

July 15, 2022

Comments submitted electronically via [health.gov](https://www.health.gov).

SWHR Input Re: Fall 2022 White House Conference on Hunger, Nutrition, and Health

The Society for Women's Health Research (SWHR)—a more than 30-year-old education and advocacy nonprofit organization with a mission to drive research on biological sex differences in disease and improve women's health through science, policy, and education—appreciates the opportunity to provide ideas to the Biden-Harris administration on the upcoming White House Conference on Hunger, Nutrition, and Health.

SWHR appreciates the administration elevating the importance of these topics and convening experts to identify actions that can be taken at the federal, state, and community levels to help increase healthy eating and physical activity, end hunger, and tackle diet-related diseases, which disproportionately impact underserved communities and communities of color.

As the details of this conference are developed and finalized, SWHR would like to offer its recommendation to elevate the role of physical activity and nutrition in supporting bone health throughout the conference agenda. Earlier this year, SWHR convened an interdisciplinary group of experts in women's bone health care and research to highlight knowledge gaps and unmet needs that could be addressed in order to improve bone health for women across the lifespan. These thought leaders, including clinicians, researchers, patients and patient advocates, and policy leaders, discussed the importance of promoting bone health as part of a healthy lifestyle as well as the importance of engaging in that promotion early to equip individuals with the information they need to understand and mitigate osteoporosis, the most common form of bone disease.

Osteoporosis affects 10.2 million adults over the age of 50. Yet, it is underdiagnosed and does not receive the same level of attention as certain chronic illnesses despite the fact that the implementation of key protective measures—including nutrition and physical activity—can be taken across all life stages to improve quality of life and health outcomes.

Importantly, two of the conference pillars focus on integrating nutrition and health and empowering all consumers to make and have access to healthy choices, with a call for culturally appropriate and engaging public messaging and education campaigns. We are glad to see the administration's focus on healthy workplace and school policies and disease prevention and management, but would encourage the administration to ensure that bone health is elevated in each of these pillars and in Conference sessions. Creating this vital link between bone health and physical activity and nutrition could directly benefit the nation's overall bone health and move it to the forefront for patients and health care providers.

SWHR thanks the administration for this opportunity to provide comment. If you have any questions about this suggestion for the upcoming White House Conference on Hunger, Nutrition, and Health, please do not hesitate to contact us.