In 2011, the International Autoimmune Arthritis Movement was born. What began as a nonprofit that focused on awareness, wellness education, & uniting a global network of resources expanded this year to include support & patient-centered research. This growth brought a new name, new DBA, new direction, & an exciting future for the world of autoimmune arthritis.

2013: Building the Foundation

What started as a movement for awareness in 2009 that would not stop has now pushed through to another level, as we have changed our name from the International Autoimmune Arthritis Movement to the International Foundation for Autoimmune Arthritis. "The 'Movement' to use the politically correct phrase Autoimmune Arthritis has caught on, now it's time to turn that new awareness into major education efforts and include it in patient-centered research," explains CEO and Rheumatoid Arthritis patient, Tiffany Westrich. "A movement doesn't stop, does it? Either do we."

In addition to adding patient-centered research to the mission, we also will begin doing our own legislative advocacy and will include support in our scope of services. We are moving mountains and changing the way the world views these diseases!

With the expansion we have brought on a fourth Co-Founder, Kelly Conway, diagnosed with Rheumatoid Arthritis/polyarticular arthritis. She holds a Master’s Degree in both speech/language pathology and special education, which she utilizes within our organization to work towards creating educational resources for children, their parents and teachers.
Programs

IFAA’s mission prior to becoming a foundation included public programs for awareness, wellness education, and unifying a global network of resources, all which can better the lives of those affected by autoimmune arthritis diseases.

Below are 2013 IFAA programs we ran using the kind donations and grants from those who support our cause. To the right we have outlined how we used our funds and have proudly shared our team’s donation hours to demonstrate our dedication to the community.

**The Media Awareness Hotline** was created in 2011 to report any article, advertisement, column, broadcast or broadcast that is providing false or misleading information about Autoimmune Arthritis. Our team of volunteers decides the best approach for action, then works diligently until a resolve has been made. Out of over 100 cases we have an 88% success rate.

**Conference Attendance.** Since IFAA is run almost entirely online, it is important that our team participates in conventions and conferences that we believe will allow us to make a difference in patient lives. In March, IFAA spoke at the eXL Pharma Patient Adherence Convention, in August our team attended the ACR Scientific Convention in San Diego, CA, and in September, four representatives visited Capitol Hill in Washington D.C. with the ACR Annual Fly-In.

Which events we attend solely depends on funding available and how we can use the experience to make our programs more beneficial to the community we serve.

**Train the Trainers.** While there are several fitness programs that teach Personal Trainers how to work with patients who have chronic illness or degenerative arthritis, there was no differentiation that explained the specific challenges an Autoimmune Arthritis patient faces that make work outs physically or mentally exhausting. This document can be downloaded and shared with gyms and trainers so they understand patient challenges.


**World Autoimmune Arthritis Day, May 20th** in every time zone (47 continuous hours) was established by IFAA in 2012 & is the largest global resource for those affected by autoimmune arthritis diseases in history. Hosted online, this years’ event estimated over 50,000 visitors from 16 different countries & 22 nonprofits participated in sharing resources. The event is currently listed on over 2 dozen health calendars worldwide. It serves as our major program, combining the global network, awareness, wellness education, advocacy, support, & research into one major initiative.

**The Global Network** unites resources from all over the world so those affected by autoimmune arthritis and extended diseases can find the information they need to best manage their diseases. Our primary focus is to team with other groups, nonprofits, and advocates in order to provide stronger programs and to promote better health management. IFAA is a member of the NIAMS Coalition, National Coalition of Autoimmune Patient Groups, hosted by AARDA (American Autoimmune Related Diseases Association), American College of Rheumatology, National Council of Nonprofits, & The Society for Participatory Medicine.
Founders Tiffany Westrich & Tami Brown were both chosen as potential 2013 Clinical Trial Reviewers for PCORI (Patient Centered Outcomes Research Institute), enabling them to work on assessing, rating, and critiquing clinical trial applications in the realm of arthritis and autoimmune diseases.

In addition, Ms. Westrich was additionally asked to serve as an Ad Hoc Reviewer with NIAMS—the arthritis sector of the US National Institutes of Health.

She is only one of two reviewers selected for this first year of incorporating patients into the review process. "I am simply thrilled to have the opportunity to work hand in hand with NIAMS. I was fortunate enough to meet two of the lead scientists back in 2012 and now to be able to go back and review cases that could potentially cross through that same lab where so much has already been done to help those with Autoimmune Arthritis diseases? Amazing."

Tami Caskey Brown, Co-Founder of IFAA, was asked to contract her services as clinical grant reviewer with the Patient Centered Outcomes Research Institute (PCORI) through 2015, after serving on the July 2013 panel for Communication and Dissemination. Ms. Brown will serve on a variety of panels, from Methods of Research to Communication and Dissemination grant reviews. She will lend her expertise as a patient and stakeholder, working with scientists and researchers to determine the grants that are most beneficial to the end user, and which involve the end-user (patient/care giver) in the research process.

In early 2013, IFAA was awarded “Best Ensemble Cast”, or best team in healthcare advocacy, for 2012. This was a proud moment for our organization, where every voice is important—from the newest volunteer to the CEO, everyone matters.

But this honor was only the beginning of awards for IFAA in 2013.

In October, CEO Tiffany Westrich, wins the Community Choice Award for “Community Hero”

Kelly Conway, Co-Founder, is a Finalist: Health Activist Hero

...and collectively an additional 17 IFAA team members are nominated for awards!
IFAA effectively utilized all funds, keeping our overhead and personnel expenses at 6%. We are able to do this with the help of our volunteers, who are trained for a period of three months and who are encouraged to utilize their skills and talents to help develop and run our programs. In addition to the “Active Volunteers”, who donate on average 30 minutes a week to IFAA, “General Volunteers” (or those who help temporarily with a specific task or host a fundraiser) also play a key role in our success. Volunteers are 99% patients affected by Autoimmune Arthritis and related diseases. This year our team accumulated over 7,350 hours of volunteer service. This organization includes but not limited to communicating internally and publicly, attending conferences, trainings and teaching others, and program development and management. Based on local wages for similar services, IFAA donated an additional $88,200 in financial support to our community.
Thank You

While 2013 has been a successful year for IFAA, we could not have given back to the community at the same level without the generous support of our donors. We would like to extend a special thank you to the following contributors:

$10,000 Donors

Genentech  biogen idec

$5,000 Donors

janssen

$2,000 Donors

PhRMA

$500 Donors

Jet Airworks

Thank you to all our supporters who gave financial gifts in 2013. Your contributions allow us to make a major impact on the lives of patients and their families all over the world.

We also would like to extend our appreciation to our Board of Directors and our Volunteers, who make IFAA a reality.