INTERNATIONAL NASH DAY
JUNE 10, 2021
SUMMARY REPORT
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>MESSAGE FROM GLI PRESIDENT AND CEO, DONNA CRYER</td>
<td>1</td>
</tr>
<tr>
<td>KEY NUMBERS</td>
<td>2</td>
</tr>
<tr>
<td>ENDORSING SOCIETIES AND ORGANIZATIONS</td>
<td>3</td>
</tr>
<tr>
<td>WHO AND INTERNATIONAL NASH DAY</td>
<td>4</td>
</tr>
<tr>
<td>INTERNATIONAL NASH DAY 2021 REACH</td>
<td>5</td>
</tr>
<tr>
<td>NASH AROUND THE WORLD VIDEO</td>
<td>9</td>
</tr>
<tr>
<td>NASH VIRTUAL EDUCATIONAL PANELS</td>
<td>10</td>
</tr>
<tr>
<td>SOCIAL MEDIA CAMPAIGN AND STATISTICS</td>
<td>19</td>
</tr>
<tr>
<td>EDUCATIONAL MATERIALS</td>
<td>20</td>
</tr>
<tr>
<td>WEBSITE</td>
<td>21</td>
</tr>
<tr>
<td>SOCIAL MEDIA TOOLKIT</td>
<td>22</td>
</tr>
<tr>
<td>VIRTUAL CAPITOL HILL DAY</td>
<td>23</td>
</tr>
<tr>
<td>CULINARY EVENT</td>
<td>24</td>
</tr>
<tr>
<td>NUTRISTYLE ANNOUNCEMENT</td>
<td>25</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: AFRICA</td>
<td>26</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: ASIA &amp; PACIFIC</td>
<td>28</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: CENTRAL AND SOUTH AMERICA</td>
<td>29</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: EUROPE</td>
<td>31</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: MIDDLE EAST</td>
<td>35</td>
</tr>
<tr>
<td>PARTNER EVENT HIGHLIGHTS: NORTH AMERICA</td>
<td>37</td>
</tr>
<tr>
<td>2021 SPONSORS</td>
<td>40</td>
</tr>
<tr>
<td>APPENDIX A: FULL LIST OF PARTNERS</td>
<td>41</td>
</tr>
</tbody>
</table>
Global Liver Institute’s International NASH Day 2021 was virtual for the second year in a row due to COVID-19 restrictions. However, the virtual nature did not inhibit and perhaps even facilitated the most engaging International NASH Day yet, convening 120 IND partners, registrants from 73 countries, and 33 remarkable international speakers to declare the urgency of combating the parallel epidemics of NASH and COVID-19.

Eight expert panel discussions, broadcast in five languages, aired to optimize multiple time zones in the United States, Canada, Europe, the Middle East, Asia, and South America, and related special events, ensured focus and solidarity worldwide to fight non-alcoholic steatohepatitis, or NASH, the advanced form of chronic, progressive fatty liver disease. The broad reach was appropriate, as NASH affects more than 115 million people worldwide and is expected to double by 2030. The precursor to NASH, non-alcoholic fatty liver disease (NAFLD), is even more common. These serious conditions demand awareness, diagnosis, and action. If left unchecked, they can lead to liver failure and even death.

Again this year, International NASH Day (IND) was endorsed by the major hepatology organizations in the United States and Europe: the American Association for the Study of Liver Diseases (AASLD) and the European Association for the Study of the Liver (EASL). In addition to these organizations, IND 2021 was also endorsed by the Asian Pacific Association for the Study of the Liver (APASL), the Asociación Latinoamericana para el Estudio del Hígado (ALEH), and 13 other important scientific international and national organizations (full list below).

For the first time, Global Liver Institute (GLI) welcomed the participation of the World Health Organization (WHO), Kremlin Wickaramasinghe, programme manager for Nutrition, Physical Activity and Obesity, at the WHO Regional Office for Europe, recorded a video call to action on NASH and participated in the panel discussion, “NASH as a Global Public Health Challenge.”

Another first was working with the Association of Black Gastroenterologists and Hepatologists on IND. The collaboration marks the critical need to speak out against and correct health inequities in the U.S. healthcare system related liver diseases and all other maladies. The special panel reflects GLI’s commitment to work with partners in every relevant field to close the research, care access, and ultimately outcomes gaps for traditionally underserved populations.

The IND 2021 social media campaign started on June 2 and culminated June 10, with the airing of the eight cutting edge, multi-platform virtual panels featuring international, well-known clinical, research, and patient experts on liver disease, immunology, nutrition, transplantation, oncology, and public health. They highlighted current challenges and collaborated on innovative cross-disciplinary solutions to improve the lives of people living with NAFLD, NASH and comorbidities.

Partners created and spread messages on social media and produced videos to show their commitment to fighting NASH in their communities. GLI compiled the partner contributions into a NASH Around the World video. Partners also held complementary panels, in-person NASH-dedicated events, and educational workshops in the days surrounding June 10.

GLI also held a live culinary event with U.S. celebrity Chef Daniel Thomas, who guided the audience through liver-healthy cooking techniques and tips. The funds raised with this event will help increase the number of grassroots community grants GLI can fund.

In addition, GLI announced a partnership with NutriStyle Inc. to offer a personalized nutrition app to people living with liver disease, diabetes and other chronic conditions or who want to maintain good liver health.

While the world emerges from one phase of the COVID-19 pandemic and fights new variants, GLI will continue to adapt to the times and support liver health and liver patients without interruption. The growth of IND year after year, indicates a global appetite for actionable, timely, research-based liver health information for clinicians and patients. We are grateful for the partners and participants worldwide who made IND 2021 a rousing success and helped GLI forge clear paths for our advocacy work in the year ahead. Thank you.

Donna Cryer, JD
President and CEO
Global Liver Institute
INTERNATIONAL NASH DAY
JUNE 10, 2021

KEY NUMBERS

120 PARTNERS
36 COUNTRIES

73 COUNTRIES REPRESENTED IN PARTNER AND ATTENDEE REGISTRATION COUNTRIES
17 SCIENTIFIC SOCIETY AND INTERNATIONAL ORGANIZATION ENDORSEMENTS
33 INTERNATIONAL SPEAKERS
8 VIRTUAL NASH PANELS
9 SPONSORS

11.5M #NASHDAY IMPRESSIONS
4,000 #NASHDAY POSTS
3.8M #NASHDAY REACH
282M PRESS RELEASE POTENTIAL REACH

ENDORSING SOCIETIES AND ORGANIZATIONS

IND 2021 was endorsed by 17 international scientific organizations and non-governmental organizations.

AASLD - American Association for the Study of Liver Diseases
ABGH - Association of Black Gastroenterologists and Hepatologists
ALEH - Asociación Latinoamericana para el Estudio del Hígado
AMH - Mexican Association of Hepatology
APASL - Asian Pacific Association for the Study of the Liver
COLDA 2021 - Conference on Liver Disease in Africa
EASL - European Association for the Study of the Liver
ECPC - European Cancer Patient Coalition
ELITA - European Liver and Intestine Transplant Association
Fondazione Epatocentro Ticino
HSP - Hepatology Society of the Philippines
INASL - Indian National Association for Study of the Liver
NASPGHAN - North American Society for Pediatric Gastroenterology, Hepatology and Nutrition
POHER - Pan-African Organization for Health, Education and Research
SAHE - Sociedad Argentina de Hepatología
TASL - Turkish Association for the Study of the Liver
UEG - United European Gastroenterology

NASH AROUND THE WORLD
This year, GLI was honored by the collaboration with the World Health Organization. Kremlin Wickramasinghe, programme manager for Nutrition, Physical Activity and Obesity, from the WHO Regional Office for Europe, recorded a video message inviting engagement with GLI’s online events and virtual activities. He also underlined the need for higher awareness of NASH, especially its growing incidence highly correlated to the growing numbers on obesity. Wickramasinghe also participated in the panel, “NASH as a Global Public Health Challenge,” with renowned speakers from AASLD, EASL and APASL.

Dr Kremlin Wickramasinghe
a.i. Programme Manager Nutrition, Physical Activity and Obesity, WHO European Office for the Prevention and Control of Noncommunicable Diseases (NCD Office), Moscow

73 &ountries 5epresented in 3artner and Attendee Registration Countries

International NASH Day 2021 Reach

COUNTRIES REPRESENTED IN PARTNER AND ATTENDEE REGISTRATIONS

Albania
Argentina
Australia
Austria
Bahamas
Bangladesh
Belgium
Brazil
Bulgaria
Cameroon
Canada
Chile
Cuba
Croatia
Cyprus

Denmark
Ecuador
Egypt
El Salvador
Ethiopia
France
Germany
Ghana
Greece
Guatemala
Honduras
Hong Kong
India
Indonesia
Iran

Iraq
Ireland
Israel
Italy
Japan
Kenya
Lebanon
Mexico
Nepal
Netherlands
Nicaragua
Nigeria
North Macedonia
Oman
Pakistan

Panama
Peru
Philippines
Poland
Portugal
Dominican Republic
Romania
Russia
Saudi Arabia
Singapore
Slovenia
South Africa
South Korea
Spain

Sri Lanka
Sweden
Switzerland
Taiwan
Turkey
Ukraine
United Arab Emirates
United Kingdom
United States
Uruguay
Uzbekistan
Venezuela
Zambia
SCIENTIFIC SOCIETIES AND INTERNATIONAL NON-GOVERNMENTAL ORGANIZATIONS

AASLD - American Association for the Study of Liver Diseases (E)
AAN(3 - Asociación Latinoamericana para el Estudio del Hígado (E)
A%*H - Association of Gastroenterologists and Hepatologists (E)
ALPA - African Liver Patients Association (Pan African)
AMH - Mexican Association of Hepatology (E)
ALEH - Asociación Latinoamericana de Nefrología y Enfermedades Renales (E)
APASL - Asian Pacific Association for the Study of the Liver (E)
COLDA 2021 - Conference on Liver Disease in Africa (E)
EASL - European Association for the Study of the Liver (E)
ECPC - European Cancer Patient Coalition (E)
ELITA - European Liver and Intestine Transplant Association (E)
EROPA - Eastern Regional Organization for Public Administration (E)
ESOT - European Society for Organ Transplantation (E)
NASPGHAN - North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (E)
NCDA - Non-communicable Diseases Alliance (E)
OAC - Obesity Action Coalition (E)
POHER - Pan-African Organization for Health, Education and Research (E)
WHO Europe - World Health Organization (E)

NATIONAL PATIENTS’ ORGANIZATIONS AND FOUNDATIONS

ALF - American Liver Foundation (USA)
APLA - Australian Patients Association (Australia)
British Liver Trust (England)
CLF - Canadian Liver Foundation (Canada)

EU-PEARL - EU Patient-Centric Clinical Trial Platforms
HSP - Hepatology Society of the Philippines (E)
ILCA - International Liver Cancer Association (E)
INASL - Indian National Association for Study of the Liver (E)
Indonesian Association for the Study of the Liver (E)
LPI - Liver Patients International (E)
NASPGHAN - North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (E)
NCDA - Non-communicable Diseases Alliance (E)
OAC - Obesity Action Coalition (E)
PBC Foundation - Primary Biliary Cholangitis Foundation (E)
POHER - Pan-African Organization for Health, Education and Research (E)
WHO Europe - World Health Organization (E)

UNIVERSITIES, HOSPITALS AND RESEARCH CENTERS

Acibadem Mehmet Ali Aydinlar University School of Medicine (Turkey)
CEDARS-SINAI Medical Center (USA)
Children’s Hospital of Philadelphia (USA)
CIG - Centro de Investigación y Gastroenterología (Mexico)
Translational and Clinical Research Institute, Faculty of Medical Sciences, Newcastle University (UK)
Duke University School of Medicine (USA)

EFSL - Empowerment for Sustainable Livelihood (Ghana)
Egyptian Liver Hospital (Egypt)
FLF - Fatty Liver Foundation (USA)
Fondazione Epatocentro Ticino (Switzerland) (E)
Fondación Sayani (Argentina)
Helpa Prometheus (Greece)
Hepatos - Croatian Association for Liver Diseases (Croatia)
Hep Yasam (Turkey)
Hepatitis Hilfe Österreich (Austria)
HEZT - The Israeli Association for the Health of the Liver (Israel)
Lafiya Wealth Initiative (Nigeria)
Liver Coalition of San Diego (USA)

Liver Wellness Foundation (USA)
LPI - Liver Patients International (Belgium)
Mid-South Liver Alliance (USA)
NASH kNOWledge (USA)
NLV - Dutch Liver Patients Association (Netherlands)
POHER - Pan-African Organization for Health, Education and Research (USA based)
SLAP - Save the Liver Association for Patients (North Macedonia)
Swiss NASH Foundation (Switzerland)
The Liver Foundation (Pakistan)
Value Health Africa (Cameroon)

Estácio Universitário Lisboa - Medical Center (Portugal)
Evidence-based Medicine Support and Development Foundation (Russia)
Faculdade de Medicina da Universidade de Lisboa (Portugal)
Faculty of Education, University of Hong Kong (China)
Fatima University Medical Center (Philippines)
Fondazione Epatocentro Ticino (Switzerland)
New York University Grossman School of Medicine (USA)
Harvard Medical School (USA)
Hepatology Society (Bangladesh)
Hôpital Universitaire Pitié-Salpêtrière (France)
Hospital Israelita Albert Einstein (Brazil)
Icahn School of Medicine at Mount Sinai (USA)
Sociedad Argentina de Inmunología (Argentina)
Inova Fairfax Medical Campus (USA)
King’s College Hospital, Institute of Liver Studies (UK)
Klinikum Kassel (Germany)
Malcom Randall Department of Veterans Affairs Medical Center (USA)
Massachusetts General Hospital (USA)
Mayo Clinic (USA)
Meiji University (Japan)
Newcastle University (UK)
Policlinico Gemelli (Italy)
Postgraduate Institute of Medical Education and Research (India)
Sorbonne Université (France)
Storr Liver Centre (Australia)
Università di Padova (Italy)
Università di Torino (Italy)
Université Pierre et Marie Curie Hôpital Pitié (France)
University of Birmingham (UK)
University of British Columbia (Canada)
University of California (USA)
University of California - Berkeley (USA)
University of Florida (USA)
University of Leipzig Medical Center (Germany)
University of Oxford (UK)
University of Pennsylvania (USA)
Yale School of Medicine (USA)
Weill Cornell Medicine (USA)
Virginia Commonwealth University (USA)

ADDITIONAL INSTITUTIONAL PARTNERS
Liver Forum - The Forum for Collaborative Research (USA)
Forum for the Study of the Liver (Bangladesh)

NASH AROUND THE WORLD VIDEO

Like last year, IND 2021 was held on a virtual platform given the ongoing COVID-19 pandemic. GLI invited partners to participate in a NASH Around the World video, contributing short videos on how they address NASH in their countries. The response was incredible: GLI received 24 short videos from 20 countries. GLI compiled the varied points of view into a one-hour video, proof that educating communities about NASH takes place in churches, hospitals, schools, and wherever else advocates are able to reach people for this important cause.
NASH VIRTUAL EDUCATIONAL PANELS

OVERVIEW

Global Liver Institute is privileged to lead International NASH Day globally and is committed to its success and the safety and well-being of patients and partners during this pandemic. For this reason, this year, as with last year, GLI used a virtual format, shaping it as a virtual multi-platform experience to increase awareness about nonalcoholic fatty liver disease (NAFLD), nonalcoholic steatohepatitis (NASH) and the actions people can take to prevent and treat these diseases globally.

On June 10, GLI hosted eight live virtual educational panels featuring well-known international, clinical, research, and patient experts in liver disease, immunology, nutrition, transplantation, oncology, and public health. Panels were available with live simultaneous broadcast in five languages—English, Spanish, French, Mandarin and Hindi—for a broad worldwide audience to build awareness of and spark action to prevent NASH. The recordings of all the eight panels translated in the above mentioned five different languages, are now available on GLI’s YouTube channel.

PANEL STATISTICS

260 MINUTES AVERAGE TIME SPENT ONLINE

73 COUNTRIES REACHED VIA ONLINE REGISTRATIONS
NASH AND LIVER CANCER
AIRED THURSDAY, JUNE 10, 2021,
AT 3:00 P.M. CET/ 9:00 A.M. EDT

MODERATORS
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

Scott L. Friedman, MD, BS
Dean for Therapeutic Discovery
Fischberg Professor of Medicine
Professor of Pharmacologic Sciences
Chief, Division of Liver Diseases, Icahn School of Medicine at Mount Sinai
New York, NY, USA

SPEAKERS
Elisabetta Bugianesi, PhD, MD
Member, Lancet EASL Committee on Liver Disease in Europe
Associate Editor, Journal of Hepatology
Associate Professor of Gastroenterology and Hepatology, Department of Medical Sciences University of Torino
Turin, Italy

Luca Miele, PhD, MD
Hepatologist, Gastroenterologist, Internal Medicine
Liver Transplant Medicine, Gemelli Hospital, Catholic University of Rome
Rome, Italy

Giacomo Germani, PhD, MD, FEBTMI
University of Padova, Department of Surgery, Oncology and Gastroenterology DISCOG
Board Member, European Society for Organ Transplantation-European Liver and Intestine Transplant Association (ESOT-ELITA)
Padova, Italy

NASH AND OBESITY
AIRED THURSDAY, JUNE 10, 2021,
AT 9:00 A.M. CET/3:00 A.M. EDT

MODERATOR
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

Maral Abdelmalek, MD, MPH
Full Professor of Medicine, University of Lisbon
Director, Clínica Universitária de Gastroenterologia da Faculdade de Medicina da Universidade de Lisboa
Director, Laboratório de Nutrição da FML
Vice President, United European Gastroenterology (UEG)
Lisbon, Portugal

Manal Abdelmalek, MD, MPH
Professor of Medicine, Duke University School of Medicine
NAPLD Clinical Research Program, Duke University Medical Center
Durham, NC, USA

Helena Cortez-Pinto, Phd, MD
Professor of Medicine, University of Lisbon
Director, Clínica Universitária de Gastroenterologia da Faculdade de Medicina da Universidade de Lisboa
Director, Laboratório de Nutrição da FML
Vice President, United European Gastroenterology (UEG)
Lisbon, Portugal

Mazen Noureddin, MD
Health Director, Fatty Liver Program, Cedars-Sinai
Health Sciences Associate Clinical Professor, David Geffen School of Medicine, University of California at Los Angeles
Los Angeles, CA, USA

Elisabetta Bugianesi, PhD, MD
Member, Lancet EASL Committee on Liver Disease in Europe
Associate Editor, Journal of Hepatology
Associate Professor of Gastroenterology and Hepatology, Department of Medical Sciences University of Torino
Turin, Italy

Manal Abdelmalek, MD, MPH
Professor of Medicine, Duke University School of Medicine
NAPLD Clinical Research Program, Duke University Medical Center
Durham, NC, USA

Helena Cortez-Pinto, Phd, MD
Professor of Medicine, University of Lisbon
Director, Clínica Universitária de Gastroenterologia da Faculdade de Medicina da Universidade de Lisboa
Director, Laboratório de Nutrição da FML
Vice President, United European Gastroenterology (UEG)
Lisbon, Portugal

Mazen Noureddin, MD
Health Director, Fatty Liver Program, Cedars-Sinai
Health Sciences Associate Clinical Professor, David Geffen School of Medicine, University of California at Los Angeles
Los Angeles, CA, USA
PEDIATRIC NASH
AIRED THURSDAY, JUNE 10, 2021,
AT 11:00 A.M. CET/5:00 A.M. EDT

MODERATOR
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

SPEAKERS
Samar H. Ibrahim, MB, CHB, NASPGHAN-F
Consultant, Division of Pediatric Gastroenterology & Hepatology
Associate Professor of Pediatrics and Physiology
Medical Director Pediatric Liver Transplant Program
Fellow, North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN)
Member, Steering Committee for the Pediatric Special Interest Group (SIG) at AASLD
Rochester, MN, USA

Alisha M. Mavis, MD
Assistant Professor of Pediatrics
Pediatric Hepatologist, Division of Gastroenterology, Hepatology, and Nutrition
Duke University
Durham, NC, USA

Jennifer Panganiban, MD
Assistant Professor at the University of Pennsylvania
Director of Non Alcoholic Fatty Liver Program, Children’s Hospital of Philadelphia
Director of Inpatient Nutrition Support Service
Philadelphia, PA, USA

Johanna Ralston, BA, MPH, AMP
CEO, World Obesity Federation, and Global Health Leader in NCDs, Policy, Communications and Organizational Change
Cambridge, MA, USA

NASH AND DIABETES
AIRED THURSDAY, JUNE 10, 2021,
AT 1:00 PM CET/7:00 PM EDT

MODERATOR
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

SPEAKERS
Kenneth Cusi, MD, FACP, FACE
Professor of Medicine and Chief, Division of Endocrinology, Diabetes and Metabolism at the University of Florida
Gainesville, FL, USA

Stephen Harrison, MD, FACP, FAASLD, Col (ret.) USA
Visiting Professor of Hepatology at Radcliffe Department of Medicine, University of Oxford
Medical Director at Pinnacle Clinical Research
President, Summit Clinical Research
San Antonio, TX, USA

Pinar Topsever, MD
Professor of Family Medicine
Department Chair of Family Medicine
Acibadem Mehmet Ali Aydinlar University School of Medicine
Vice Chair, Primary Care Diabetes Europe (PCDE)
Istanbul, Turkey
BEYOND THE BIOPSY: INNOVATIONS IN DIAGNOSTICS
AIRED THURSDAY, JUNE 10, 2021, AT 7:00 P.M. CET/1:00 P.M. EDT

MODERATORS
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

Thomas Berg, MD
Vice-Secretary, EASL Governing Board (European Association for the Study of the Liver)
Professor of Medicine at the University of Leipzig
Head of the Division of Hepatology, Department of Medicine II, Leipzig University Medical Center
Leipzig, Germany

Vlad Ratziu, MD
Professor of Hepatology, Sorbonne Université
Hôpital Pitié, Salpêtrière Institute of Cardiometabolism and Nutrition
Paris, France

SPEAKERS
Quentin Anstee, BSc(Hons), MB BS, PhD, MRCP(UK), FRCP
Deputy and Dean for Research & Innovation, Faculty of Medical Sciences
Professor of Experimental Hepatology & Consultant Hepatologist
Translational & Clinical Research Institute, Faculty of Medical Sciences, Newcastle University
Newcastle, United Kingdom

Mohammed Eslam, MD, MSc, PhD
Professor of Hepatology, Storr Liver Centre, University of Sydney
Head of the Genetics and Fatty Liver Group at the Westmead Institute for Medical Research
Head of the International Liver Disease Genetic Consortium
Sydney, Australia

Vincent Wong, EdD, MEd, MA, MEd, MA, MCIArb
Chairman (RC), Eastern Regional Organization for Public Administration (ERGPA- United Nations PAN-Affiliated)
Visiting Researcher, University of Oxford
Visiting Professor, Meiji University
Senior Lecturer & Specialism Coordinator, Faculty of Education, the
University of Hong Kong
Hong Kong, China

MODERATORS
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

Arun J. Sanyal, MD, FFAASLD
Professor of Medicine, Physiology and Molecular Pathology, Div. of Gastroenterology at VCU Medical Center
Fellow, American Association for the Study of Liver Diseases (AASLD)
Chairman, NIH-NASH Clinical Research Network, the NIMBLE Consortium
Chairman, Liver Forum for NASH and Fibrosis
New York, NY, USA

SPEAKERS
Abhijit Chowdhury, MBBS, MD, DM
Clinical Professor and Chair of Liver Disease, Post Graduate Institute of Medical Education and Research
Lead researcher, Liver Foundation of West Bengal
Board Member, Indian National Association for Study of the Liver (INASL)
Kolkata, West Bengal, India

Mohammed Eslam, MD, MSc, PhD
A/Professor of Hepatology, Storr Liver Centre, University of Sydney
Head of the Genetics and Fatty Liver Group at the Westmead Institute for Medical Research
Head of the International Liver Disease Genetic Consortium
Sydney, Australia

Alnoor Ramji, MD, FRCP
Clinical Associate Professor of Medicine
Gastroenterology and Hepatology
Division of Gastroenterology, University Of British Columbia
Steering committee CanNASH
Vancouver, Canada

NASH IN LEAN INDIVIDUALS
AIRED THURSDAY, JUNE 10, 2021, AT 10:00 A.M. CET/ 04:00 A.M. EDT
NASH: A CONVERSATION IN THE BLACK COMMUNITY
Aired Thursday, June 10, 2021, at 6:00 p.m. CET/12:00 p.m. EDT

INTRODUCTION
Donna Cryer, JD
President and CEO, Global Liver Institute
Washington, DC, USA

MODERATOR
Rotonya Carr, MD, FACP
Associate Professor of Medicine, University of Pennsylvania
Director, Liver Metabolism and Fatty Liver Program
Associate Director, ITMAT Education
Founding Board Member, Association of Black Gastroenterologists and Hepatologists (ABGH)
Philadelphia, PA, USA

SPEAKERS
Sophie Balzora, MD, FACG
Clinical Associate Professor of Medicine, Division of Gastroenterology and Hepatology, New York University Grossman School of Medicine
President, Association of Black Gastroenterologists and Hepatologists (ABGH)
New York, NY, USA

Lorna Mills Dove, MD, MPH
Professor of Medicine
Medical Director, Adult Liver Transplant - Center for Liver Disease and Transplantation
Director of Clinical Hepatology, Cornell University Medical College
New York, NY, USA

Danita Myers, MS
NAFLD patient
Chief Revenue Cycle Manager at Quality Community Health Inc.
Philadelphia, PA, USA

#NASHDAY
Twitter, Instagram, and Facebook
(excludes LinkedIn)
4,008
POSTS
1,198
USERS
21,007
ENGAGEMENTS
3,833,219
REACH
11,672,601
IMPRESSIONS
(+400,000 compared to NASH Day 2020)

GLI FOLLOWERS AS OF JULY 21
Twitter 3,277
@globalliver
Instagram 2,210
@globalliver
Facebook 3,396
Global Liver Institute
LinkedIn 1,180

MOST ENGAGING ACCOUNTS

KEYWORDS
EDUCATIONAL MATERIALS

During International NASH Day, GLI released two new educational brochures: NASH & Diabetes and NASH in Lean Individuals.

These brochures are designed to educate patients, their families and communities about NAFLD/NASH. The first brochure underlines the high correlation between diabetes and NASH and increasing health risks if these comorbidities are left untreated. The second brochure analyzes NASH in cases not linked to obesity.

As NAFLD/NASH are progressive, chronic, life-threatening, and global diseases, these brochures are available for patients and stakeholders throughout the world in 16 different languages: Arabic, Chinese, Croatian, English, French, German, Hebrew, Hindi, Italian, Japanese, Macedonian, Portuguese, Russian, Spanish, and Turkish.

WEBSITE

Visit the Global Liver Institute International NASH Day website at wwwINTERNATIONAL-NASH-DAY.COM and discover our NASH-centered digital world.

The website includes a world map with IND partners’ events, the eight NASH-dedicated educational panel video recordings, an endorsing video from the biggest liver societies in the world, the NASH Around the World video, patient brochures available in 16 languages, and more.

What is NAFLD/NASH?

Nonalcoholic fatty liver disease (NAFLD) is a condition in which too much fat builds up in the liver. If left untreated, NAFLD can lead to serious liver problems.

Nonalcoholic steatohepatitis (NASH) is caused when that extra fat turns into inflammation (swelling in the liver) and fibrosis (scarring) of the liver. If severe enough, NASH can lead to cirrhosis or liver cancer, potentially requiring a liver transplant, which presents a difficult situation. Livers for transplants usually come from deceased donors, or people who have recently passed away, and the waiting period for these livers can be long, ranging from less than 30 days to five years in the United States alone.

The pancreas secretes insulin which helps glucose from food get into your cells for energy. Without insulin, the glucose stays in the blood and does not reach inside the cells.

Diabetes, a chronic disease, occurs when a person’s blood glucose (blood sugar) is elevated. In type 1 diabetes (T1D), the most common form appearing in children and adolescents, a person’s pancreas produces little to no insulin by itself. Evidence suggests that T1D is an autoimmune disease.

In type 2 diabetes (T2D), the most common form usually occurring in adults, a person’s body becomes less responsive (resistant) to insulin and the body cannot compensate and produce enough insulin to normalize glucose levels.

What is Diabetes?

It is common for patients to have both NAFLD/NASH and diabetes and, unfortunately, patients with both conditions have a higher risk of liver-related and non-liver related illness and premature death than those without liver disease.

An estimated 2-3 out of every 10 people in the world currently have NAFLD. 7 out of 10 people living with type 2 diabetes in the United States have NAFLD. An estimated 1 out of every 10 people in the world have diabetes.

What is NAFLD/NASH and Diabetes: What Should Patients Know?

Nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steatohepatitis (NASH) are liver diseases caused by an abnormal accumulation of fat in the liver.

NAFLD is the most common cause of liver disease in the United States and affects about 2-3 out of every 10 people worldwide. It is associated with obesity, type 2 diabetes, and metabolic syndrome, and can progress to more severe liver conditions such as NASH or cirrhosis.

NASH is a form of NAFLD that occurs when the fat in the liver causes inflammation and damage to liver cells, leading to fibrosis (scarring) and potentially liver cirrhosis. NASH is more serious than NAFLD and can lead to complications such as liver cancer and liver failure.

Diabetes is a chronic metabolic disease characterized by elevated blood glucose levels. There are two main types: type 1 diabetes (T1D) and type 2 diabetes (T2D).

T1D is an autoimmune disease where the body’s immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. T2D occurs when the body becomes resistant to insulin or produces insufficient insulin to maintain normal blood glucose levels.

Understanding the connection between NAFLD/NASH and diabetes is crucial for patients and healthcare providers. By managing both conditions, patients can improve their overall health outcomes and reduce the risk of complications.

The website includes a world map with IND partners’ events, the eight NASH-dedicated educational panel video recordings, an endorsing video from the biggest liver societies in the world, the NASH Around the World video, patient brochures available in 16 languages, and more.

What is NAFLD/NASH?

Nonalcoholic fatty liver disease (NAFLD) is a condition in which too much fat builds up in the liver. If left untreated, NAFLD can lead to serious liver problems.

Nonalcoholic steatohepatitis (NASH) is caused when that extra fat turns into inflammation (swelling in the liver) and fibrosis (scarring) of the liver. If severe enough, NASH can lead to cirrhosis or liver cancer, potentially requiring a liver transplant, which presents a difficult situation. Livers for transplants usually come from deceased donors, or people who have recently passed away, and the waiting period for these livers can be long, ranging from less than 30 days to five years in the United States alone.

The pancreas secretes insulin which helps glucose from food get into your cells for energy. Without insulin, the glucose stays in the blood and does not reach inside the cells.

Diabetes, a chronic disease, occurs when a person’s blood glucose (blood sugar) is elevated. In type 1 diabetes (T1D), the most common form appearing in children and adolescents, a person’s pancreas produces little to no insulin by itself. Evidence suggests that T1D is an autoimmune disease.

In type 2 diabetes (T2D), the most common form usually occurring in adults, a person’s body becomes less responsive (resistant) to insulin and the body cannot compensate and produce enough insulin to normalize glucose levels.

What is Diabetes?

It is common for patients to have both NAFLD/NASH and diabetes and, unfortunately, patients with both conditions have a higher risk of liver-related and non-liver related illness and premature death than those without liver disease.

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What is Diabetes?
Global Liver Institute, to stimulate the circulation of important information and engaging discussions on NASHDay, created a digital toolkit for social media:

WWWINTERNATIONALNASHDAYCOMTOOLKIT

GLOBAL LIVER INSTITUTE’S VIRTUAL CAPITOL HILL DAY FOR INTERNATIONAL NASH DAY WAS A HUGE SUCCESS.

Global Liver Institute’s Virtual Capitol Hill Day for International NASH Day 2021 was the culmination of months of research, advocating, coalition-building and convening to connect the liver health advocacy community with key legislators and staff on NASH health policy. Working with GLI’s Liver Action Network (LAN), advocates were able to show U.S. federal legislators the groundswell of support across the United States for fighting NASH and NAFLD.

The Virtual Capitol Hill Day provided an empowering opportunity for more than 30 NASH patients, health care providers, and clinicians to engage in the process of representative government and increase awareness for NASH and GLI’s NASH policy priorities, including the reintroduction of the NASH Care Act, in the U.S. Congress. Advocates virtually shared their lived experiences and knowledge in discussion with more than 20 congressional offices.

The NASH Care Act would act as a first step by the U.S. federal government to prevent, survey, and address NAFLD, NASH and interrelated conditions. Congressman Dan Crenshaw (TX-02) and Congressman Raul Ruiz (CA-36) originally introduced the Nonalcoholic Steatohepatitis (NASH) Care Act of 2020, H.R. 8658, in October 2020. GLI looks forward to continuing to collaborate with both congressional offices as the NASH Care Act nears its reintroduction.

From top left to bottom right, moving left to right:
Dr. Nicole Triggs with Baylor College of Medicine
Dr. Sanjiv Harpavat with Texas Children’s Hospital
Anthony Nguyen with Congresswoman Scott Peters (CA-52)
Rita McKeyney, Board of Directors, Liver Coalition of San Diego
Farrah Douglas with Liver Wellness Foundation
Thomas Krumenacker with UBS Financial Services Inc., California
Dr. Lisa Nyberg with Kaiser Permanente, California
Dr. Robert Gish with La Mastra Health Centers

From top left to bottom right:
Dr. Nicole Triggs with Baylor College of Medicine
Dr. Sanjiv Harpavat with Texas Children’s Hospital
Dr. Nita Bhorapur with University of California, Los Angeles (UCLA)
Dr. Charina Ramirez with University of Texas Southwestern
Dr. Sarah Barlow with University of Texas Southwestern
Mary Sawall with Texas Liver Foundation
Dr. Claudia Pham with University of Texas Southwestern
Jamaal Chesney with Congressman Dan Crenshaw (TX-02)
Hannah Anderson with Congressman Dan Crenshaw (TX-02)
Dr. Krupa Mysore with Baylor College of Medicine
Dr. Isabel Ropas with University of Texas Southwestern
CULINARY EVENT

International NASH Day 2021 featured the first-ever culinary demonstration on liver-healthy cooking techniques and tips. Celebrity chef Daniel Thomas, who has cooked for U.S. presidents and members of Congress, appeared virtually on camera with GLI CEO Donna Cryer to cook kale soup and crab quesadillas from their respective kitchens. Guests cooked at home, having received the fresh ingredient kits and recipe cards by mail. The event was a fund-raiser to support GLI’s programs. GLI is grateful for the participation of our allies who embrace cooking and dining for liver health.

NUTRISTYLE ANNOUNCEMENT

In conjunction with International NASH Day 2021, GLI and NutriStyle Inc. announced a personalized nutrition app for people living with liver disease, diabetes, and other chronic conditions or who want to maintain good liver health. The app will create personalized meal plans to meet the specific requirements set out by GLI nutritional advisors for people with NASH or general interest in liver health. The development reflects the importance of nutrition in preventing and managing liver diseases and related conditions. Please see https://nutristyle.com/global-liver-institute.
PARTNER EVENT HIGHLIGHTS

AFRICA

ALPA, AFRICAN LIVER PATIENTS ASSOCIATION (PAN AFRICAN)

ALPA participated as an IND partner, for the first time, with a virtual awareness campaign and a NASH-focused video posted on its Facebook page on June 10.

VALUE HEALTH AFRICA (CAMEROON)

Value Health Africa (VAHA)'s mission is to alleviate human suffering by improving health and well-being for all, irrespective of age, gender or race, in Cameroon and Africa at large. First time partner for IND 2021 and GLI grassroots grant recipient, VAHA produced a video for NASH Around the World in which Dr. Ndum Oliva speaks about NASH.

LAFIYA WEALTH INITIATIVE (NIGERIA)

Lafiya Wealth Initiative successfully conducted its third IND participation. The main goal of its advocacy and social media awareness campaign was to highlight NASH risk factors and define health service needs in Nigeria. The executive director, Dr. Laz Ude Eze, organized the distribution of GLI’s informative NASH materials in three hospitals in Abuja and an online webinar on NASH with specialists and patients. The organization participated in the NASH Around the World video and is a GLI grassroots grant recipient.

EMPOWERMENT FOR SUSTAINABLE LIVELIHOOD (GHANA)

IND in Ghana was successfully organized by Empowerment for Sustainable Livelihood, a non-profit organization in the Sunyani, Bono Region (Accra). In the Service Training Centre, William Jacob Ocram organized a full training day on NAFLD-NASH, focusing on pediatric NASH, general NAFLD-NASH awareness, NASH diagnosis, and options for NASH treatment. EFSL is a GLI grassroots grant recipient. EFSL also produced a video for NASH Around the World.

COHECF (KENYA)

Christian Community Healthcare Foundation-Kenya (COHECF-Kenya) is a non-sectarian, not-for-profit organization based in Kitale, Kenya. The foundation empowers local communities for sustainable development. Empowerment is reached through key pillars of health, education, peace, economic empowerment and agriculture. First time IND partner and GLI grassroots grant recipient COHECF-Kenya participated in the NASH Around the World video.
PARTNER EVENT HIGHLIGHTS

ASIA & PACIFIC

AUSTRALIAN PATIENTS ASSOCIATION (AUSTRALIA)

APA CEO Stephen Mason answered GLI’s invitation to be partners for IND 2021. APA’s first participation helped GLI raise awareness and spread information among the Australian audience through a press release on the group’s website and social media.

BANGABANDHU UNIVERSITY (BANGLADESH)

IND 2021 saw the fourth participation of Professor Mahmun AI Mahtab and Bangabandhu University. GLI is grateful for the professor’s commitment and applauds his organization of many different events to build NASH awareness. Adding the name of a Bangladeshi national hero, Bangabandhu, was his idea to make the event closer to local people. Prof AI Mahtab is a GLI grassroots grant recipient. Here is a list of the events organized for IND 2021:

- Webinar by the Association for the Study of Liver Diseases
- Webinar by the Forum for the Study of the Liver, Bangladesh and Specialized Liver Centre, Dhaka
- Webinar organized by BSMMU Hepatology Alumni Association
- Talk show on Channel 24, a TV channel in Bangladesh
- Webinar by Cumilla Liver Club
- Webinar by the Liver Care Group, Chattagram
- Scientific seminar organized by Department of Hepatology, Rajshahi Medical College, Rajshahi
- Talk show on Rehealth TV of Bangladesh
- Scientific seminar organized by Department of Hepatology, Shaheed Suhrawardi Medical College, Dhaka
- Talk show on Raj TV of Bangladesh

INDIAN NATIONAL ASSOCIATION FOR STUDY OF THE LIVER

INASL partnered with GLI for IND 2021 and was an official endorser of the event. On June 10 they organized a live webinar titled “Non Invasive Testing for NASH & Fibrosis”.

Some numbers on INASL impact with IND:

- More than 3000 Health Care Professionals who take a pledge for NASH Awareness.
- More than 2800 awareness standees installed at leading liver clinics across India.
- Their silent film on NASH awareness had a big success through social media.

PARTNER EVENT HIGHLIGHTS

CENTRAL AND SOUTH AMERICA

CIG - CENTRO DE INVESTIGACIÓN Y GASTROENTEROLOGÍA (MÉXICO)

CIG is one of the oldest IND partners and GLI grassroots grant recipients. This year the organization participated in the NASH Around the World partners’ video and organized a mobile clinic to visit some Mexico City neighborhoods for awareness campaigns. Its video topic was re-introducing the traditional Mexican healthy diet, “dieta de la milpa.”
**FUNDACIÓN SAYANI (ARGENTINA)**

Fundación Sayani in San Salvador de Jujuy, Argentina, is one of the oldest IND partners and GLI grassroots grant recipients. Fundación Sayani enthusiastically participated in the NASH Around the World video.

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**ALEH, ASOCIACIÓN LATINOAMERICANA PARA EL ESTUDIO DEL HÍGADO (LATIN AMERICA)**

ALEH is a traditional IND partner. This year the Latin American Association for the Study of the Liver officially endorsed International NASH Day for the first time. ALEH produced a dedicated video for NASH Day, embedded in the GLI website. In the video, doctors and specialists describe the main aspects of NAFLD and spread awareness on NASH from the following 11 countries: Honduras, Brazil, Guatemala, Mexico, Argentina, Chile, Cuba, Nicaragua, Peru, the Dominican Republic, and Uruguay. The long list of countries and the video’s being in Spanish and English ensured a widespread distribution of ALEH’s message about NASH.

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**AANEP, ASOCIACIÓN ARGENTINA DE NUTRICIÓN ENTERAL Y PARENTERAL (ARGENTINA)**

AANEP joined IND for the first time in 2021, as GLI’s work is becoming known in South America. The group produced a video for NASH Around the World focusing on diet to prevent and tackle NASH.

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**HOSPITAL ISRAELITA ALBERT EINSTEIN (BRAZIL)**

Hospital Israelita Albert Einstein in Sao Paulo participated again this year in IND with Dr. Bianca Della Guardia, hepatologist, who produced a video on NASH in Brazil for our NASH Around the World video. The hospital also participated with a social media campaign and a live webinar on NASH on its Youtube channel.

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**PARTNER EVENT HIGHLIGHTS EUROPE**

**EUROPEAN ASSOCIATION FOR THE STUDY OF THE LIVER**

As with IND 2020, EASL officially endorsed IND 2021. In addition to participating in the social media campaign on the day, EASL leaders contributed their expertise to the following panels:

- EASL Secretary General Philip Newsome, “NASH as a Global Public Health Challenge”
- Member of the EASL–Lancet Committee, Dr Elisabetta Bugianesi, “NASH and Liver Cancer”
- EASL Vice Secretary Thomas Berg, “Beyond the Biopsy: Innovations in Diagnostics”
DEUTSCHE LEBERHILFE (GERMANY)
Long-standing IND partner Deutsche Leberhilfe produced a press release in German on June 8 and participated in IND 2021 with an active social media campaign and a video for NASH Around the World describing the German situation regarding NASH. Deutsche Leberhilfe is a GLI grassroots grant recipient.

HELPA PROMETHEUS (GREECE)
Helpa Prometheus is GLI’s main point of reference for liver awareness in Greece. The group produced a video in Greek with English subtitles to celebrate NASH Day. The video was included in NASH Around the World. The group also publicized IND on its website. Helpa Prometheus is a GLI grassroots grant recipient.

PBC FOUNDATION (UK, SCOTLAND)
The PBC Foundation partnered again this year with GLI for IND. It hosted a PBC/NASH/NAFLD project for IND 2021, a webinar held on June 10, and hosted a live meeting. In partnership with the Global Liver Institute, Dr. George Mells and Dr. Tessa Cacciottolo discussed all things PBC, NAFLD and NASH, incorporating a live Q&A session. The video link, still available on the foundation’s Facebook page and YouTube channel, has, to date, over 1,000 views.

GLI logo is also present in the Bear Facts magazine, sent to all registered members via a channel of their choosing (by post or by email) and available to all 13,000 members via the foundation’s website. PBC foundation is a GLI grassroots grant recipient.

SLAP (NORTH MACEDONIA)
Save the Liver Association for Patients from North Macedonia is a well-established IND partner. This year Biljana Mircheska, SLAP president, was interviewed by a local radio station to talk about NASH. Then, on June 6 SLAP held a forest walk to raise awareness of a healthy lifestyle and diet. On NASH Day, the group held a press conference to raise awareness for the Macedonian public. A doctor and a nutritionist took part. SLAP translated and produced GLI materials in Macedonian to be distributed to people attending the NASH Day event. SLAP also participated in the NASH Around the World video and is a GLI grassroots grant recipient.

SWISS NASH FOUNDATION (SWITZERLAND)
Swiss NASH foundation is an IND partner and GLI grassroots grant recipient. The foundation participated with Dr. Jean François Dufour in the NASH Around the World video.

KING’S COLLEGE HOSPITAL (UK)
London’s King’s College Hospital partnered again this year with GLI with the participation of Dr. Saima Aja, founder of NAFLD patient support group LI9IT, who participated in the NASH Around the World video and also provided GLI with a longer video available on the GLI website, “The Patient Perspectives on NASH Trials and Disease Management,” a webinar by King’s College Hospital on IND 2021.
EVIDENCE-BASED MEDICINE SUPPORT AND DEVELOPMENT FOUNDATION (RUSSIA)

Professor Pavel Bogomolov partnered again with GLI for IND 2021 after being a panelist last year. He and Dr. Olga Nechaeva, speakers in the foundation’s video for NASH Around the World, shined a light on the NASH situation in Russia. The foundation is a GLI grassroots grant recipient.

LPI, LIVER PATIENTS INTERNATIONAL (BELGIUM)

Liver Patients International, a well-established IND partner, was one of the first organizations to produce a video for NASH Around the World. Its continuous growth as an organization shows its commitment to the cause. LPI is a GLI grassroots grant recipient.

HEPATOS (CROATIA)

Hepatos is an IND partner that organized an in-person event. On June 10, it held an awareness and screening campaign in Split with a mobile clinic for testing patients.

Parallel to IND, for the first time this year, Hepatos organized the Croatian Liver Week and GLI’s president, Donna Cryer, was invited as a speaker for a webinar on June 12. Hepatos is a GLI grassroots grant recipient.

HEPATITIS HELFE ÖSTERREICH (AUSTRIA)

GLI’s point of contact with the Austrian liver community is HHO, a well-established IND partner. The group produced a press release in German for IND and a video, available on IND’s dedicated website, on the Austrian perspective on Fatty Liver Disease with hepatologist Dr. Thomas Reiberger. HHO is a GLI grassroots grant recipient.

PARTNER EVENT HIGHLIGHTS MIDDLE EAST

EGYPTIAN LIVER HOSPITAL (EGYPT)

The hospital participated for the first time in IND 2021 as a partner and GLI grassroots grant recipient. Dr. Gamal Shihab presented the work of the specialized clinic in an awareness video included by GLI in NASH Around the World.

HETZ - THE ISRAELI ASSOCIATION FOR THE HEALTH OF THE LIVER (ISRAEL)

The Israeli Association for the Health of the Liver, led by Julio Bauman, participated in the NASH Around the World video. HETZ is a GLI grassroots grant recipient.
DIALEB (LEBANON)
The National Diabetes Organization, DiaLeb, promotes diabetes care and prevention and supports research in search for a cure. To do so, DiaLeb promotes healthy lifestyles and spreads awareness about diabetes to make living with the disease more manageable for all those affected and their families. DiaLeb is a first-time partner and IND participant. As a GLI grassroots grant recipient, DiaLeb produced an informative video for NASH Around the World.

HEP YASAM (TURKEY)
Hep Yasam reached out through the GLI partners network and participated in International NASH Day for the first time this year. Hep Yasam is a GLI grassroots grant recipient and produced a video for NASH Around the World.

PARTNER EVENT HIGHLIGHTS NORTH AMERICA

ABGH, ASSOCIATION OF BLACK GASTROENTEROLOGISTS AND HEPATOLOGISTS (USA)
For the first time, ABGH organized and led one of the virtual NASH educational panels, "NASH: A Conversation in the Black Community." Dr Rotonya Carr, founding member of ABGH, was moderator and Sophie Balzora, ABGH director, was a panelist. NAFLD patient Danita Myers riveted viewers with her story of receiving a surprising diagnosis and making lifestyle changes to prevent her condition from progressing.

AMERICAN LIVER FOUNDATION (USA)
The American Liver Foundation participated as an IND partner in the NASH Around the World video, discussing its approach to tackling the spread of NASH within the United States.
CHILDREN’S HOSPITAL OF PHILADELPHIA (USA)

Dr. Jennifer Panganiban, director of the Non-alcoholic Fatty Liver Disease Clinic at Children’s Hospital of Philadelphia (CHOP), participated as a panelist on “Pediatric NASH.” Also CHOP produced a 20-minute video, included on GLI’s International NASH Day website, showing some healthy recipes and easy-to-do home exercises to combat a sedentary lifestyle.

FATTY LIVER FOUNDATION (USA)

The Fatty Liver Foundation, a GLI grassroots grant recipient and IND partner, participated in the IND partners’ video NASH Around the World.

NASDAQ TOWER, INTERNATIONAL NASH DAY BILLBOARD (USA)

For the second year, Enanta Pharmaceuticals elevated International NASH Day to new heights with an eight-story billboard on the Nasdaq Tower in Times Square in New York City.

NASH KNOWLEDGE (USA)

NASH kNOwledge, based in Pittsburgh, Pennsylvania, is a GLI grassroots grant recipient. The group created a video on healthful food and family cooking for the NASH Around the World video.

THE LIVER FORUM, UNIVERSITY OF CALIFORNIA BERKELEY SCHOOL OF PUBLIC HEALTH (USA)

The Liver Forum supported GLI during IND with a social media campaign and spreading the news through its newsletter.

YALE MEDICINE (USA)

Yale Medicine, the clinical practice for the Yale School of Medicine, joined forces with GLI and was a first-time partner for IND 2021. Its doctors participated in a social media campaign, on-campus awareness campaigns, and produced a video for NASH Around the World.
## 2021 SPONSORS

Global Liver Institute is grateful for the leadership and generous contributions of our financial sponsors whose support makes International NASH Day possible and effective.

## APPENDIX A

### FULL LIST OF PARTNERS

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>CITY</th>
<th>STATE (US)</th>
<th>COUNTRY</th>
<th>WEBSITE</th>
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<tr>
<td>AASLD - American Association for the Study of Liver Diseases</td>
<td>Alexandria</td>
<td>Virginia</td>
<td>USA</td>
<td><a href="https://www.aasld.org">https://www.aasld.org</a></td>
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<td>ABGH - Association of Black Gastroenterologists and Hepatologists</td>
<td>New York</td>
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<td>AMH - Mexican Association of Hepatology</td>
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<td>ALEH - Asociación Latinoamericana para el Estudio del Hígado</td>
<td>Santiago de</td>
<td>Chile</td>
<td>Chile</td>
<td><a href="https://alehlatam.org/">https://alehlatam.org/</a></td>
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<td>APASL - Asian Pacific Association for the Study of the Liver</td>
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<td>ASTS - American Society of Transplant Surgeons</td>
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<td>California</td>
<td>USA</td>
<td><a href="https://www.ternspharma.com/">https://www.ternspharma.com/</a></td>
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<td>Zydus Cadila</td>
<td>Ahmedabad</td>
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<td>India</td>
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