through research, policy advocacy, education, and community engagement.



LA FONDATION MONDIALE POUR VIVRE EN SANTÉ AU CANADA/GHLF CANADA

## ALOPECIA, CAMBRIAN COLLEGE, AND COLLABORATION -- CANADA WORK CONTINUES

- In Q3 2023, we made progress on our educational program for alopecia areata patients, including securing podcast guests and co-hosts. We're also developing more resources and partnering with the Canadian Alopecia Areata Foundation.
- We wrapped up our 2023 collaboration with Cambrian College, a prestigious academic research institution in Canada, where students focused on research with us related to connections between climate change and chronic respiratory and cardiovascular conditions.
- CreakyJoints Canada continued its strong Q3 with new articles and content from Canadian patient advocates, amplifying patient voices on social media. Arthritis Awareness Month in Canada focused on inflammatory arthritis tips during flu and cold season, with collaboration from the Canadian Arthritis Patient Alliance. We're gearing up for the Migraine Patient Council meeting with additional social media content in the pipeline.




CREAKYJOINTS  
CANADA

# GLOBAL OSTEOPOROSIS INITIATIVE: STRONG BONES & ME

The [Strong Bones & Me](#) program mission is to redefine the way we all think about osteoporosis, its connection to our overall health, and the risks involved including connected conditions, secondary fracture prevention, and post-fracture care to better prioritize our bone health.

- Our [Strong Bones & Me website](#) (launched in Q2 2023) gained momentum in Q3 2023 and has reached tens of thousands of people across the world. The site is GHLF's osteoporosis-centered hub of educational and engaging patient-centered resources, including articles, patient and provider story videos, a patient survey, and more.
- In July 2023, we held a meeting with our Strong Bones & Me Global Council members (partner organizations), who help guide and disseminate the program's resources, to inform them on the early findings of our patient survey and educational impact.
- We have been busy in Q3 gearing up for World Osteoporosis Day in October with a social media campaign in English and Spanish, a new provider story video and preparing for the Q4 2023 launch of our Spanish language version of all our materials, site, and patient survey.
- Further next steps for our global osteoporosis work include analyzing English-language survey results thus far (Q4 2023), collecting further patient and provider stories, and adapting content for Australian and UK audiences in early 2024.


**Featured stories**



**Shelly's Story**  
Massachusetts, United States

Shelly shares her views on osteoporosis treatments, the importance of support groups and maintaining or achieving an active lifestyle to help prevent multiple fractures.


[Watch Shelly's Story](#)



**Dr. Adimoolam's Expert Advice**  
Endocrinologist

Dr. Deena Adimoolam shares her expert advice on osteoporosis and related fracture risk factors for women and men as well as methods of prevention to keep bones healthy and prevent multiple fractures.

[Watch Dr. Adimoolam's Interview](#)



**Tien's Story**  
Pennsylvania, United States

Tien shares her story about experiencing multiple osteoporosis-related fractures, the importance of working to prevent future fractures, and about daily life with osteoporosis.

[Watch Tien's Story](#)

Photo: StrongBonesAndMe.org

*For more information on how to partner with GHLF to support Strong Bones & Me, please contact Adam Kegley, MA, MS, Manager of Global Partnerships, at [akegley@ghlf.org](mailto:akegley@ghlf.org)*

# CREAKYJOINTS AUSTRALIA

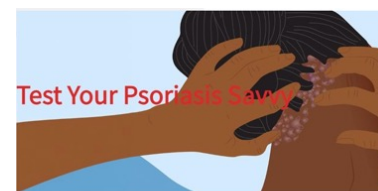
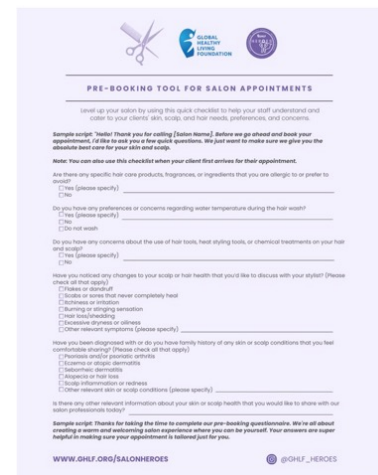


- Our commitment to patient education led to the expansion of our psoriasis education hub at [ghlf.org.au/psoriasis](https://ghlf.org.au/psoriasis). In September, we released a highly appreciated patient video featuring Eliza Spencer’s inspiring journey with psoriasis and the transformative impact of advanced treatments. This touching story resonated with our audience, offering hope and confidence for the future. Looking ahead to 2024, we plan to further enrich our hub with new resources focusing on comorbidities and accessing medicines.
- In July, the CreakyJoints Australia team actively participated in the second GHLF Strong Bones & Me Global Council Meeting.
- CreakyJoints Australia, in collaboration with GHLF and CAPA, successfully organized and promoted a multi-national COVID poll. We received an outstanding response with over 2,851 respondents.
- We continued our commitment to sharing relevant research opportunities through our social media channels, including clinical trials and surveys.
- We promoted Arthritis Australia’s The Good, the Bad, and the HACK campaign calling for consumer feedback on inaccessible packaging.

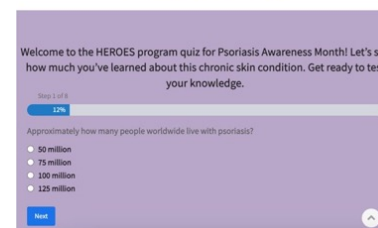
- We published [an article](#) inviting consumer comments to support our submission to the Australian Government’s Pharmacy Benefits Advisory Committee, aiming to expand the range of doctors who can prescribe apremilast for chronic plaque psoriasis. Additionally, we signed an open letter to seek clarification on access to bDMARDs.
- Our article promoting the GHLF Australia Psoriasis Hub was published by both [Rheumatology Republic](#) and [Dermatology Republic](#) this quarter. Moreover, Rheumatology Republic featured a full-page ad promoting CreakyJoints Australia.

# HEROES PSORIASIS AWARENESS MONTH HIGHLIGHTS

- In August, during Psoriasis Awareness Month, we launched a special newsletter series for our salon HEROES (health education + reliable outreach + empathetic support) that featured quick psoriasis facts to enhance their understanding and client care. The campaign culminated in a knowledge-testing quiz and the provision of a valuable downloadable pre-booking tool. These efforts empowered our HEROES to provide exceptional care and support to clients with psoriasis.
- We also launched a month-long Psoriasis Awareness month campaign on the [HEROES Instagram page](#), exposing a broader audience to the physical and mental toll of this chronic skin condition.
- GHLF was the presenting sponsor of the Michael Kuluva New York Fashion Week (NYFW) Runway Show 2024. “It’s exciting to introduce my first Michael Kuluva namesake collection at this fall’s New York Fashion Week. I’m grateful for the support that the Global Healthy Living Foundation continues to provide to me,” said Michael, who is also a member of the GHLF Canada Patient Council. “I was first introduced to GHLF as an arthritis patient through their CreakyJoints community, as a designer I am inspired by organizations that continue to innovate and appreciate the work they are doing for patients through their recently launched HEROES program.”



Test Your Knowledge



# INTRODUCING GLOBAL HEALTHY LIFESTYLE EVENTS

GHLF partnered with Walgreens to host virtual health events promoting healthier living and providing resources for managing health conditions. Two of the three planned virtual events were hosted this quarter, including:

- “From Blood Pressure to Blood Sugar.” which featured practical strategies for effectively managing your numbers with easy lifestyle interventions such as exercise, nutrition, and mindfulness.
- “Making the Most of Your Vaccines.” which dispelled common vaccine myths and provided practical strategies for bolstering immunity.

Coming next will be our event, “Staying on Track: How Eating, Exercising, and Mindfulness Play a Role in Medication Adherence.”



**GLOBAL HEALTHY LIVING FOUNDATION**

## Making the Most of Your Vaccines

Learn about practical strategies to maximize the benefits of your vaccine through easy lifestyle interventions like exercise, nutrition, and mindfulness.

**WITH SPECIAL GUESTS**

- DR. CHAD WOODARD, PHD, DPT**
- GINGER HULTIN, MS RDN CSO**
- DR. ALEJANDRO CHAOUL, PHD**
- DR. SAMANTHA PICKING, PHARM D**
- DR. ROBERT POPOVIAN PHARM D, MS**

Made possible with support from *Walgreens*

Event speakers included:

- Dr. Chad Woodard, PhD, DPT, Founder and Owner of Symbio Physio
- Ginger Hultin, MS, RDN, CSO, Founder and Owner of Ginger Hultin Nutrition
- Dr. Alejandro Chaoul, PhD, Founder and Director of The Jung Center's Mind Body Spirit Institute
- Emily Shafer, PharmD, Senior Manager for Pharmacy Insights Walgreens
- Samantha Picking, PharmD, Director of Immunizations at Walgreens
- Dr. Robert Popovian, PharmD, MS, Chief Science Policy Officer, GHLF

“ We understand that living with a chronic condition involves more than just doctor visits and medication. It's about everyday decisions that influence our well-being, such as nutrition, exercise, stress management, understanding our health data and keeping vaccinations up to date. These all significantly affect the quality of our lives.” — Seth Ginsberg, GHLF Co-Founder and President

## Staying on Track: Integrating Your Pharmacist, Diet, Exercise, and Mindfulness for Effective Medication Adherence

Join us on **Zoom** to learn how a balanced lifestyle that includes diet, exercise, and mindfulness can help support your medication and keep you on track.

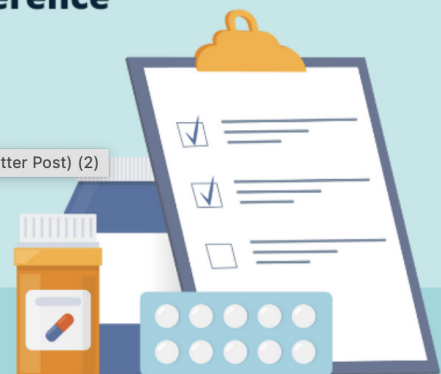


**TUESDAY OCT 24**



**7:00 PM ET**

Lifestyle Event 3 (Twitter Post) (2)



### WITH SPECIAL GUESTS



DR. CHAD WOODARD, PHD, DPT



GINGER HULTIN, MS, RDN, CSO



DR. ALEJANDRO CHAOL, PHD



DR. DOROTHY LOY, PHARM, MBA



Made possible with support from *Walgreens*

# COMMITTED TO COVID-19 EDUCATION

We continued to provide comprehensive information about the COVID-19 pandemic’s status, empowering individuals with chronic diseases and immunocompromised conditions to ask questions and make informed decisions.

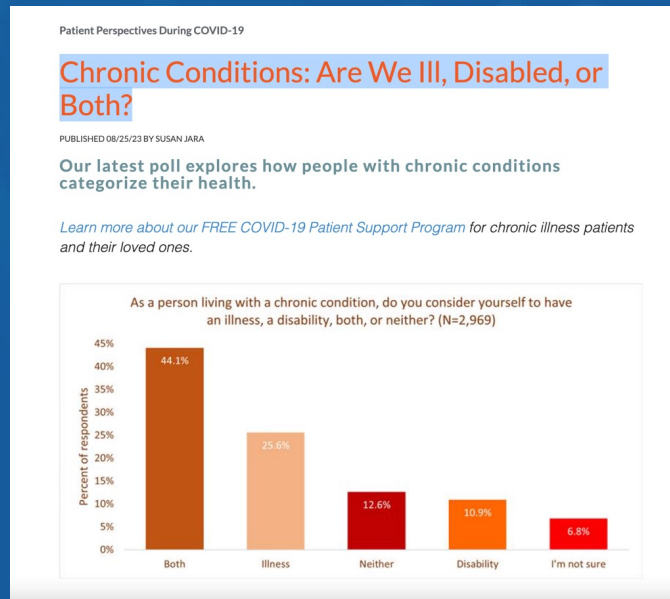
At GHLF, we remain committed to providing comprehensive and updated information about the status of the COVID-19 pandemic. We want people living with chronic disease or who are immunocompromised to feel knowledgeable and confident so they can ask questions of their health care providers and their community to create a safe and healthy environment.

Notable articles published in the third quarter included:

- [Travel Pains and COVID-19 – How to Decide if You’re Ready to Travel This Summer](#)
- [NIH Launched World’s Largest Study into Long COVID Treatment](#)
- [What You Need to Know About the Fall COVID Vaccine and COVID Trends](#)

We also conducted some patient polls with our COVID support group to learn more about how our community feels about the language of chronic illness, specifically if they view themselves as ill, disabled, or both, and published the results in an article titled [“Chronic Conditions: Are We Ill, Disabled, or Both?”](#)

We are conducting a follow-up survey.



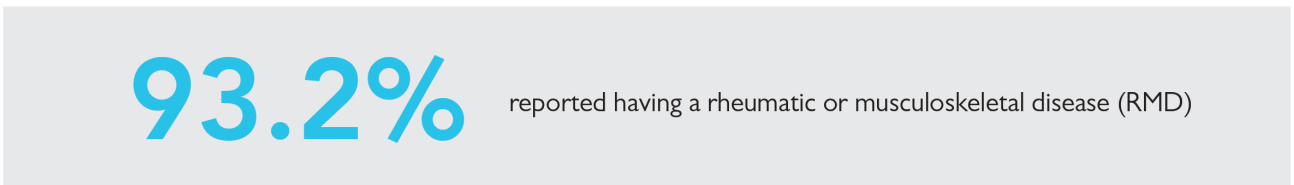
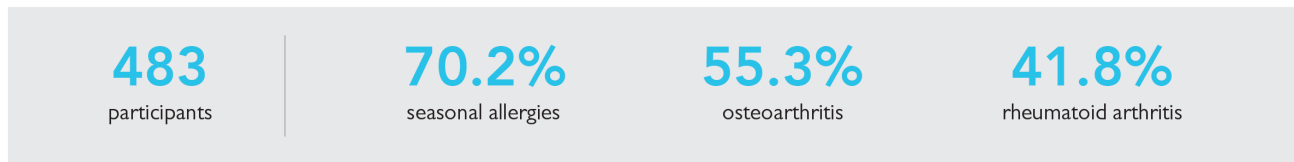
# ASTHMA PEAK WEEK: GHFLF SUPPORTS ASTHMA PATIENTS

GHFLF ramped up content during this year’s Asthma Peak Week to support asthma patients in recognizing symptoms and creating a care plan. Asthma Peak Week takes place each year during the third week of September in the U.S. It is a time of year when environmental factors like pollen, mold spores, and weather changes exacerbate symptoms.

Notable articles and social media posts published for Asthma Peak Week:

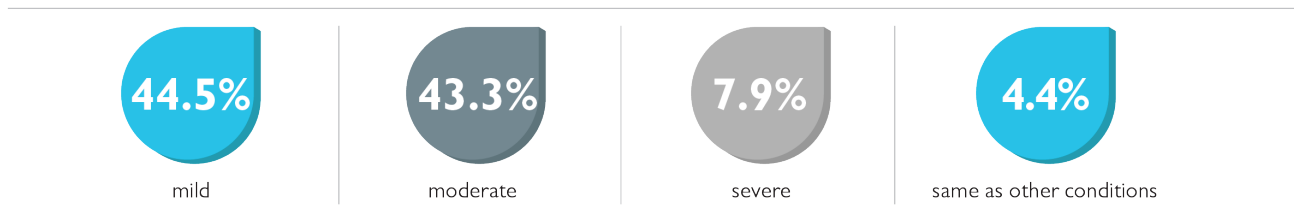
- [Understanding Barrier to Asthma Treatment](#)
- [Navigating Asthma Care and Comorbid Conditions with Confidence](#)
- [5 Tips to Survive Asthma Peak Week](#)
- [Identifying Asthma Triggers](#)

**GHFLF also conducted a poll to its members to learn more about the experience of living with asthma and multiple conditions.**



**Other notable findings that we will use to inform our asthma resources include:**

Participants would describe the severity of their asthma compared to their other conditions as





# HISPANIC OUTREACH AND EDUCATION

As part of GHLF's ongoing efforts in Hispanic outreach and education, we launched several key initiatives aimed at addressing the specific healthcare needs of the Hispanic community. These initiatives include:

- The Mental Models Project aims to gain a deeper understanding of Hispanic patients' experiences with Rheumatoid Arthritis (RA) during their health care journey by conducting interviews in Spanish, with a specific focus on their medication experiences, mental health, and physician communication.
- The Strong Bones and Me – Spanish Engagement initiative aims to raise awareness about secondary fractures, underscore the significance of the Fracture Liaison Service, and promote osteoporosis prevention. This effort includes a social media campaign and precedes the launch of MisHuesosFuentes.org, a comprehensive osteoporosis resource for the Hispanic community, with a specific focus on the Latin American (LATAM) and Spanish-speaking audience, highlighting osteoporosis risks and prevention measures.
- We continue to collaborate with Hospital for Special Surgery (HSS) to support project development focused on rheumatoid arthritis (RA) outreach and research. HSS selected our organization due to its reputation for cultural sensitivity and significant contributions to Diversity, Equity, and Inclusion (DEI).



*For more information on how to partner with GHLF to support Hispanic Outreach and Education, please contact Angel Tapia, Senior Patient Advocate, Hispanic Community Outreach Manager at [atapia@ghlf.org](mailto:atapia@ghlf.org)*

# GHLF PODCAST NETWORK REACHES NEW MILESTONES

Our podcast network experienced rapid growth, with over 300,000 listens in Q3 — which is over three times last year’s total — driven by relatable, informative content impacting patient care and outcomes.

Notable podcasts include the second season of “The Psoriatic Arthritis Club,” a podcast series that delves deep into the ups and downs of living with PsA. Through intimate conversations with patients and insights from leading experts, the series offers valuable information on how to manage symptoms, collaborate with health care providers, and advocate for better care.

The Psoriatic Arthritis club generated over 32,000 listens alone in the third quarter.

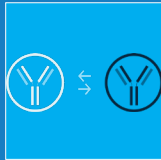
Our podcast, “The Health Advocates,” continued to deliver vital health care news, including post-emergency COVID-19 updates, insights on the Inflation Reduction Act, and FDA vaccine news. Listeners praised its informative and relatable content.



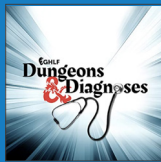
ONGOING SERIES



**The Asthma Podcast:** Listen in as patients share tips for avoiding asthma triggers, seeking out the best treatment, and getting the support you need to live a more full and productive life.



**Breaking Down Biosimilars:** In this podcast, our goal is to introduce you to biosimilars: what they are, how they get approved, their potential savings, and what promise they hold.



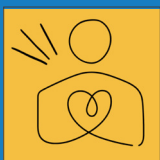
**Dungeons & Diagnoses:** Delve into the realm of Gaedia: a world where fantasy and reality combine! This podcast, set in the Dungeons and Dragons universe, brings those who have different lifestyles, live with different chronic conditions, and are differently abled to the forefront.



**Getting Clear on Psoriasis:** Listeners will learn about living better with psoriasis, and each episode includes relatable insights from fellow patients and key information from leading dermatologists and other experts.



**Gut Culture:** A podcast that gut checks assumptions about inflammatory bowel disease (IBD) through real conversations with two health care leaders.



**The Health Advocates:** This podcast helps listeners understand what's happening now in the health care world and helps everyone make informed decisions to live their best lives.



**Healthcare Matters:** This podcast explains complex health-policy topics so everyone can understand what is happening in the world of health care.



**Let's Get Personal:** This podcast features rheumatologists and patients living with rheumatoid arthritis who share about the physical and mental toll of starting and switching therapies and how to make your rheumatologist a trustworthy partner in this often-grueling process.



**MatterOfVax:** MatterOfVax explores the issues surrounding patients, caregivers, and community on the topics of vaccination, COVID-19 risks, and staying safe, with an Australian focus.



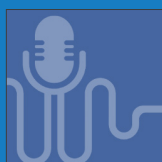
**Patient PrepRheum:** This podcast speaks to Australian patients and renowned doctors to explore important and often-misunderstood aspects of living with autoimmune arthritis and related conditions in Australia.



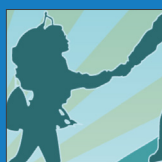
**Patiently Connecting:** This series reviews how medicine is evolving in light of technology changes.



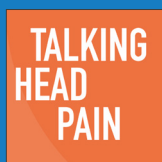
**The Psoriatic Arthritis Club:** Through personal chats with fellow psoriatic arthritis patients, as well as insights from top PsA experts, our host explores the ups and downs of navigating psoriatic arthritis.



**Relatable Rheumatology:** From Stories to Studies: In partnership with HCPLive, this podcast highlights personal experiences with rheumatic disease and how that translates into ongoing or future research and management strategies.



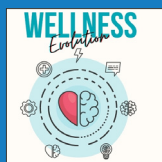
**Remission Possible:** Patients share their experience and strategies to target remission from symptoms.



**Talking Head Pain:** This podcast confronts head pain head-on, speaking to people who live with migraine and other disorders, as well as medical professionals.



**Thriving While Aching** is a podcast series hosted by CreakyJoints' Laurie Ferguson, PhD, Director of Education, a licensed clinical psychologist and a certified health care coach. She showcases the stories of older adults doing what they love while also living with aches and pains.



**Wellness Evolution** brings together a diverse community to discuss topics such as mindfulness, chronic illness, and mental health, as well as cultural and spiritual similarities and differences that make each of us unique yet very much alike. It is hosted by GHLF's Angel Tapia, Patient Advocate and Hispanic Community Outreach Manager, and Danielle Ali, Systems Analyst.

*For more information on how to partner with GHLF to support our GHLF Podcast Network, please contact Ben Blanc, Manager, Programs and Special Projects, at [bblanc@ghlf.org](mailto:bblanc@ghlf.org)*

# ONLINE ENGAGEMENT AND EDUCATION

Our websites saw over three million combined page views, with visitors spending an average of 19 minutes, 21 seconds on CreakyJoints.org. Our email list grew to 240,000 subscribers.

In addition to publishing content tied to our educational modules and ongoing advocacy and research work (some referenced earlier), we continue to publish stand-alone content to live well with chronic disease.

Some popular resources this quarter included:

- [How to Grieve Your Pre-Arthritis Life \(Without Spiraling\)](#)
- [Saying Goodbye to Guilt Over Partner Picking Up Chores Due to Chronic Pain](#)
- [Guilt Over Picking Up Chores](#)
- [How to Eat Anti-Inflammatory Foods and Exercise on a Budget](#)
- [Health Disparities and Hope: Navigating Indigenous Health Care Across Generations](#)
- [How to Take Care of Your Mental Health on High-Pain Days or Weeks](#)



*For more information on how to partner with GHLF to support our education modules, please contact Susan Jara, Director, Patient Education at [sjara@ghlf.org](mailto:sjara@ghlf.org)*

# WHO WE ARE

## About Global Healthy Living Foundation

The [Global Healthy Living Foundation](#) is a U.S.-based 501(c)(3) nonprofit, international organization whose mission is to improve the quality of life for people with chronic illnesses (such as arthritis, osteoporosis, migraine, psoriasis, inflammatory bowel disease, and cardiovascular disease) by advocating for improved access to health care and amplifying education and awareness efforts within its social media framework. GHLF is also a staunch advocate for vaccines. The Global Healthy Living Foundation is the parent organization of [CreakyJoints](#), the international digital community for millions of people living with arthritis and their supporters worldwide who seek education, support, activism, and patient-centered research in English, Spanish, and French. Our ArthritisPower ([ArthritisPower.org](#)) patient registry has more than 40,000 consented patients who participate in best-in-class patient-reported outcomes research. In response to the COVID-19 pandemic, GHLF started a patient support program, informed by a patient council made up of people living with a wide range of chronic illnesses, that now serves more than 46,000 subscribers. Via CreakyJoints, GHLF also hosts PainSpot ([PainSpot.org](#)), a digital risk-assessment tool for musculoskeletal conditions and injuries; eRheum ([eRheum.org](#)), for telehealth and virtual-care support; and a constantly refreshed library of podcasts via the GHLF Podcast Network. Visit [ghlf.org](#) for more information. GHLF never asks the public for donations.

## About CreakyJoints®

CreakyJoints is an international digital community for millions of people living with arthritis and their supporters who seek education, support, advocacy, and patient-centered research. We represent patients in English, Spanish, and French through our popular social media channels, our websites, and the [50-State Network](#), which includes more than 1,700 trained volunteer patient, caregiver, and provider health care activists.

CreakyJoints' patient-reported outcomes registry, ArthritisPower ([ArthritisPower.org](#)), includes tens of thousands of consented arthritis patients who track their disease while volunteering to participate in longitudinal and observational peer-reviewed research. Always free, CreakyJoints publishes many educational articles and downloadable health education guides, and produces arthritis and chronic disease [podcast series](#) that provide both patient and provider perspectives. It also hosts PainSpot ([PainSpot.org](#)), a digital risk-assessment tool for musculoskeletal conditions and injuries, and eRheum ([eRheum.org](#)), for telehealth and virtual-care support. All programming is free, always. For more information, visit [CreakyJoints.org](#) or its parent organization, the [Global Healthy Living Foundation](#), an international, patient-centered nonprofit organization whose mission is to improve the quality of life for people with chronic illness. CreakyJoints never asks patients for donations.

## About ArthritisPower®

Created by [CreakyJoints](#), [ArthritisPower](#) is the first-ever patient-centered research registry for joint, bone, and inflammatory skin conditions, as well as arthritis and rheumatologic manifestations of gastrointestinal-tract (GI) and skin conditions. With tens of thousands of consented arthritis patients, the free ArthritisPower mobile and desktop application allows patients to track their disease and participate in voluntary research studies in a secure and accessible manner. Results from ArthritisPower studies are frequently published in peer-reviewed journals and presented at medical meetings in the United States and around the world. ArthritisPower Patient Governors serve as gatekeepers for researchers who seek to access registry data or solicit the community to participate in unique, voluntary studies. To learn more and join ArthritisPower, visit [ArthritisPower.org](#) (in English) or [ArthritisPower.org.es](#) (in Spanish).



### About the 50-State Network

The 50-State Network is the grassroots advocacy arm of the [Global Healthy Living Foundation](#). It consists of patients living with chronic illness who are trained as health care activists to proactively connect with local, state, and federal health-policy stakeholders to share their perspective and influence change. Through public and personalized opportunities to advocate for the chronic disease community, the 50-State Network mobilizes patients to voice their concerns about access to treatment, quality of care, and the need to prioritize the physician-patient relationship. For more information, visit [50StateNetwork.org](#).



### GHLF's Patient-Centered Policy Research Initiative

At the Global Healthy Living Foundation, the Patient-Focused Economic and Policy Research Division conducts original research on health-policy economics and outcomes research to better understand how current and proposed health policies, regulations, and legislation affect patients' financial, health care, quality-of-life, and other outcomes. We aim to increase transparency and understanding of the public-health policies, regulations, and legislation affecting chronic disease patient communities by sharing our research via publication, our website, social media platforms, and conventional media. Our researchers also address these important topics through editorials, speaking engagements, and our world-class podcast series Healthcare Matters. Our experts have published extensively on the impact of biopharmaceutical and health policies on costs and clinical outcomes in the most prominent medical sources and media publications. They are sought-after speakers, providing briefings and expert reviews for the U.S. Congress, for dozens of state legislatures, and at conferences and medical symposiums around the world. Learn more at [ghlf.org/our-work/economic-policy-research](#).



### About PainSpot

PainSpot by [CreakyJoints](#) educates and empowers people to better understand their health, so they can get diagnosed and treated faster. It is an innovative algorithm-based website for patients with musculoskeletal diseases or injuries that features an interactive, easy-to-use pain-assessment tool, based on the same validated decision-making tools employed by health care professionals in a clinical setting. After participating in the assessment, the patient receives a summary of three possible conditions that could be causing the pain and is invited to join, for free, the [Global Healthy Living Foundation](#), [CreakyJoints](#), and/or the ArthritisPower Research Registry. They will also receive a follow-up email series designed to drive action toward a diagnosis and chart a pathway for living the best, healthiest life with that condition or postinjury. The first version of PainSpot was created by Doug Roberts, MD, an independent clinical rheumatologist with 30-plus years of experience diagnosing and treating patients with arthritis and musculoskeletal diseases. For more information, visit [PainSpot.org](#).



### About eRheum

Created by [CreakyJoints](#), [eRheum.org](#) is a website designed to help patients get the most from their telehealth appointments. Written in patient-friendly language, eRheum defines telehealth and how rheumatologists utilize it, provides patients with access to different videoconferencing portals to try with their physician, and explains how to make the most of quick-moving appointments. To learn more, visit [eRheum.org](#) (in English) or [eRheum.org.es](#) (in Spanish).



**Find us online**

CreakyJoints: [CreakyJoints.org](https://www.CreakyJoints.org)

CreakyJoints Español: [www.CreakyJoints.org.es](https://www.CreakyJoints.org.es)

CreakyJoints Canada: [CreakyJoints.ca](https://www.CreakyJoints.ca)

CreakyJoints Australia: [CreakyJoints.org.au](https://www.CreakyJoints.org.au)

Global Healthy Living Foundation: [ghlf.org](https://www.ghlf.org)

Facebook: [facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints) & [facebook.com/GlobalHealthyLivingFoundation](https://www.facebook.com/GlobalHealthyLivingFoundation)

[GlobalHealthyLivingFoundation](https://www.facebook.com/GlobalHealthyLivingFoundation)

Twitter: [@GHLForg](https://twitter.com/GHLForg), [@CreakyJoints](https://twitter.com/CreakyJoints), [#CreakyChats](https://twitter.com/CreakyChats)

Instagram: [@creaky\\_joints](https://www.instagram.com/creaky_joints), [@creakyjoints\\_au](https://www.instagram.com/creakyjoints_au), [@creakyjoints\\_esp](https://www.instagram.com/creakyjoints_esp)

TikTok: [globalhealthylivingfnd](https://www.tiktok.com/@globalhealthylivingfnd)

LinkedIn: [linkedin.com/company/ghlf](https://www.linkedin.com/company/ghlf)

