



**MAKING A DIFFERENCE**  
YOUR IMPACT IN 2024



# DEAR FRIENDS,

Thank you for your support of the Autoimmune Association.

With donors like you, the Autoimmune Association has been fighting autoimmune disease and creating hope for those affected for more than 30 years.

We'd like to share some tremendous strides that your donation made possible.

Here's a look at our achievements.



Molly Murray  
President & CEO  
Autoimmune Association

### **We championed equitable access...**

to care, advocating at both the federal and state levels for policies that prioritize patients.

### **We increased awareness...**

of autoimmune diseases and empowered supporters to take action and drive meaningful change.

### **We equipped patients...**

with vital tools and knowledge, enabling them to navigate their autoimmune journeys with confidence.

### **We supported and promoted...**

scientific investigation and discoveries.

### **We collaborated with partners...**

at conferences and events to advance patient care, explore groundbreaking innovations, and improve access and health equity.

### **We strengthened our leadership...**

by welcoming new members to our Board of Directors who bring expertise in healthcare innovation, strategic advising, and corporate finance to enhance our vision and strategic direction.

### **None of this would be possible without you...**

Whether as a donor, sponsor, partner, or volunteer, your involvement has been the driving force behind our success.

Together, we will continue to make progress toward a world without autoimmune disease.

With heartfelt appreciation,



**WITH YOU AS A  
PARTNER, WE HAVE BEEN  
RELENTLESS. AND WE  
WILL CONTINUE TO BE.**

# 2024 BY THE NUMBERS

16

PEOPLE JOINED OUR NEW  
YOUNG ADULT ADVISORY COUNCIL

20+

PEOPLE PARTICIPATED IN  
OUR INAUGURAL IN-PERSON  
LEGISLATIVE FLY-IN DAY

37

MEETINGS WERE HELD WITH FEDERAL  
LEGISLATORS' OFFICES DURING THE  
LEGISLATIVE FLY-IN DAY

176

PEOPLE CREATED A DO-IT-YOURSELF  
FUNDRAISER TO BENEFIT THE  
AUTOIMMUNE ASSOCIATION

800+

PEOPLE BENEFITED FROM  
OUR SERVICES BY EMAILING OR  
CALLING IN FOR SUPPORT

140,000

PEOPLE FOLLOWED THE  
AUTOIMMUNE ASSOCIATION  
ON SOCIAL MEDIA

2,500+

PEOPLE REGISTERED FOR THE  
AUTOIMMUNE COMMUNITY SUMMIT

67,000+

PEOPLE RECEIVED "AUTOIMMUNE NEWS,"  
"OUR MONTHLY NEWSLETTER"

12,000+

PEOPLE RECEIVED "RESEARCH ROUNDUP,"  
OUR MONTHLY NEWSLETTER SHARING RESEARCH  
UPDATES AND CLINICAL TRIAL INFORMATION

745,000+

PEOPLE VISITED OUR WEBSITE

# ADVOCACY

TOGETHER, OUR IMPACT IN 2024 

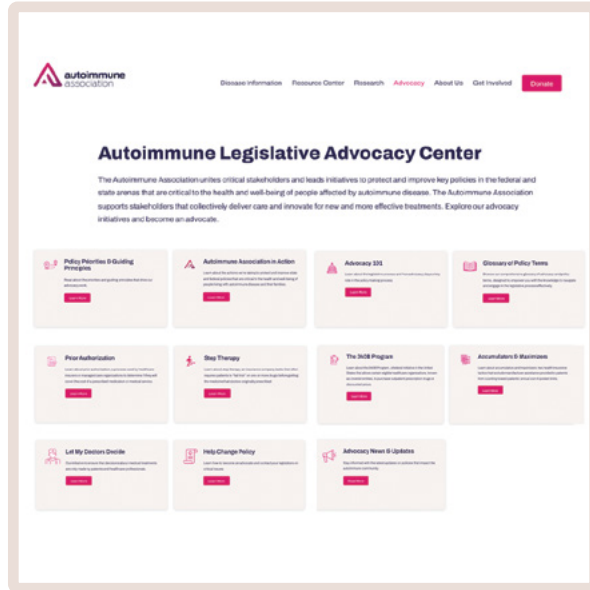


## ADVOCATES TAKE ACTION IN WASHINGTON, D.C.

We held our first-ever in-person Legislative Fly-In, where 20 passionate advocates came together in Washington, D.C., to champion critical patient-focused legislation and secure increased federal investment in autoimmune disease research. Representing 10 states and diverse autoimmune conditions, advocates shared personal stories to highlight the rising prevalence of autoimmune diseases in the U.S. and the urgent challenges patients face.

# ADVOCACY

TOGETHER, OUR IMPACT IN 2024 



## INTRODUCING THE AUTOIMMUNE LEGISLATIVE ACTION CENTER

Our new Autoimmune Legislative Action Center is a one-stop resource for advocates. This platform offers tools to learn about key issues, explore our initiatives, understand the legislative process and terminology, and connect directly with legislators. It's designed to empower advocates to take action and make a meaningful impact.



# ADVOCACY

TOGETHER, OUR IMPACT IN 2024 



## DRIVING PATIENT-CENTERED POLICY REFORM

We continue to lead in advancing policies that prioritize patients and ensure equitable access to care. In 2024, we championed critical initiatives that aimed to increase transparency within the health care system and affordability for patients.

### HIGHLIGHTS OF OUR WORK INCLUDED:

- Advocating for less administrative burden for patients within the health care system.
- Advocating for closing loopholes in Essential Health Benefits that allow health insurance providers to exclude certain prescription drugs from counting toward a patient's out-of-pocket maximums and deductibles.
- Advocating for funding to help support the Office of Autoimmune Disease Research in the Office of Research on Women's Health at the National Institutes of Health.
- In a victory for patients, we worked with Centers for Medicare & Medicaid Services to safeguard medication rebate discounts on which patients rely.



# AWARENESS



## **EMPOWERING THE NEXT GENERATION: THE YOUNG ADULT ADVISORY COUNCIL**

As part of our commitment to actively engaging with young people living with autoimmune disease and addressing their unique needs, we established the Young Adult Advisory Council (YAAC). This group of 16 exemplary individuals work to empower and advocate for young adults aged 15 to 25 living with autoimmune disease. YAAC members connect with peers facing similar challenges, forge meaningful relationships, and advocate for the autoimmune community. They also develop essential leadership skills, preparing them to become future leaders driving positive change within the association and beyond.

# AWARENESS



## RAISING AWARENESS IN NATIVE COMMUNITIES

For the second year in a row, we participated in the Women 4 Wellness event, which aims to raise health awareness and promote healthy behaviors among the Flathead Indian Reservation and Lake County, Montana communities.

In honor of Indigenous Peoples' Day, we raised awareness for autoimmune disease, which is prevalent in Tribal communities. At the annual Native American Day event in Tulsa, Oklahoma, we partnered with a local patient advocate of Chickasaw/Choctaw and Freedmen ancestry to raise awareness and provide resources for the community.

# AWARENESS



## CELEBRATING AUTOIMMUNE AWARENESS MONTH

Autoimmune Awareness Month brought remarkable growth and engagement across our community. We introduced a new do-it-yourself (DIY) fundraising platform, and spotlighted several creative and successful fundraisers.

The campaign, aimed at both encouraging fundraising and raising awareness, led to impressive results online:

- + 2,675 NEW SOCIAL MEDIA FOLLOWERS
- + 278% INCREASE IN SOCIAL MEDIA REACH
- + 650 ADDITIONAL NEWSLETTER SUBSCRIBERS
- + 18% INCREASE IN WEBSITE TRAFFIC

The increased engagement through social and traditional media highlights the strength of our community and the growing awareness of autoimmune disease.

# EDUCATION



## FOURTH ANNUAL AUTOIMMUNE COMMUNITY SUMMIT

In October, nearly 2,500 participants joined the Fourth Annual Autoimmune Community Summit for a day of learning and empowerment. The event offered sessions led by physicians, researchers, public policy leaders, mental health experts, patient advocates, and more. Post-event surveys showed that 97% of attendees would recommend the Summit, with feedback such as, “Educationally empowering and spiritually uplifting!” and “It’s always good to feel seen and validated, in addition to learning.”

# EDUCATION



## EDUCATING AND EMPOWERING OUR COMMUNITY

On our online support community, we held an expert-led discussion on empowering your health through nutrition.

Community members submitted questions about the role of nutrition in managing autoimmune conditions, and our expert provided insightful and valuable responses.

We hosted another expert discussion on the topic of medical gaslighting. Led by a healthcare provider who has personally experienced medical gaslighting, the session offered tips recognizing gaslighting and outlined steps to ensure your healthcare team hears you, takes your concerns seriously, and provides the necessary care.

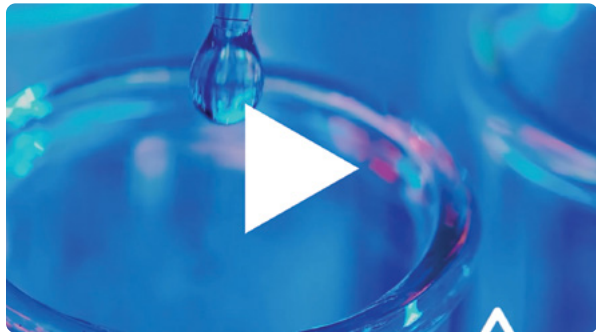
# EDUCATION

TOGETHER, OUR IMPACT IN 2024 



## NEW RESOURCES FOR AUTOIMMUNE PATIENTS

We launched educational resources on biologics and biosimilars, featuring an article and explainer video in English and Spanish. The video features scientific and medical experts discussing the development, safety, and efficacy of biologics and biosimilars, particularly for patients with autoimmune disease.



We also introduced resources for clinical trials, including an explainer video that addresses common questions, and a video featuring the personal story of a clinical trial participant.

Additionally, our new Autoimmune Question Prompt List (QPL) empowers patients with customizable questions to ask healthcare providers to make visits more effective.

# RESEARCH

TOGETHER, OUR IMPACT IN 2024 

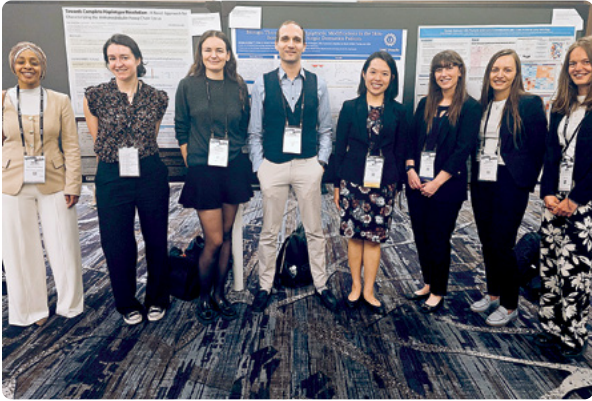


## EXPLORING ENVIRONMENTAL IMPACTS

Extreme weather events, such as wildfires, floods, and heatwaves, are increasingly linked to health challenges. For autoimmune patients, these events may exacerbate disease flares or even contribute to the onset of new conditions. In collaboration with experts from the University of Chicago and Stanford University, we are sharing a survey to determine the impacts of these changes, helping to assess their effects on autoimmune health.



# RESEARCH



## SUPPORTING YOUNG INVESTIGATORS

We participated in the Annual Meeting of the Federation of Clinical Immunology Societies (FOCIS), including cosponsoring a course in basic immunology and sponsoring a networking event that featured a juried poster session showcasing breakthroughs in immunological research. Additionally, we awarded travel grants to two early-career investigators to attend FOCIS.

# RESEARCH

TOGETHER, OUR IMPACT IN 2024 

## THE 2ND CELL THERAPY FOR AUTOIMMUNE DISEASE SUMMIT

We also supported the 2nd Cell Therapy for Autoimmune Disease Summit, which highlighted pre-clinical, translational, and clinical applications of cell-based therapies for autoimmune diseases and other chronic conditions.

## SHARING RESEARCH OPPORTUNITIES

We promoted more than 100 open enrollment research studies, clinical trials, and patient focus groups for diseases such as: Addison's, alopecia areata, atopic dermatitis, chronic fatigue syndrome, chronic idiopathic demyelinating polyneuropathy (CIDP), dermatomyositis, granulomatosis with polyangiitis (GPA), IgA nephropathy, IgG4 RD, multiple sclerosis (MS), myasthenia gravis (MG), psoriasis, psoriatic arthritis (PsA), pyoderma gangrenosum, relapsing polychondritis, rheumatoid arthritis (RA), sarcoidosis, scleroderma, Sjögren's, thyroid eye disease (TED)/ Graves', ulcerative colitis, warm autoimmune hemolytic anemia (WAIHA), and many more.



# Shaping the Future Together

We are proud of the meaningful progress and impact made in 2024, thanks to the support of our community.

As we step into 2025, we are inspired to continue serving autoimmune patients, advancing research, advocating for healthcare access, and fostering collaboration to uncover the shared links between autoimmune diseases.

Your support fuels our mission to lead the fight against autoimmune disease—empowering the community, improving care, and driving research forward. You are the common thread that connects and drives our work, creating hope for a brighter future.

**WE INVITE YOU TO JOIN US ON THIS JOURNEY  
AS WE WORK TOWARD EVEN GREATER CHANGE.**

