2025 IMPACT REPORT

LEADING THE PATH FORWARD—TOGETHER

DRIVING PROGRESS WHERE IT MATTERS MOST

autoimmune association

DEAR FRIENDS,

Looking back on the past year, I'm filled with gratitude for the incredible impact we've made together.

Every step forward in the fight against autoimmune disease is because of you—the common thread in every life we touch. Your generosity fuels our work, drives progress, and brings hope to those who need it most.

Autoimmune disease continues to be a public health crisis. Rates of autoimmune disease are rising worldwide, yet they remain poorly understood, underdiagnosed, and frequently misdiagnosed. Too often, people face barriers to care and limited treatment options. With you, the Autoimmune Association is changing that. Together, we're driving greater understanding, advancing research, improving access to care, and ensuring everyone living with autoimmune disease is seen, heard, and supported.

Molly Murray
President & CEO

OVER THE LAST YEAR ...

... YOUR SUPPORT CHANGED LIVES.

Because of you, patient voices were elevated on Capitol Hill through our national advocacy fly-in and sustained policy efforts, while helping unveil the National Institutes of Health's first-ever NIH-Wide Strategic Plan for Autoimmune Disease Research.

You helped champion emerging scientists, amplified breakthrough research, expanded resources for patients in rural and underserved communities, and raised global awareness of autoimmune disease during Autoimmune Awareness Month and throughout the year.

With your support, we launched new platforms for education and connection, including *Autoimmune Voices: Threads of Hope,* engaged young leaders through our Young Adult Advisory Council, and united communities in a powerful new way through the inaugural Hope Journey Walk.

This progress is thanks to you: donors and supporters who invested in change, volunteers who raised their voices and took action, advocates who shared their stories with courage, and community members who showed up for one another. Your commitment turned momentum into meaningful, lasting impact.

As we look ahead, the need and the opportunities have never been clearer. With your continued support, we can break down barriers to care, accelerate research, and ensure that no one faces autoimmune disease alone. Together, we will keep improving lives today while building a brighter future where everyone living with autoimmune disease has access to the care, support, and hope they deserve.

With heartfelt gratitude,

Molly Murray

WORKING FOR PATIENTS, EVERY STEP OF THE JOURNEY.

RAISING HOPE

FUNDRAISING ON THE TRAILS

Mike turned his love for the outdoors into advocacy, launching a DIY fundraiser in honor of his daughter, who lives with autoimmune hepatitis. To date, he has completed 17 hikes in Shenandoah National Park—110 miles, 24,500 feet of elevation, and nearly 50 hours —raising more than $6,000 and continuing his journey toward a $10,000 goal.

HOPE JOURNEY WALK 2025

A POWERFUL DAY FOR AUTOIMMUNE AWARENESS

IN OCTOBER, THE AUTOIMMUNE ASSOCIATION HOSTED THE INAUGURAL HOPE JOURNEY WALK IN WASHINGTON, D.C. WITH PARTICIPANTS ALSO WALKING IN THEIR OWN COMMUNITIES ACROSS THE GLOBE.

Autoimmune Association
HOPE
JOURNEY
WALK

Together, patients, families, and supporters came together to raise awareness and fuel progress. In D.C., walkers gathered along the waterfront, shared personal stories, and stood united in a visible show of hope and strength.

This inaugural walk made a meaningful impact nationwide. Every step taken and every dollar raised helped advance research, education, advocacy, and support for people living with autoimmune disease, turning collective action into real progress for the community.

$95,000

FUNDS RAISED
SPONSORSHIPS + DONATIONS

1225

TOTAL SUPPORTERS

227

NUMBER OF PARTICIPANTS

I signed up because my mom, aunt, and sister all have autoimmune diseases, and I wanted to do something to support them. Because of this walk, I learned how meaningful it is to come together for a common cause. The sense of community and purpose was incredibly powerful.

Michael

Virtual Walker

I was discharged from the hospital Tuesday before the Walk. This event gives me hope that with more focus on these diseases that someday there will be a cure.

Survey Respondent

In-person Walker

Autoimmune Association

HOPE JOURNEY WALK

SHAPING A BETTER FUTURE THROUGH RESEARCH

> *Advancing discovery, innovation, and patient-centered research to improve tomorrow's care.*

Research drives progress—and this year marked a defining moment for autoimmune disease research nationwide.

A major milestone came with our leadership role in supporting and amplifying the NIH-Wide Strategic Plan for Autoimmune Disease Research.

This first-of-its-kind roadmap brings coordination across the National Institutes of Health, paving the way for greater collaboration and discovery.

By helping bring this historic roadmap into the national spotlight, we reinforced the need for coordinated, long-term investment in autoimmune research, an essential step toward earlier diagnosis and better treatments.

Support for research and scientific collaboration helped strengthen and amplify work across the field, including our sponsorship of a juried poster session at the Federation of Clinical Immunology Societies (FOCIS) Annual Meeting, travel grants for early-career investigators, and forums highlighting breakthroughs in immunology and cell-based therapies, such as the Cell Therapy for Autoimmune Disease Summit.

Patient-centered research remained a priority, with findings presented from a nationwide survey examining how extreme weather events correlate with autoimmune disease flares. By elevating these insights at scientific meetings, lived experience helped inform future research priorities and scientific inquiry.

Clear, accessible education around clinical trials empowered patients to understand their role in research and engage more confidently in studies that reflect the real-world complexity of autoimmune disease.

The impact of research became personal for Alana when she participated in a clinical trial at the National Institutes of Health.

Recognizing how meaningful that journey could be for others, Alana shared her story on *Autoimmune Voices: Threads of Hope*, alongside Dr. Adam Schiffenbauer, who led her trial.

By speaking openly from a patient's perspective, Alana helped others feel reassured and more confident considering clinical trial participation themselves.

11,500+

PEOPLE RECEIVE AUTOIMMUNE RESEARCH ROUNDUP, OUR MONTHLY RESEARCH-FOCUSED NEWSLETTER

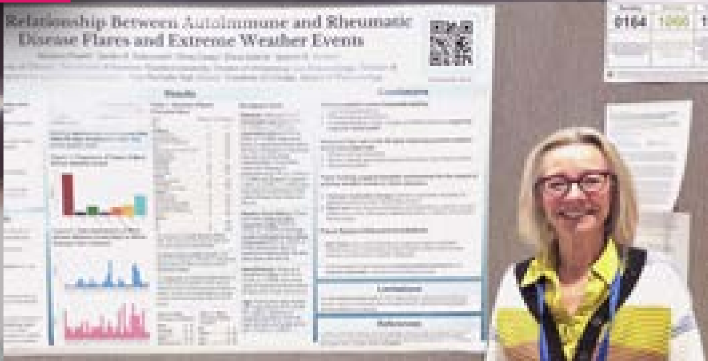
120+

OPEN ENROLLMENT RESEARCH STUDIES PROMOTED

FIRST EVER

CONGRESSIONAL BRIEFING UNVEILING THE NIH-WIDE STRATEGIC PLAN FOR AUTOIMMUNE DISEASE RESEARCH

BUILDING CONNECTIONS AND CREATING HOPE.



RAISING HOPE

FUNDRAISING AROUND THE TABLE

Casey and Priya—who serves as a Board member of the Autoimmune Association—hosted a pancake breakfast as a DIY fundraiser, featuring gluten-free, dairy-free, and nut-free options. Held on their rooftop, the event welcomed more than 40 guests, raised nearly $2,000, and sparked meaningful conversations through shared Autoimmune Association resources—turning brunch into connection, generosity, and awareness.

BREAKING DOWN BARRIERS TO CARE

Removing obstacles to diagnosis, treatment, and research.

Like many people living with autoimmune disease, Jamie Nicole encountered repeated disruptions in care due to administrative and coverage-driven barriers, including delays in medication access and limits on treatment options.

Over time, these obstacles affected continuity of care, prompting her to engage in legislative advocacy and bring her patient experiences directly to policymakers during our Legislative Fly-In in Washington, D.C.

For millions of people living with autoimmune disease, access to timely diagnosis and effective care remains out of reach. Delays in diagnosis, restrictive insurance practices, and gaps in research funding continue to shape daily reality for patients and families. This year, with your support, we worked to confront those barriers head-on.

We elevated patient priorities directly to policymakers through sustained federal advocacy and coalition leadership. During our annual Congressional Fly-In, advocates from 16 states—including Jamie—held 63 meetings on Capitol Hill, sharing lived experiences and urging lawmakers to protect access to care, fully fund the National Institutes of Health, and advance patient-first policies.

We co-hosted a Congressional Briefing on Capitol Hill unveiling the inaugural NIH-Wide Strategic Plan for Autoimmune Disease Research, bringing Members of Congress and staff together to focus attention on the scale and impact of autoimmune disease. By leading this conversation on Capitol Hill, we strengthened relationships with policymakers and helped move autoimmune research higher on the federal agenda.

As we expanded our reach, we focused on states where protections against "fail first" insurance practices had never been introduced. In Alaska and Montana, we raised awareness about step therapy and connected advocates to clear, accessible tools to take action. As a result, both states introduced legislation—and in Alaska, those protections became law.

Behind the scenes, expanded advocacy infrastructure—including the Autoimmune Legislative Action Center, training videos, and action alerts—made it easier than ever for patients to engage with policymakers and turn lived experience into lasting change.

735+

ADVOCACY ACTIONS TAKEN TO ADVANCE PATIENT-FIRST POLICIES

235+

PATIENT ADVOCATES ENGAGED WITH CONGRESS

535

FEDERAL POLICYMAKERS REACHED WITH PATIENT-CENTERED AUTOIMMUNE PRIORITIES

MAKING THE AUTOIMMUNE JOURNEY EASIER TO NAVIGATE

> *Providing practical tools and guidance for every step of the journey.*

An autoimmune diagnosis often comes with more questions than answers. This year, we expanded the tools patients rely on to make informed decisions and navigate complex systems with greater confidence.

Our free, virtual Autoimmune Community Summit brought together thousands of patients, caregivers, and healthcare professionals for two days of expert-led education and shared learning. Sessions addressed fatigue and pain management, mental health, shared decision-making, managing multiple diagnoses, and emerging research.

Beyond the Summit, we introduced new easy-to-use resources. Webinars on navigating a career with autoimmune disease, redefining remission through a whole-health lens, and a new tool for understanding and selecting health insurance offered practical, immediate guidance. Educational videos like *How Research Works* and our *Ask the Expert* series helped demystify clinical research and diagnostic pathways, while a new Question Prompt List empowered patients to prepare for appointments and engage more confidently in conversations that support accurate diagnosis and better care.

We also launched a new webpage exploring how environmental factors—such as extreme heat, air quality, and power outages—can trigger autoimmune flares, translating emerging research into practical safety guidance. A new video series addressed multiple diagnoses, mental health, and patient–provider relationships, reinforcing whole-person care.

For John, a professional artist and educator living with psoriasis, access to reliable information has been essential.

Severe flares on his hands can limit his ability to work, affecting both his livelihood and identity.

Our resources and support have been available to John as he navigates his career and his life, while he also contributes to our cause through collaboration and advocacy.

700,000+

PEOPLE ACCESSED ONLINE RESOURCES

2,500+

PEOPLE PARTICIPATED IN ONLINE EVENTS

BUILDING COMMUNITY AND CONNECTION

Ensuring no one faces autoimmune disease alone.

Living with autoimmune disease can be isolating, but connection changes everything. This year, we expanded opportunities for people to come together, share experiences, and find strength in community.

For Makenzie, that connection has been life changing.

Still searching for answers for her yet-undiagnosed autoimmune condition, she has navigated profound uncertainty alongside major life transitions—graduating from college as a student-athlete, beginning her career as a middle school teacher, and coaching a girls' soccer team.

Through the Young Adult Advisory Council, Makenzie found a space where she felt seen, understood, and accepted. Surrounded by peers who "get it," she gained confidence, support, and the freedom to express herself honestly, reminding her she doesn't have to face this journey alone.

We also launched *Autoimmune Voices: Threads of Hope*, expanding how we share stories and expertise through candid conversations with patients, clinicians, researchers, and policy leaders. Community came to life through our inaugural Hope Journey Walk, bringing people together in person and virtually to turn every step into awareness, advocacy, and hope.

Beyond events, we continued engaging directly with individuals seeking support and fostering connection through online communities.

Because of this shared commitment, more people are finding reassurance that they are not alone, and that their experiences truly matter.

65+

PATIENT ADVOCACY ORGANIZATIONS

work together through our National Coalition of Patient Advocacy Groups to accelerate progress for people living with autoimmune disease.

700+

PEOPLE REACHED OUT TO US DIRECTLY AND RECEIVED ONE-ON-ONE SUPPORT.

TAKING BOLD STEPS TOWARD A BETTER FUTURE.

RAISING HOPE

FUNDRAISING WITH BURGERS

Amanda brought the community together through a DIY fundraiser with Hill East Burger in Washington, D.C., where a portion of one night's sales supported the Autoimmune Association, raising $300.

MAKING AUTOIMMUNE DISEASE SEEN AND UNDERSTOOD

Raising visibility, understanding, and public recognition.

Autoimmune disease is often invisible, but awareness has the power to change that. This year, we significantly expanded the visibility of autoimmune disease at local, national, and global levels.

That visibility is personal for Edward.

A familiar face in his Michigan hometown—the kind of person everyone knows when he walks into a room—Edward spent years living with an autoimmune disease that few people understood. As conversations became more open, Edward found his voice and began sharing his story—feeling seen himself while helping others feel less alone. He believes awareness starts with individuals: when one person speaks up, it creates connection and makes advocacy easier.

We're building on voices like Edward's. During Autoimmune Awareness Month in March, more than 75 landmarks across 15 countries lit up in solidarity, creating a powerful visual reminder of the millions affected worldwide. Across the United States, grassroots advocates secured proclamations at the city, county, and state levels, while federal leaders introduced legislation recognizing March as Autoimmune Awareness Month.

These efforts were amplified through social media storytelling and community engagement, extending reach worldwide. Outreach also deepened within Native and Indigenous communities, raising visibility in populations with higher rates of autoimmune disease but limited awareness.

Together, these efforts are helping ensure autoimmune disease is seen, understood, and taken seriously.

75

LANDMARKS IN 15 COUNTRIES

illuminated during Autoimmune Awareness Month

25

PROCLAMATIONS SECURED ACROSS STATES, COUNTIES, AND CITIES

3,000,000+

ENGAGEMENTS ON SOCIAL MEDIA

ELEVATING PATIENT VOICES

Ensuring lived experiences help guide progress.

Meaningful progress happens when the voices of those most affected are heard. This year, we created new platforms and opportunities for patients to share their stories, and ensured those stories helped shape decisions.

Through social media, webinars, our new podcast, and advocacy initiatives, patients shared first-hand experiences navigating diagnosis, treatment, and daily life with autoimmune disease.

These perspectives informed policy conversations, educational content, and research discussions, helping ensure patients' real experiences remain central to progress.

Alonna seized the opportunity to be heard and used it to create change.

As a young adult living with autoimmune disease, she found her voice through the Young Adult Advisory Council, where she helps amplify other young adults' stories on social media.

That confidence carried her to Capitol Hill, where she participated in our Congressional Fly-In and used her voice to advocate directly with elected officials. Being listened to—and seeing her lived experience valued—changed how Alonna relates to her disease, replacing isolation with purpose and empowerment.

Because of this collective effort, more individuals are finding the confidence to speak up and seeing their experiences reflected in meaningful progress.

180,000+

SOCIAL FOLLOWERS AND ONLINE COMMUNITY MEMBERS

engaging with patient-driven content

37

PATIENT STORIES SHARED

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United by a common thread of hope, we recognize our **HOPE CHAMPIONS CIRCLE**—a compassionate group of individuals making a difference in the fight against autoimmune disease with a generous gift of $500 or more. Thank you!

$20,000 +

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Nora Aboulhosn

Sarah Whitmore
Nicholas Dantuono

Thomas Williams
Marlene Williams

Raymond Wilson
Dean-Chris Blackmor

Choy Kim Won
Angel Eng

TRIBUTES

Anchor Patients
JP Carlin

Jameelah Aziz
Jameelah Aziz

Yohans Beaton
Gina Ward

Kathy and Tom Behr
Ellen and Mike Malloy

Livya Bewitched
Joshua Michaud

Quiana Cadlett
Adrien Dickerson

Nancy Cangelose
Christopher Albero
Amanda Beetz
Kathie Iannaci

Hayley Carter
Jennifer Temple

Tyler Edison
Dan and Brenda Davis

Jacqueline Elisca
Franconnia Arline

Conor Fraser
Nick Ryan

Mary Emily Jameson
David Jameson, Jr.

Tarik Joyner
Victor Criales
Elizabeth Greening
Bathsheba Jackson
Jessica Rettle
Lashonda Stephend

Bob Kuehn
Lindsay Morris

Angela Lamarre
Angela Lamarre

Ellen Levine
Frank and Jan Castrichini

Elka Loiben
Fern Brooker

Jerry Lubben
Jan and Fred Munoz

Shadé Mason
Phelise Howard

Our 4 Granddaughters Matthews
Milt and Becky Matthews

Luca Michael Misiti
Lawrence Misiti

Norielle Paterno
Melissa Conant

Anchor Patients
JP Carlin

Nieves Pousada
Alicia Pousada

Freddie Powell (Preteen Miss Amazing 2024)
Winnifred Powell

UnfairComposer6361 Reddit
Daniel Soler

Maureen Robinson and Ed Adams
Kathy and Glen Sargent

Mackenzie Ryan
Michelle Ryan

Sarangan Sampath
Kalyani Sampath

Karen Spielman
Kristin Brafford

Bob Spielman
Kristin Brafford

Paul Spina
Philip Cicero

Julie Thum
David Stout

Kris Walker
Calico Engineering

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Megan Vincent

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WAYS TO GIVE AND GET INVOLVED

Your support makes this work possible. Whether you give, walk, advocate, or fundraise, you are helping improve lives today and build a better future for everyone affected by autoimmune disease.

DONATE ONLINE

Create a lasting impact with a one-time or recurring donation of any size. Whether you choose a general contribution or honor someone special with a memorial or tribute donation, your gift will make meaningful difference.

go.autoimmune.org/donate

BECOME A HOPE CHAMPION

Join the Hope Champions Circle to make a significant impact. When you give $500 or more, you become a Hope Champion—a special person making a difference in the fight against autoimmune disease and providing hope for those who need it the most.

go.autoimmune.org/hopechampion

JOIN THE HOPE JOURNEY WALK

Every step you take helps raise awareness and critical funds for autoimmune disease research, advocacy, and support.

go.autoimmune.org/hope-journey-walk-recap/

WAYS TO GIVE AND GET INVOLVED

BECOME A HOPE PARTNER

Become a Hope Partner—a special person making a difference in the lives of those impacted by autoimmune disease by giving hope through a monthly gift. Your monthly gift will lead the charge in supporting patients, advancing research, advocating for access to healthcare, and fostering collaboration to explore the common threads that link autoimmune diseases.

go.autoimmune.org/hopepartner

HOST A DIY FUNDRAISER

Organize a do-it-yourself (DIY) fundraiser! These grassroots events are a fantastic way to spread the word within your community and raise essential funds for our cause. With a grassroots fundraiser, you can create an event or a challenge and invite your family, friends, neighbors and more to support you with donations.

go.autoimmune.org/diyfundraiser

PLANNED GIVING

Support Autoimmune Association with a charitable gift and put your assets to work with our tax-efficient charitable strategies.

go.autoimmune.org/giftlegacy

WAYS TO GIVE AND GET INVOLVED

WORKPLACE GIVING

Make regular donations to the Autoimmune Association through your employer's payroll system. Many workplaces will match your donation to the Autoimmune Association! Contact your payroll or human resources department and ask if your company has a Matching Gift Program and how to participate.

go.autoimmune.org/workplacegiving

GIVE A GIFT FROM AN IRA

An IRA rollover allows people aged 70½ and older to reduce their taxable income by making a gift directly from their IRA.

go.autoimmune.org/iragiving

GIVE A GIFT OF STOCK

Make a gift by transferring stock or other appreciated securities to the Autoimmune Association. Please provide the following information to your financial advisor or broker:

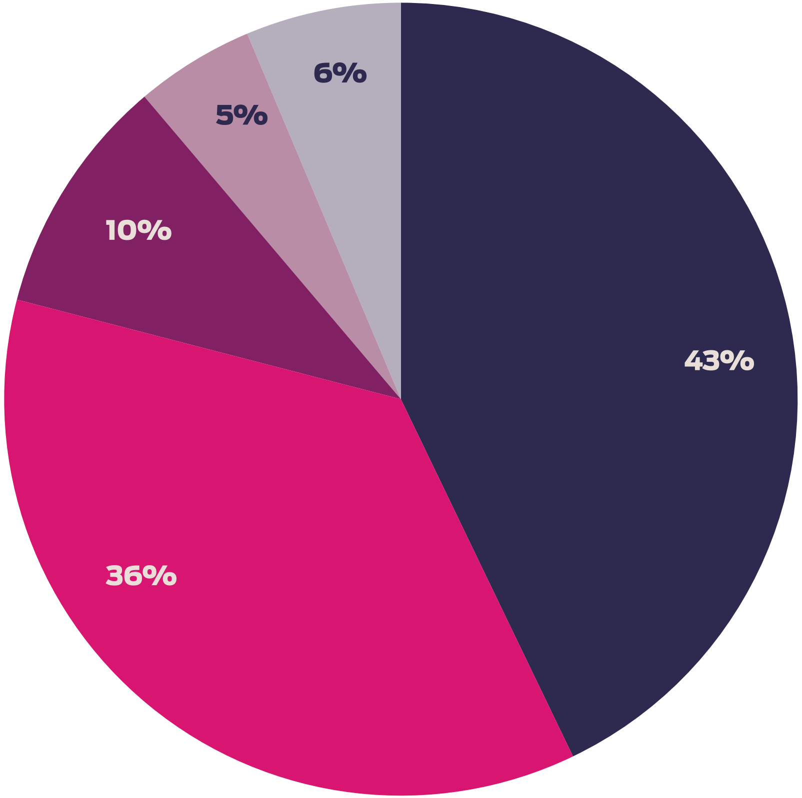
Ameriprise Financial
DTC #0756, Account number:
0000 0000 1090 1675 8 133

STATEMENT OF ACTIVITIES

FISCAL YEAR 2025

TOTAL REVENUE	**$3,392,985**
EXPENSES	
PROGRAM SERVICES	
EDUCATION	$1,175,203
AWARENESS	$992,210
RESEARCH	$267,981
MANAGEMENT & GENERAL	$133,048
FUNDRAISING	$173,703
TOTAL EXPENSES	**$2,742,145**
CHANGE IN NET ASSETS	$650,840
NET ASSETS, BEGINNING OF THE YEAR	$2,457,566
NET ASSETS, END OF THE YEAR	$3,108,406

Financial information is unaudited as of publication. Previous audited financials are available at autoimmune.org.



JOIN US ON THE PATH FORWARD

Autoimmune disease continues to affect millions, but progress is accelerating: Research is advancing, patient voices are shaping decisions, and awareness is growing around the world.

What comes next will be driven by continued collective action. Together, we can keep breaking down barriers, advancing discovery, and building a future where no one faces autoimmune disease alone.

GIVE. ADVOCATE. VOLUNTEER.

Help turn today's progress into lasting change.

autoimmune
association

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