Falls Prevention Awareness Day 2016

A Compendium of State and National Activities

Ready, Steady, Balance: Prevent Falls in 2016
Acknowledgement

The National Council on Aging (NCOA) gratefully acknowledges our federal and national partners and the State Falls Prevention Coalitions for participating in Falls Prevention Awareness Day (FPAD) and contributing to this report. Beyond FPAD, we appreciate their year-round efforts to prevent falls and fall-related injuries among older adults.

We would also like to express our gratitude to the U.S. Administration for Community Living/Administration for Aging for their continued support of national falls prevention efforts.
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Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten older adults’ safety and independence and generate enormous economic and personal costs. Many falls can be prevented through education about fall risk factors, practical lifestyle adjustments, and participation in evidence-based falls prevention programs.

Since 2007, the National Council on Aging’s (NCOA) Falls Free® Initiative has led the annual Falls Prevention Awareness Day (FPAD) to raise awareness about the impact of falls among older adults, share fall prevention strategies, and advocate for the expansion of evidence-based community falls prevention programs. Through FPAD efforts, the NCOA Falls Free® Initiative and partners engage professionals, policymakers, older adults, and caregivers to reduce and prevent the number of falls among older adults.

The 9th annual FPAD was the most successful FPAD campaign yet, with increased participation from national organizations, federal agencies, coalitions, and state and local partners. National FPAD awareness and media efforts reached an estimated 101 million individuals. At the state and community level, the State Falls Prevention Coalitions members reached nearly 1.5 million individuals through education, awareness, and advocacy efforts, as well as fall-risk screenings and fall prevention programs.

The NCOA Falls Free® Initiative hopes this compendium of national and state FPAD efforts will serve as a resource to maximize FPAD 2017 impact and beyond.
Facts about Falls

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs.

Falls are common

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.¹
- One out of five falls causes a serious injury such as broken bones or a head injury.²³
- Each year 2.8 million older adults are treated in emergency departments for fall injuries, including over 800,000 hospitalizations and more than 27,700 deaths.⁴
- Over 300,000 older adults are hospitalized for hip fractures each year. More than 95% of hip fractures are caused by falling.⁵⁶
- Falls are the most common cause of traumatic brain injuries.⁷
- Falls, with or without injury, impact quality of life. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in physical decline, depression, social isolation, and feelings of helplessness.

Falls are costly

- The average hospital cost for a fall injury is over $30,000.⁸
- Adjusted for inflation, the annual direct medical costs for fall injuries are $31 billion. Hospital costs account for two-thirds of the total.⁸
- The financial toll for older adult falls is expected to increase as the population ages and may reach $67.7 billion by 2020.⁹

Falls are preventable

Falling is not an inevitable result of aging. The number of falls among older adults can be substantially reduced through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships. Annual national and local Falls Prevention Awareness Day efforts raise awareness about how to prevent fall-related injuries among older adults.
NCOA’s National Falls Prevention Resource Center and Falls Free® Initiative

NCOA leads the National Falls Prevention Resource Center (NFPRC), which supports awareness and educational efforts about falls and promotes evidence-based falls prevention programs and strategies across the nation. The NFPRC serves as the national clearinghouse of tools, best practices, and other information on falls and falls prevention. The NFPRC is supported by Prevention and Public Health Funds from the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services.

NCOA also leads the Falls Free® Initiative. Founded in 2005, the Falls Free® Initiative is a nationwide effort to increase advocacy, awareness, and education about falls prevention. The Falls Free® Initiative includes:

- The 2015 National Falls Prevention Action Plan: A framework for implementing an effective, sustainable approach to reduce falls among older adults over the next 5-10 years. The National Falls Prevention Action Plan is a product of key recommendations and evidence-based strategies collected during the Falls Prevention Summit, a White House Conference on Aging event held in April 2015.

- A National Coalition: Over 70 organizations charged with working toward the progress of one or more of the strategies in the National Falls Prevention Action Plan.

- Statewide Falls Prevention Coalitions: 42 statewide coalitions with a common goal of reducing older adult falls, fall-related injuries, and deaths in their communities or states. Members are engaged in disseminating proven falls prevention programs, advocating for funding, and educating older adults about how they can reduce their risk of falling.

- Annual Falls Prevention Awareness Day: A national event to raise awareness about how to prevent fall-related injuries and deaths among older adults.
Falls Prevention Awareness Day Overview

History of Falls Prevention Awareness Day (FPAD)

Launched in 2005, the Falls Free® Initiative was created to promote the strategies in the 2005 National Action Plan. The Falls Free® Initiative brought together national and state agencies to collaboratively address older adult falls with evidence-based solutions. In 2006, the Falls Free® Initiative accelerated with the addition of the State Coalitions on Falls Prevention Workgroup. The purpose of the Workgroup members was to develop state or large regional coalitions through which multidisciplinary organizations could address falls, deter duplication of efforts, raise awareness, and facilitate necessary roles of resource coordination, policy development, and systems change at the state level.

In 2008, the 10 state-member Falls Free® State Coalitions on Fall Prevention Workgroup gained bipartisan sponsorship of the first annual National Falls Prevention Awareness Day (FPAD) resolution in the U.S. Senate. FPAD has obtained bipartisan sponsorship every year since then. The number of states observing the annual FPAD grew from 4 in 2007 to 41 states and the District of Columbia in 2016.

Ready, Steady, Balance: Prevent Falls in 2016

The 9th annual FPAD on September 22, 2016 was observed by 41 states and the District of Columbia. FPAD events raised awareness about the personal and financial impact of falls among older adults; provided education about how to prevent falls; screened older adults for fall risks; and advocated for the expansion of evidence-based fall prevention programs.

State and community initiatives were assessed through NCOA’s annual online survey of the Falls Free® Initiative State Falls Prevention Coalition members which consists of 41 State Falls Prevention Coalitions, the Washington, D.C. Falls Free Coalition, and two states that are in the process of developing an official coalition. The coalitions and states that completed the survey reached nearly 1.5 million individuals through their FPAD 2016 efforts:

- 1.1 million older adults, family caregivers, and professionals were reached through fall prevention awareness and education campaigns,
- 122,000 people, including policymakers, were reached through advocacy efforts,
- 91,000 individuals participated in evidence-based fall prevention programs, and
- 18,000 people were screened for fall risk factors.
State Falls Prevention Coalitions

The fall prevention coalition and state narratives that follow paint a portrait of the breadth and dedication of those at the state and community levels who do so much. The state narratives are rich with many more creative ideas, initiatives, partnerships, and activities.

We hope you join the Falls Free® Initiative and our partners in promoting Falls Prevention Awareness Day 2017 on September 22nd, the first official day of fall.
The Massachusetts Falls Prevention Coalition’s 10th annual Falls Prevention Awareness Day observation event at the State House in Boston. Local legislators and their staff attended the event to listen to educational presentations, participate in an exercise demonstration, and pick up a great array of information on preventing falls.
National Falls Prevention Awareness Day Initiatives

National Declaration by the U.S. Senate

U.S. Senate Resolution 593 designated September 22, 2016 as National Falls Prevention Awareness Day to raise awareness and encourage the prevention of falls. The resolution was sponsored by Senator Collins [R-ME] and co-sponsored by Sen. McCaskill [D-MO].

Media Outreach

NCOA’s FPAD 2016 national media efforts reached an estimated 101 million individuals through a digital news release, Twitter, Facebook, and educational videos, blog posts, and webpages.

Digital News Release

The FPAD digital news release served as a central point for partners and media outlets to directly download a variety of FPAD outreach materials, such as the 6 Steps to Prevent a Fall video and falls prevention infographics. The news release generated 250 news stories about FPAD and reached an estimated 94 million people.

Twitter

NCOA created the hashtag #FPAD2016 to provide a forum for people to ask questions and share fall facts, prevention tips and resources, photos of educational events, and more. In the week leading up to FPAD, nearly 8,000 tweets used the #FPAD2016 hashtag or the phrase “Falls Prevention,” reaching an estimated 5 million Twitter accounts.

On September 13, 2016, NCOA and the American Occupational Therapy Association hosted a one hour FPAD Twitter chat. The chat generated over 1,000 tweets and prompted an international conversation about tips to prevent falls and the fear of falling, home modifications, medication management techniques, and more.

Facebook

NCOA partnered with the American Occupational Therapy Association to live stream a virtual home safety tour on Facebook. The tour demonstrated simple home modifications older adults and caregivers can make to prevent falls, such as ensuring proper lighting in hallways, installing grab bars in the bathroom, and adding strips of colored tape to stair edges to better visualize stairs. The video is archived on NCOA’s Facebook page and has been viewed nearly 100,000 times.

In the weeks leading up to FPAD, NCOA shared nine Facebook posts that reached 25,000 people and generated 600 likes, comments, and shares.
Blog Posts & Videos
NCOA shared several blog posts and videos to educate older adults, caregivers, and professionals about strategies to prevent falls.

- **Blog Posts**
  - 18 Steps to Fall Proofing Your Home
  - You Have the Power to Prevent a Fall

- **Videos**
  - You Have the Power to Prevent a Fall
  - 6 Steps to Prevent a Fall Video in English
  - Falls Free® Initiative Video Contest Winners
  - Facebook Live Virtual Home Safety Tour

Webpages & Annual FPAD Webinar
In preparation for FPAD 2016, NCOA updated the Falls Prevention Awareness Day webpage with new tools, resources, and initiatives to help individuals plan and promote a successful FPAD campaign. New resources included an updated media toolkit, an educational video about four evidence-based fall prevention programs, advocacy tools and resources, and a badge icon to brand FPAD promotional materials.

NCOA's annual FPAD webinar was promoted by state and local fall prevention coalitions and many national partners. Over 500 individuals joined the webinar to learn about ideas, tools, and new resources to maximize their impact on FPAD and beyond.

Falls Prevention Awareness Day 2016: National Social Media Efforts
Led by the National Council on Aging Falls Free® Initiative
Total Reach: 101 Million People

- 50,000 page views on NCOA’s fall prevention webpages
- 450,000 people reached through NCOA Facebook posts
- 250 news stories reached an estimated 94+ million people
- NCOA’s 6 Steps to Prevent a Fall video were viewed 20,000+ times
- 9,000 tweets using #FPAD16
National and Federal Partners

**American Physical Therapy Association (APTA)**

APTA is a long standing Falls Free Initiative® partner in the effort to prevent falls and promote awareness and assessment skills among APTA members. APTA emailed FPAD resources to all of their members. The APTA monthly student newsletter, the *Professional Pulse*, also encouraged student members to participate in FPAD 2016.

**American Occupational Therapy Association (AOTA)**

AOTA partnered with NCOA to host a Twitter chat and Facebook Live video. They also issued a FPAD press release that generated over 20 media articles.

**American Society of Consultant Pharmacists (ASCP)**

The ASCP engaged their network of over 9,000 pharmacy professionals, including students, serving the unique medication needs of the senior population in a variety of settings. ASCP partnered with NCOA and conducted two webinars about falls prevention in conjunction with FPAD. In addition, this partnership created a Falls Risk Reduction Tool Kit that was launched in October 2016. This toolkit guides clinicians through a comprehensive assessment of falls risk inducing medications and medical conditions and conveys the importance of falls risk detection and management via an interprofessional approach. Given that medications and chronic conditions are often implicated as a risk factor for falling, the role of the pharmacist in falls risk reduction is emphasized.

**Centers for Disease Control and Prevention (CDC)**

The CDC’s STEADI (Stopping Elderly Accidents, Deaths, and Injuries) fall prevention tools and educational materials were used nationwide to conduct fall risk assessments and referrals to fall prevention programs and services. CDC’s STEADI initiative provided professionals with educational materials to share with older adults, such as the “Check for Safety: A Home Fall Prevention Checklist for Older Adults,” and the “What YOU Can Do to Prevent Falls” brochure.

The CDC’s National Center for Injury Prevention and Control announced FPAD 2016 in the *Morbidity and Mortality Weekly Report*. The report offered the public health community fall prevention recommendations and resources and updated fall statistics. CDC also developed a digital press kit that included a press release, CDC expert quotes, and infographics.

**Genesis Rehab Services (GRS)**

GRS provides physical therapy, occupational therapy, speech therapy, respiratory therapy, and wellness services, primarily for older adults. Over 250 GRS sites in 38 states provided fall prevention education, screening, and/or intervention activities to nearly 7,000 older adults.
The following information is based on responses to NCOA's annual FPAD online survey of the Falls Free® Initiative State Falls Prevention Coalitions. Survey data are used to estimate the impact and reach of state FPAD efforts. A total of 45 states completed the survey. Survey respondents consisted of 42 State Falls Prevention Coalitions, the Washington, D.C. Falls Free Coalition, and two states that are in the process of developing an official coalition. Coalition leaders and state contacts were asked to collect FPAD activity information from their statewide partners and designate one person to complete the survey. Survey responses were collected from September 2016 to January 2017. The data reported here are only a proxy for the overall progress and impact of FPAD 2016.

Overview

Across the states that completed the survey, nearly 1.5 million individuals were reached through FPAD 2016 activities and events. Survey respondents reported the estimated number of people reached across four specific areas:

- Awareness and education
- Fall prevention evidence-based programs
- Advocacy
- Fall-risk screenings

Over one-third of states (35%) observed falls prevention awareness for an entire month, while 22% observed one day of activity focused on September 22. Hawaii began its FPAD observance in June in conjunction with other observations, extending awareness activities through August. Eighteen states paired FPAD with other observances, such as health fairs, Senior Center Month, National Physical Therapy Month, and flu vaccination events.

Awareness and Education

All reporting states coordinated fall prevention awareness and educational activities for older adults, caregivers, and/or professionals. Awareness outreach efforts included distribution of fall prevention information (89%), providing educational presentations/lectures/webinars (82%), and conducting fall risk assessments (80%). Table 1 highlights key outreach activities.

<table>
<thead>
<tr>
<th>Table 1: Awareness and Education Outreach Activities (n=45)</th>
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<tbody>
<tr>
<td>Distributed falls prevention information</td>
</tr>
<tr>
<td>Provided falls prevention presentations/lectures/webinars</td>
</tr>
<tr>
<td>Conducted falls risk screening event(s)</td>
</tr>
<tr>
<td>Outreach through traditional media, e.g., newspaper articles, radio, TV</td>
</tr>
<tr>
<td>Outreach through social media, e.g., Facebook, Twitter</td>
</tr>
<tr>
<td>Distributed a press release</td>
</tr>
<tr>
<td>Hosted or participated in a health fair</td>
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<tr>
<td>Held a press conference</td>
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Falls Prevention Awareness Day 2016:
Falls Prevention Coalition and State Outreach

Total Reach: 1.5 Million Older Adults, Caregivers, and Professionals

Coalition & State Participation
44 States and Washington, D.C. participated

Fall Risk Assessments
80% conducted fall risk assessments

Advocacy
121,875 people were reached through advocacy efforts

Governor’s Proclamations for FPAD
71% obtained a state proclamation/declaration for FPAD

Student Involvement
87% engaged students in FPAD activities

Awareness & Education
100% conducted educational activities to raise awareness about falls prevention
States reported many creative awareness and education events and activities, including:

- **New Hampshire** partnered with the Fire Marshal Office to distribute 10,000 fire and fall prevention placemats at congregate meal sites.

- **Oregon** hosted its annual Tai Chi Flash Mob in Portland. Participants included older adults from the Native American Youth and Family Association Elders, Promotores de Salud, Portland LGBTQ Community Center, and Tai Chi classes at St. Andrew and St. Charles Catholic Churches.

- **Iowa** hosted the second annual Iowa’s Largest Tai Chi Class at the State Capitol, with multiple organizations participating remotely. The demonstration also included a lecture on falls prevention and “Laughter Yoga”.

- **Florida** engaged participants in a fun, thought-provoking fall prevention game show.

- The **New Jersey** Division of Aging Services printed and distributed 36,000 Falls Prevention Awareness placemats to partners, including several hospital systems throughout the state.

- **Ohio** hosted a statewide *10 Million Steps to Prevent Falls* awareness campaign. Individuals and organizations from around the state were invited to walk at least one mile to raise awareness about falls. Over 3,500 Ohioans walked approximately 6,800 miles for a total of 17 million steps.

- **North Carolina** posted fall prevention myths and tips in older adult residents’ monthly newsletters.

- The **Massachusetts** Association of Councils on Aging published a newsletter article on “Medication Safety and Falls.” The article was authored by a pharmacist who participates in the Massachusetts Commission on Falls Prevention and the State Falls Prevention Coalition.

- **Alaska** provided fall prevention outreach at a health fair in Unalaska.

- The **New Mexico** Albuquerque Area Southwest Tribal Epidemiology Center promoted FPAD to 27 American Indian communities, including tribal falls data and the Tribal Injury Prevention Program Elder Fall Prevention fact sheet.

- **Nebraska** conducted “shoe audits” for older adults at a local health fair and held a Tai Chi demonstration on World Tai Chi Day.

- **Kentucky** provided demonstrations on how to get up from a fall.

- **South Dakota** distributed educational fall prevention information to doctors and spoke with physical therapy and occupational therapy students regarding the STEADI fall risk assessment tool and the Otago fall prevention program.

- **Washington** hosted a Fall Fair that included vision and blood pressure screenings, a Tai Chi demonstration, and non-skid sock giveaways distributed by a staff person dressed as a banana.

- **Delaware** distributed 800 fall prevention awareness ribbons throughout the state.

- **Hawaii** produced a 30 minute Prime Time Television Fall Prevention Special, conducted fall prevention awareness events at the largest hardware company in the state, and displayed educational posters on buses ridden by over 650,000 people.

- **Arizona** provided 1,000 Falls Free® Ribbons and “Our Calling is to Prevent Falling” bracelets to partner organizations.
Fall Risk Screenings

Research has identified several factors that place older adults at risk for falls. The most effective fall prevention efforts screen and assess for these risk factors and educate older adults about how to avoid them. Eighty percent (80%) of states assessed older adults for fall risk factors as part of their FPAD activities. The majority of states conducted balance assessments, medication reviews, blood pressure and/or orthostatic blood pressure checks, home safety assessments, and/or multifactorial screenings. Additional screenings included vision, hearing, osteoporosis, bone density, neuropathy, podiatric, HIV, and glucose. Figure 1 highlights the most common fall risk screenings conducted by coalitions and states.

**Figure 1: Fall Risk Screenings Conducted by Coalitions and States (n=37)**

![Graph showing fall risk screenings conducted by coalitions and states](image)

Evidence-Based Programs

**Evidence-based falls prevention programs** for older adults have been proven through research to reduce falls and falls risks. Programs are available for older adults with low, moderate, and high risk for a fall. Depending on the program, workshops or sessions may focus on strength and balance exercises, fall prevention education, behavior change, cognitive restructuring, or any combination thereof. Descriptions of select evidence-based falls prevention programs can be found in Appendix A.

Nearly all states (91%) promoted or conducted an evidence-based fall prevention program or assessment as part of their FPAD efforts, including:

- **A Matter of Balance** (54%)
- **Stopping Elderly Accidents, Deaths, and Injuries (STEADI) Toolkit** (46%)
- **Tai Ji Quan: Moving for Better Balance** (37%)
- **Tai Chi for Arthritis** (37%)
- **Stepping On** (34%)
- **Otago Exercise Program** (14%)
- **Other programs** (24%) (e.g., *Healthy Steps for Older Adults, YMCA Moving for Better Balance, Enhance Fitness*, seated or standing yoga)
Policy and Advocacy

A majority (70%) of states reported policy and advocacy initiatives as part of their FPAD activities. Of those that reported advocacy initiatives, seventy-one percent (71%) of states obtained a Governor’s Proclamation for FPAD. Figure 2 provides additional examples of state policy and advocacy initiatives.

Figure 2: FPAD Policy and Advocacy Initiatives (n=31)

Policy and advocacy activities included:

- The Massachusetts House and Senate signed a joint resolution commemorating FPAD and acknowledging the Massachusetts Falls Prevention Coalition’s work. Local legislators and their staff attended an educational presentation and exercise demonstration at the capitol.
- Wisconsin held a press conference at the state capitol with a legislator.
- Colorado elected officials participated in the Every Step Counts Community Walk at a hospital diabetes center.
- Pennsylvania physical therapists set up an informational exhibit at the state capitol.

Partnership Building

State and local partners are an essential component of FPAD initiatives and outreach. Partnerships also contribute to the sustainability of fall prevention initiatives beyond the annual FPAD. Nearly all states reported creative partnerships. Table 2 features the most common partnerships.

Table 2: FPAD Policy and Advocacy Initiatives (n=31)

<table>
<thead>
<tr>
<th>Partnership</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior centers</td>
<td>89%</td>
</tr>
<tr>
<td>Hospitals</td>
<td>82%</td>
</tr>
<tr>
<td>Area Agencies on Aging</td>
<td>80%</td>
</tr>
<tr>
<td>Universities or colleges</td>
<td>73%</td>
</tr>
<tr>
<td>State/city health departments</td>
<td>73%</td>
</tr>
<tr>
<td>Senior housing (e.g., retirement communities, assisted living facilities)</td>
<td>66%</td>
</tr>
<tr>
<td>Trauma centers</td>
<td>66%</td>
</tr>
<tr>
<td>Emergency medical services and/or fire departments</td>
<td>55%</td>
</tr>
<tr>
<td>Pharmacies</td>
<td>41%</td>
</tr>
<tr>
<td>Other (e.g., public libraries, rehabilitation facilities, hardware stores, YMCA)</td>
<td>39%</td>
</tr>
</tbody>
</table>
Engagement of Professional Students

The practice of engaging students in FPAD activities offers in-kind support for host organizations and provides hands-on opportunities for students to interact with older adults and learn about fall prevention. Thirty states engaged students in 2016 FPAD activities. Students from a variety of disciplines assisted with fall risk assessments, educational workshops, and fall prevention or exercise classes. Figure 3, below, shows the breadth of student disciplines engaged in FPAD 2016 activities.

Figure 3: Student Disciplines Engaged in Coalition and State FPAD Activities (n=30)

Key Successes

The state fall prevention coalitions’ events and partnerships contributed to the grand success of FPAD 2016. Several of these successes are highlighted below:

- **Washington, D.C.** screened 180 older adults for fall risks and built new partnerships with local universities to continue to provide balance and fall prevention education.
- As a result of discussions at FPAD events in **Tennessee**, the Blue Cross Blue Shield Foundation agreed to print 500 copies of the Matter of Balance program manual for older adult participants.
- **Texas** hosted its first Texas Falls Prevention Coalition statewide conference to create action plans among stakeholders across the state.
- Health fairs in **Illinois** involving diverse health care professionals led to increased awareness of interdisciplinary work in fall prevention among both the general public and health care providers.
- **Oregon** increased participation in their annual Tai Chi flash mob, which included participants from Native American Youth and Family Center, Promotores de Salud, Q Center elders, and several religious groups.
- In **North Carolina**, a televised demonstration of the YMCA: Moving for Better Balance program raised awareness about evidence-based programs available in the community.
- **Ohio** engaged over 3,500 people in the 10 Million Steps Walk to raise awareness about falls.
- In **New Jersey**, the distribution of 36,000 Falls Prevention Awareness placemats helped raise awareness across the state among county health departments, Area Agencies on Aging, Meals on Wheels programs, congregate meal sites, older adult residential facilities, adult day care centers, health care organizations, and hospitals.
- **Wisconsin** promoted the importance of funding for preventive services by hosting a press conference at the State Capitol.
- The **Indiana** Safe at Home event engaged 150 volunteers to conduct home safety and accessibility services for low-income older adults and adults with disabilities.
Wyoming trained 16 new instructors to lead Tai Ji Quan: Moving for Better Balance fall prevention classes at senior centers.

In Georgia, new partnerships with Walgreens and Wellstar provided an opportunity to offer older adults blood pressure checks and free flu shots.

Nebraska obtained a FPAD Proclamation from the Mayor, which resulted in a unified local approach to fall prevention events and education.

South Dakota sent letters about FPAD to local physicians to increase awareness.

Hawaii provided medication reviews and balance screenings at 66 locations for over 600 older adults.

Montana taught emergency medical services (EMS) personnel to distribute pre-made fall prevention pamphlets to their no-transport fall calls. As a result, EMS personnel are now interested in being trained to conduct fall risk screenings.

In Virginia, Radford University undergraduate nursing students coordinated fall prevention health fairs at a local senior center and recreation center.

Colorado provided “evidence-based program previews” so older adults could try exercises from three different fall prevention programs.

The largest television station in Wyoming produced a news story about fall risks and prevention strategies.

Looking Toward 2017 and Beyond

The 10th annual National Falls Prevention Awareness Day will be observed on September 22, 2017 with the theme “10 Years Standing Together to Prevent Falls” to celebrate the milestone anniversary. NCOA’s Falls Free® Initiative will strive to engage all 50 states and the District of Columbia, and collaborate with additional national and federal partners. Contact your State Falls Prevention Coalition Lead to learn how you can get involved in FPAD and year-round fall prevention efforts. If you are interested in becoming a national partner, or if your State Falls Prevention Coalition is currently inactive, write to NCOA at fallsfree@ncoa.org for information and assistance.

Beyond the annual FPAD, NCOA will continue to work with national and federal partners and Falls Free® Initiative members to implement strategies and action steps of the 2015 National Falls Prevention Action Plan to affect sustained initiatives that reduce falls and injuries among older adults.

NCOA and the Falls Free® Initiative are looking forward to a successful FPAD 2017 and year-round efforts to reduce the number of falls and fall-related injuries among older adults.
Falls Prevention Coalition and State Activities

The following pages provide highlights of FPAD 2016 activities reported by coalitions and states. These highlights showcase the dedication of those at the state and community levels to raise awareness, educate about fall prevention strategies, and refer older adults to evidence-based programs that reduce falls and fall-related injuries among older adults.
Alaska

Observance
The Alaska Senior Fall Prevention Coalition held a month-long falls prevention awareness observation, reaching approximately 100 people through activities that included a presentation by the Alaska Commission on Aging Staff to participants in an event in Anchorage.

Key Successes
Key successes included training for employees lead by the Alaska Native Health Consortium to conduct programs in the villages— they trained one Senior Center employee in Unalaska in fall prevention for community members, trained five Community Health Aides in Nome in provider-level fall prevention, provided fall prevention outreach at the Health Fair in Unalaska, and provided community fall prevention training to six people attending the Alaska Plants as Food and Medicine conference in Anchorage in September.

Another success included the encouragement of more seniors to get involved in Tai Chi workshops in Anchorage and Juneau.

In February 2017, the Commission on Aging made a senior fall presentation at the Caregiver Conference hosted by the Tlingit-Haida Council in Juneau that was well-attended.

Awareness and Education Activities
The Alaska Senior Fall Prevention Coalition distributed falls prevention information statewide to the public and health care providers; along with falls prevention presentations to raise awareness of the issue of older adult falls.

Fall Prevention Programs/Workshops
- Tai Ji Quan: Moving for Better Balance

Fall Risk Screenings
- Balance Screening
- Medication Reviews/Screening
- Home Safety Checks
- STEADI – Stopping Elderly Accidents, Deaths & Injuries - Screening or Assessment
- Vision Screening

Advocacy Activities
The Coalition secured a Governor’s Proclamation for Senior Falls Prevention Awareness Day in Alaska.

Coalition Partners
- Senior Centers
- Senior Housing
- Senior Provider Organizations
- Tribal Health Organizations
- State Agencies

Reported By: Denise Daniello
Executive Director - Alaska Commission on Aging
denise.daniello@alaska.gov

Learn more about what you can do to prevent falls across Alaska: www.alaskaaging.org.
Observance
The Arizona Falls Prevention Coalition reported observing Falls Prevention Awareness throughout the full month of September. During this month, an estimated 6,300 people were reached through awareness and education, falls prevention programs, and advocacy efforts. Promotional item distribution, creation of diverse new partnerships, and creation of falls prevention action plans with seniors also strengthened Arizona’s FPAD efforts.

Key Successes
Coalition members reported that interprofessional collaboration and comprehensive risk assessments were some keys to their celebration’s success. Risk assessment clinics held for veterans were also well-received and highly attended. The ADHS Director, Dr. Cara Christ, raised awareness through her weekly news. The ADHS Director of Arizona Healthy Aging programs also spoke as keynote at an FPAD event, and was joined by speakers representing pharmacy, physical therapy, optometry, orthopedic surgery, and nursing. Falls risk screening participants were given the option to meet with a coach for “next steps” and to receive a follow-up form to share with their doctors.

Awareness and Education Activities
A variety of awareness and education activities took place, including falls prevention presentations, falls prevention information distribution, health fairs, public awareness/education via traditional and social media efforts, and falls risk screening events.

Fall Prevention Programs/Workshops
- A Matter of Balance
- STEADI – Stopping Elderly Accidents, Deaths & Injuries
- Tai Chi for Arthritis

Fall Risk Screenings
- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- STEADI screening or assessment
- Vision screening
- Hearing
- Biomechanical gait adaptations and sensory degradation screening

Advocacy Activities
The Arizona Falls Prevention Coalition secured both a local and governor’s FPAD proclamation.

Coalition Partners
- Arizona Veterans’ Home
- Area Agencies on Aging (AAA)
- Stead/city health departments
- EMS and/or Fire Departments
- Senior Centers
- Southern Arizona Falls Prevention Chapter of AFPC
- Northern Arizona Falls Prevention Chapter of AFPC
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing
- Universities or colleges
- VA Health Care System

Student Involvement
Students from a wide variety of areas assisted with Arizona’s Falls Prevention Awareness Day efforts by providing falls risk screenings, participating or leading falls prevention program classes, and collecting data/research. These students represented:
- Physical Therapy
- Pharmacy
- Nursing
- Public Health
- Gerontology
- Social Work
- Biomedical Engineering
- Research

Sponsorship
Financial support to purchase 1000 Falls Prevention Awareness Day Falls Free ribbons and “Our Calling is to Prevent Falling” bracelets was made possible by A. T. Still University Aging Study Project, Mosaic Care Services, and Comfort Care.

Reported By: Dr. Babak Michael Nayeri, FACFE, FABMP Chair for AFPC, Director, Healthy Aging Program (A-HA) Arizona Department of Health Services
b.michael.nayeri@azdhs.gov

Learn more about what you can do to prevent falls across Arizona: www.AZStopFalls.org.
Observance

California’s State Falls Prevention Coalition, Stop Falls California, reported observance of Falls Prevention Awareness throughout the month of September 2016. During this celebration, an estimated 10,975 people were directly reached through awareness and education, evidence-based programs, fall-risk screening, and advocacy efforts.

Key Successes

Stop Falls California reported that one of their primary successes was the ‘Sit to Stand Challenge’, which brought many new participants into conversations about falls prevention and was easily duplicated across the state. This intergenerational challenge functioned as a strength assessment, as well as a marketing and recruitment tool by videotaping challenges and posting them on social media. Activities were held in San Diego, Los Angeles, Santa Clara, and San Mateo Counties, as well as in additional coalitions across the state.

Awareness and Education Activities

A variety of awareness and education activities were held, including the writing and distribution of a press release, distribution of falls prevention information, and participation in health fairs and other presentations. The public was made aware of this work via traditional and social media outlets, and were provided the opportunity to participate in multiple falls risk screening events. L.A. Coalition members participated in a Twitter Chat on Fall Prevention and Ventura County Coalition held a county-wide health fair focused on fall prevention activities. San Mateo County wrote an article on STEADI that was signed by a Health Department Officer and published in the Medical Society Newsletter.

Fall Prevention Programs/Workshops

- A Matter of Balance
- STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)
- Stepping On
- Tai Chi - Moving for Better Balance

Fall Risk Screenings

- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screen (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment
- Vision screening
- Hearing

Advocacy Activities

California was successful in securing a local fall prevention proclamation.

Coalition Partners

- Area Agencies on Aging (AAA)
- State/City Health Departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing
- Universities or colleges
- County Health Departments
- Home modification companies (for profit and non-profit)
- Other advocacy organizations

Student Involvement

Students from a wide variety of concentrations assisted with falls risk screenings and health fairs:

- Pharmacy
- Nursing
Sponsorship

Some coalitions were able to find local sponsors to support their FPAD events.

Reported By: Ellen Corman
MRA, Manager, Injury Prevention and Community Engagement - Stanford Health Care Trauma
eorman@stanfordhealthcare.org

Learn more about what you can do to prevent falls across California: www.stopfallscalifornia.org.
Colorado

Observance
The partner organizations within the Colorado’s Older Adult Falls Coalition reported observing a full week of Falls Prevention Awareness events from September 19-23, 2017. An estimated 3,250 people were reached through awareness and education, falls prevention programs, fall-risk screenings, and advocacy efforts.

Key Successes
One partner organization reported that a key success was providing exercise demos so that individuals could preview and try a menu of evidence-based programs. Participants appreciated the opportunity to sample all three available programs, and many new participants signed for programs or classes as a result.

Awareness and Education Activities
The Colorado Older Adult Falls Coalition participated in awareness and education activities, such as: distribution of a press release and falls prevention information, participation in a health fair, public awareness/education using traditional and social media methods, and falls risk screenings.

Fall Prevention Programs/Workshops
• A Matter of Balance
• Stepping On
• Tai Ji Quan
• Tai Chi for Arthritis

Fall Risk Screenings
• Balance screening
• Medication reviews/screening
• Vision screening
• Home safety checks
• Blood pressure checks and/or orthostatic pressure checks

Advocacy Activities
Elected officials in one location participated in the ‘Every Step Counts’ Community Walk, which included information on falls prevention.

Coalition Partners
• Universities or colleges
• Pharmacies

Student Involvement
Students from the following disciplines assisted with falls risk screenings:
• Occupational Therapy (OT)
• Physical Therapy (PT)

Reported By: Sallie Thoreson
Violence and Injury Prevention Coordinator - Colorado Department of Public Health and Environment
sallie.thoreson@state.co.us

Learn more about what you can do to prevent falls across Colorado: www.olderadultfallscoalitionco.com.
District of Columbia

Observance
The District of Columbia Falls Free Coalition celebrated Falls Prevention Awareness Day on September 22, 2016. This event reached an estimated 180 people through awareness and education, falls prevention programs, and fall-risk screenings.

Key Successes
The District of Columbia Falls Free Coalition successfully screened over 180 seniors and effectively built new partnerships with local universities to continue providing balance and fall prevention education in the future.

Awareness and Education Activities
Falls prevention awareness and education information was provided through presentations and physical distribution, traditional media outlets, and by conducting a series of falls risk screening events. A fitness demonstration was also conducted by the YMCA of Metropolitan Washington.

Coalition Partners
- Area Agencies on Aging (AAA)
- Senior Centers
- Hospitals
- Trauma Centers
- Pharmacies
- Universities or colleges
- Associations

Student Involvement
Students from a wide variety of disciplines assisted with falls risk screenings and educational workshops:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing

Sponsorship
Area partners provided sponsorship in a multitude of ways, including providing FPAD Home Hazards presentations, event venues, site coordinators, pharmacists, Occupational Therapists, Physical Therapists, and nurses. Partners included: Med Plus Pharmacy, Delmarva, Sibley Hospital, Washington Hospital Center, George Washington University Hospital, Potomac Home Health, Trinity University, Howard University, George Washington University, Right at Home, Community Hospice, LAH Consultation, Better Medicare Alliance, National Council on Aging, and District of Columbia Office on Aging. In addition, many Senior Wellness Centers and DC Wards provided facilities to host FPAD activities and the Legal Counsel for the Elderly donated event bags.

Fall Prevention Programs/Workshops
- Otago Exercise Program

Fall Risk Screenings
- Balance screening
- Medication screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Vision screening

Reported By: Linda Irizarry
Special Projects Coordinator LGSW, CIRS A/D - District of Columbia Office on Aging
linda.irizarry@dc.gov
Delaware

Observance
The Delaware Coalition for Injury Prevention Falls Team reported observing a full week of Falls Prevention Awareness from September 18-24, 2016. An approximated 550 people were reached during this time through awareness, education, and falls prevention programs.

Key Successes
Delaware’s coalition selected a well-attended senior center as a venue for one of its major FPAD events. Over 125 people were reached through the simple-but-effective technique of providing attendees’ favorite lunch on this day. A wide variety of partners supported and participated in this event.

Awareness and Education Activities
Public awareness and education activities were conducted via social media and traditional outlets in celebration of FPAD 2017. Falls prevention information was also distributed via handout, presentation, and press release. In addition, a local hospital displayed a ‘Fall Prevention Awareness Tree’ and over 800 FPAD ribbons were distributed statewide.

Fall Prevention Programs/Workshops
- A Matter of Balance

Advocacy Activities
A Governor’s Proclamation was secured as part of Delaware’s effort to engage public officials in FPAD activities.

Coalition Partners
- Trauma Centers
- Senior Centers
- State/city health departments
- Easter Seals
- Delaware Department of Aging and Adults with Disabilities
- Local hospitals
- Delaware 50+

Reported By: Diana L. Curtis, RN, MSN
Bayhealth Medical Center
diana_curtis@bayhealth.org

Learn more about what you can do to prevent falls across Delaware:
Observance
The Florida Older Adult Falls Program held a one day observance of Falls Prevention Awareness Day on September 22nd, reaching over 900 people overall in various awareness, program, screening, and advocacy activities throughout the state.

Key Successes
The main state office partnered with the Florida Department of Elder Affairs to host a Falls Prevention Seminar that included a Tai Chi exercise demonstration and an exercise DVD and nightlight giveaway. It was a major success and a tangible way to build resilience in older adults.

Also, the presentations on aging and falls prevention provided helpful information and tips to older adults and other attendees on remaining fall free.

Awareness and Education Activities
The Florida Older Adult Falls Program wrote and distributed a press release, provided falls prevention presentations/lectures/webinars, distributed falls prevention information, and used social media to increase public awareness.

Fall Prevention Programs/Workshops
• Tai Ji Quan: Moving for Better Balance
• Tai Chi for Arthritis

The Florida Older Adult Falls Program conducted Tai Ji Quan: Moving for Better Balance at their state program event, and partner agencies also conducted other evidence-based fall prevention classes at their local events.

Fall Risk Screenings
• Partner programs and coalitions conducted falls prevention screenings.

Advocacy Activities
The Department of Elder Affairs obtained a Governor’s Proclamation for Falls Prevention Awareness Day.

Coalition Partners
• Area Agencies on Aging
• State/city health departments
• Senior Centers

Sponsorship
The Florida Older Adult Falls Program provided hundreds of awareness materials and promotional items (awareness ribbons, DVDs, and nightlights) to many organizations and coalitions to use in their local falls prevention events.

Reported By: Monica McKenzie & Stephanie Brown
Older Adult Falls Prevention Coordinator - Florida Department of Health
monica.mckenzie@flhealth.gov or stephanie.brown@flhealth.gov

Observance
The Georgia Fall Prevention Coalition observed Falls Prevention Awareness Day on Friday, September 23rd, reaching over 30,000 people through awareness, advocacy, and program activities. Partners with Cobb County library system held more than a week of events from September 16th -24th. In addition, two counties in Georgia (Appling and Toombs) conducted Tai Chi demonstrations and classes to commemorate Falls Prevention Awareness Day.

Key Successes
The Georgia Fall Prevention Coalition held a Falls Prevention Awareness Day event on September 23rd that included 113 participants, 16 vendors, and 40 volunteers. It was a fabulous day. The inclusion of two new partners, WellStar and Walgreens, afforded the opportunity at the event to take both standing and sitting blood pressure and to provide free flu shots to all willing participants, vendors, and volunteers.

The cross sector partnership with Cobb County library system allowed for great dissemination of risk assessments and program demonstrations.

Awareness and Education Activities
To increase awareness, the Georgia Fall Prevention Coalition conducted a falls risk screening event, promoted the day through social and traditional media, participated in a health fair, distributed falls prevention information, provided falls prevention presentations/lectures/webinars, and wrote and distributed a press release.

Fall Prevention Programs/Workshops
• Tai Chi for Arthritis
• STEADI – Stopping Elderly Accidents, Deaths & Injuries
• A Matter of Balance

Fall Risk Screenings
• Hearing
• Vision screening
• STEADI screening or assessment
• Home safety checks
• Multifactorial screening (multiple risk factors screened)
• Blood pressure checks and/or orthostatic pressure checks

Advocacy Activities
The Georgia Fall Prevention Coalition secured a Falls Prevention Awareness Day Governor’s Proclamation.

Coalition Partners
• Universities or colleges
• Senior Housing
• Pharmacies
• Hospitals
• Senior Centers
• State/city health departments
• Area Agencies on Aging
• PTAG
• Occupational therapists
• Diabetes Coalition
• GA Coalition on Women
• Music therapy group

Student Involvement
Students from the following disciplines were involved in educational workshops and falls risk screenings:
• Gerontology
• Public Health
• Nursing
• Physical Therapy
• Occupational Therapy

Sponsorship
The GA DPH, GA DHS/DAS, and Shepherd Center partnered with the Coalition to bring the September 23rd FPAD event, for free, to the public.

Reported By: Elizabeth Head Program Coordinator - Georgia Department of Public Health elizabeth.head@dph.ga.gov

Learn more about what you can do to prevent falls across Georgia: www.livewellagewell.info.
Observance
The Hawaii State Fall Prevention Consortium held falls prevention awareness activities from June 15th to August 30th, 2016, reaching over 726,000 through various campaigns and events. This included a bus poster campaign reaching over 650,000 riders and a television special with more than 20,000 viewers.

Their fall prevention activities peaked during their “Annual Senior Fall Prevention Awareness Campaign”, a two and a half month long program held in conjunction with the state’s Community Pharmacist Association.

Key Successes
Medication Reviews and Balance Screenings were held at 66 locations, screening/testing over 600 seniors.

Activities, TV news stories, and the roll out for the actual 30 minute TV Special on falls reached thousands of older adults.

Awareness and Education Activities
Awareness and education activities included writing and distributing a press release, creating and producing two new PSAs (Public Service Announcements), providing falls prevention presentations, distributing falls prevention information, participating in a health fair, using traditional and social media to increase awareness, and conducting falls risk screening events.

Fall Prevention Programs/Workshops
• STEADI – Stopping Elderly Accidents, Deaths & Injuries
• Tai Chi for Arthritis

Fall Risk Screenings
• Balance screening
• Medication reviews/screening
• Home safety checks

Advocacy Activities
Consortium members met with elected officials, and two neighbor island councils (Kauai and Maui) issued proclamations.

Coalition Partners
• Area Agencies on Aging
• State/city health departments
• EMS and/or Fire Departments
• Senior Centers
• Hospitals
• Trauma Centers
• Pharmacies
• Senior Housing
• Universities or colleges
• Hardware stores

Student Involvement
Students in the following disciplines conducted falls risk screenings and educational workshops:
• Occupational Therapy
• Pharmacy
• Nursing
• Public Health

Additionally, the Hawaii Pacific Gerontological Society was involved in fall prevention activities.

Sponsorship
In addition to the partners listed, Kaiser Permanente donated funding to sponsor Hawaii’s prime time television special—FALL PREVENTION: Securing Senior Safety and Independence. Hawaii’s City Mill Hardware Stores now use “Hawaii’s Senior Home Safety Headquarters” as the subtitle in all their advertising and promotions.

Reported By: Stanley Michaels
Fall Prevention Coordinator - Hawaii Department of Health
stanley.michaels@doh.hawaii.gov

Learn more about what you can do to prevent falls across Hawaii: www.health.hawaii.gov/injuryprevention/home/preventing-falls/information.
Illinois

Observance
Illinois’s Fall Prevention Coalition celebrated Falls Prevention Awareness Day during the month of September, 2016. An estimated 3,500 individuals were reached through awareness and education, falls prevention programs, and fall-risk screening activities.

Key Successes
The Illinois Coalition reports that the informational sessions that were held focusing on Matter of Balance led to increased program enrollment. Another key success included health fairs involving a diverse array of health care professionals. These activities led to increased awareness of interdisciplinary work in falls prevention among both the general public and health care providers.

Awareness and Education Activities
FPAD observance in Illinois included providing falls prevention presentations, conducting falls risk screening events, launching public awareness activities using social media, participating in health fairs, and distributing falls prevention information.

Fall Prevention Programs/Workshops
- A Matter of Balance
- STEADI – Stopping Elderly Accidents, Deaths & Injuries
- Tai Chi
- GROW Program - targets and retrains long-term care facility staff on completing comprehensive resident assessments.

Fall Risk Screenings
- Balance screening
- Medication review/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment
- Vision screening

Advocacy Activities
Illinois participated in advocacy events including meeting with elected officials and conducting evidence-based falls prevention program demonstrations or educational sessions for these individuals.

Coalition Partners
- Area Agencies on Aging (AAA)
- State/city health departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Senior Housing
- Universities or colleges
- City of Chicago

Student Involvement
Students from a variety of disciplines assisted with falls risk screenings and educational workshops:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing
- Medical Interpreter

Sponsorship
Illinois partnered with the City of Chicago to hold the “Home for Life” event which focused on modifying seniors’ homes to prevent falls and promote aging in place. White Crane Wellness Center sponsored and funded the Fall Screening and Assessment Initiative with the City of Chicago and assisted with the promotion of Matter of Balance sign-ups. Palos Health also sponsored one of the many health fairs offered in Illinois.

Reported By: Elizabeth Peterson
Clinical Professor - University of Illinois at Chicago,
Department of Occupational Therapy
epeterso@uic.edu

Learn more about what you can do to prevent falls across Illinois: www.whitecranewellness.org.
Observance
The Indiana Fall Prevention Coalition conducted falls prevention awareness events September 21st—29th, reaching approximately 850 people through awareness, screening, advocacy, and other activities such as balance exercise classes, safety and a seminar on fall prevention in the home. Another innovative activity was providing structural interventions for mobility/accessibility and alleviation of trip/fall hazards.

Key Successes
The Safe at Home 2016 Central Indiana Council on Aging (CICOA) event had 150 volunteers conducting a variety of safety and accessibility services at the homes of older adults or those with disabilities who have limited resources.

Awareness and Education Activities
The Indiana Fall Prevention Coalition provided falls prevention presentations/lectures/webinars, distributed falls prevention information, participated in a health fair, used traditional and social media to increase awareness, and conducted falls risk screening events.

Fall Risk Screenings
- Balance screening
- Multifactorial screening (multiple risk factors screened)
- Home safety checks

Advocacy Activities
The Coalition secured a Governor’s Proclamation.

Coalition Partners
- Area Agencies on Aging
- State/city health departments
- Senior Centers
- Hospitals
- Trauma Centers
- Universities or colleges
- Local health departments

Student Involvement
Students from the following disciplines conducted educational workshops:
- Nursing
- Public Health

Reported By: Jo Rhodes
Chair, MSG - INFPC
jrhodes@marionhealth.org

Learn more about what you can do to prevent falls across Indiana: www.infallprevention.org.
Observance
The Iowa Falls Prevention Coalition reported a variety of Falls Prevention Awareness observances, spanning from one-day celebrations on September 22, 2016, to month-long festivities. During this time, it is estimated that more than 51,000 Iowans were reached through awareness and education, evidence-based programs, fall-risk screenings, and advocacy activities.

Key Successes
One local community hosted a very successful flash mob which attracted many participants and received newspaper coverage. A ‘Laughter Yoga’ event was also held.

Awareness and Education Activities
A variety of awareness and education activities took place, including the writing and distribution of a press release, distribution of falls prevention information via presentations and health fairs, and hosting of falls risk screening events. The public was made aware of local events via traditional and social media activities. The Iowa Falls Prevention Coalition also hosted a guest speaker from a new local medical center to educate patients 40 years of age and older.

Fall Prevention Programs/Workshops
• A Matter of Balance
• STEADI (CDC’s Stopping Elder Accident, Death, and Injuries)
• Stepping On
• Tai Chi for Arthritis

Fall Risk Screenings
• Balance screening
• Medication reviews/screening
• Blood pressure checks and/or orthostatic pressure checks
• Multifactorial screening (multiple risk factors screened)
• Home safety checks
• STEADI screening or assessment
• Hearing

Advocacy Activities
The coalition secured both a local and Governor’s FPAD Proclamation. The 2nd Annual “Iowa’s Largest Tai Chi Class” included multiple locations across the state, as well as one large event at the Iowa State Capitol.

Coalition Partners
• Universities or colleges
• Senior Housing
• Pharmacies
• Trauma Centers
• Hospitals
• Senior Centers
• State/city health departments
• Area Agencies on Aging (AAA)
• Physical Therapy Practices

Student Involvement
Students from the following variety of disciplines assisted with falls risk screenings, educational workshops, falls prevention program classes, and public education.
• Physical Therapy (PT)
• Pharmacy
• Nursing

Sponsorship
A regional AAA assisted with advertising costs, a local Senior Center provided space for the FPAD event, and an insurance company provided funding for a local event’s speaker.

Reported By: Binnie LeHew
Injury & Violence Prevention Program Manager - Iowa Department of Public Health
vivian.lehew@idph.iowa.gov

Learn more about what you can do to prevent falls across Iowa: www.idph.iowa.gov/falls-prevention.
Observance
The Kansas Fall Prevention Coalition celebrated Falls Prevention Awareness Day by organizing five Stepping On classes across the state. Awareness and education efforts reached approximately 2,500 Kansans.

Key Successes
The Hays Medical Center hosted Falls Prevention Awareness Day and invited older adults to the hospital for the day to learn about preventing falls.

Awareness and Education Activities
To raise awareness, the Coalition provided falls prevention presentation, lectures, and webinars. A press release about the day was sent to Stepping On leaders in the state.

Fall Prevention Programs/Workshops
- Stepping On

Reported By: Lori Haskett
Director, Injury and Violence Prevention - Kansas Department of Health and Environment
lori.haskett@ks.gov

Learn more about what you can do to prevent falls across Kansas: [www.kdheks.gov/idp/older_adult_falls.htm](http://www.kdheks.gov/idp/older_adult_falls.htm).
Kentucky

**Observance**
The Kentucky Safe Aging Coalition reported observing falls prevention awareness events throughout the month of September. During this time, an estimated 1,100 people were reached through awareness and education, falls prevention programs, fall-risk screening, and advocacy efforts.

**Key Successes**
During the 2016 Falls Summit, fall prevention professionals from across Kentucky attended sessions to increase their knowledge of fall risk assessments, home modifications, falls and vision impairment, a fall prevention program available through Kentucky county extension offices, and also received information regarding existing local and national fall prevention resources. This information was utilized at the various fall prevention awareness events.

**Awareness and Education Activities**
Awareness and education activities by coalitions across the state included providing falls prevention presentations, distribution of falls prevention information, participation in a health fairs, and falls risk screening events. Communities were made aware of falls prevention and related events through direct marketing to local community groups, postings in organizational newsletters/websites, and via social media outlets.

**Fall Prevention Programs/Workshops**
- Demonstrations by local EMS on how to get up from a fall
- Tai Chi
- Stand Up to Falling
- Matter of Balance
- Importance of nutrition and bone health

**Fall Risk Screenings**
- Balance screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment

**Advocacy Activities**
A proclamation was issued by Kentucky Governor Matt Bevin proclaiming September 22, 2016 as Fall Prevention Awareness Day in Kentucky.

**Coalition Partners**
- Area Agencies on Aging (AAA)
- State/local Health Departments
- EMS and/or Fire Departments
- Senior Centers
- County Extension Offices
- Universities
- Hospitals
- Trauma Centers
- Rehabilitation Facilities

Reported By: Jeanne Harris
Coordinator - Kentucky Safe Aging Coalition
jeanne.harris@uky.edu

Learn more about what you can do to prevent falls across Kentucky: [www.nofalls.org](http://www.nofalls.org).
Maine

Observance
Maine’s “Know Falls for ME” Coalition observed Falls Prevention Awareness Day on September 9th and September 16th. The observation was done in conjunction with a fall risk assessment event. Collectively, their efforts reached over 200 Mainers.

Key Successes
The presentation at a senior center to promote a balance screening event and MOB was a success.

Senator Collins was very responsive and sponsored the U.S. Senate Falls Prevention Awareness Day Resolution.

Awareness and Education Activities
The Know Falls for ME Coalition wrote and distributed a press release; provided falls prevention presentations/lectures/webinars; distributed falls prevention information; participated in a health fair; raised public awareness/education using traditional media; and conducted falls risk screening event(s).

Additionally, the Eastern Maine Area Agency on Aging utilized students from the local occupational therapy program to deliver fall prevention information. Southern Maine Agency on Aging engaged University of New England PT, Nursing, and Pharmacy students to provide balance screenings in two separate events. Fall prevention education was handed out along with home safety checks. Education about community evidence-based programs was shared with emergency medical services.

Fall Prevention Programs/Workshops
- A Matter of Balance
- STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)
- Tai Chi for Arthritis

Fall Risk Screenings
- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment
- Vision screening

Coalition Partners
- Hospitals
- Senior Housing
- Universities or colleges

Student Involvement
Students from the following disciplines conducted educational workshops:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing
- Social Work

Reported By: Patti League, RN
A Matter of Balance Program Manager - MaineHealth leagup@mainehealth.org

The Coalition does not have a web site, but additional information about Matter of Balance can be found at: www.mainhealth.org/mob.
Maryland

Observance
The Maryland Falls Free Coalition observed Falls Prevention Awareness Week from September 18th through 24th, 2016. Their awareness, program, screening, advocacy, and other activities such as the Baltimore County Department of Aging Run/Walk reached over 12,000 Marylanders.

Key Successes
The coalition members collaborated on Falls Prevention fact sheets to distribute to partners and Marylanders; it was a huge success.

Fall Risk Screenings and Awareness Education events e.g., evidence-based programs as well as other events such as the Baltimore County Department of Aging Run/Walk event were a huge success.

Awareness and Education Activities
To observe Falls Prevention Awareness Week, the Maryland Falls Free Coalition wrote and distributed a press release; held a press conference; provided falls prevention presentations/lectures/webinars; distributed falls prevention information; raised public awareness using traditional media and social media; and conducted falls risk screening event(s). The Baltimore County Department of Aging Run/Walk also helped to raise awareness.

Fall Prevention Programs/Workshops
- A Matter of Balance
- Otago Exercise Program
- Stepping On
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis
- Tai Chi Beginners and Intermediate
- Yoga Healthy Living
- Seated Yoga
- Watch Your Step Berg Balance Scale Balance and Exercise
- Seated Zumba
- Aerobics
- Multifactorial screening
- Vision screening
- HIV screenings

Advocacy Activities
In its advocacy efforts, the Maryland Falls Free Coalition obtained a Governor’s Proclamation and local proclamations for Falls Prevention Awareness Week and conducted an evidence-based falls prevention demonstration or educational session for elected officials.

Coalition Partners
- Area Agencies on Aging
- State/city health departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing

Student Involvement
Students in the following disciplines conducted falls risk screenings and educational workshops:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing

Reported By: Chiso Oboite
Injury Prevention Coordinator, Regional Network Coordinating Organization - Department of Health and Mental Hygiene
chiso.oboite@maryland.gov

Learn more about what you can do to prevent falls across Maryland: http://ncoa_archive.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/state-coalitions-map/maryland.html.
Observance
The Massachusetts Falls Prevention Coalition held its 10th annual Falls Prevention Awareness Day observation event at the State House in Boston on September 26th that included a speaking and demonstration program and lots of information tables sponsored by various Coalition members. The combined Coalition membership reached approximately 4,000 people through awareness, program, screening, and advocacy activities.

The MA Dept. of Fire Services conducted an Older Adult Falls and Burn Prevention Workshop as part of their annual Fire and Life Safety Educational Conference on September 26th and 27th. Many other Coalition members also held events and activities throughout the month of September to promote the message of prevention.

Key Successes
The FPAD Event Planning Subcommittee made it a goal to improve attendance at the main FPAD gathering at the State House, especially strategizing on how to increase the presence of older adults from other regions outside Boston. The Subcommittee reached out to partners/members such as the MA Executive Office of Elder Affairs and MA Association of Councils on Aging to help market the event to their members/elder service networks and also encouraged making certain transportation arrangements as well; the event was heavily promoted through the Coalition’s Facebook page and by many of the Coalition’s members and their partners. As a result of these collaborative efforts, the Coalition realized their goal with greater attendance of about 75 more people from 2015, many of them older adults who had traveled in groups from central and southern Massachusetts to be part of the festivities, in addition to a large group from inside Boston.

At the FPAD State House event, older adults and legislators enjoyed watching and participating in an exercise demonstration, led by a group from the Duxbury (MA) Senior Center; the group had originally met through having participated in the A Matter of Balance (MOB) program together. Post MOB, they started their “Balance for Life” exercise program, focused on muscle strengthening and balance improvement.

Awareness and Education Activities
The members of the MA Falls Prevention Coalition conducted falls risk screening events; held public awareness/education activities using social media and traditional media; participated in a health fair; distributed falls prevention information; and provided falls prevention presentations/lectures/webinars.

In addition to the FPAD “main event” at the State House on September 26th, which included live “tweeting,” these additional activities/events should be noted: 1) a public health blog was posted on the MA Department of Public Health website by a Quality Advisor from the MA Prevention and Wellness Trust Fund describing the falls prevention work happening within 8 grantee partnerships across the state and promoting FPAD; 2) multiple health fairs, educational events, and conferences featuring falls prevention workshops were reported by Coalition members from their communities across the state; 3) in the western part of the state,
grantees of the Berkshire County Prevention and Wellness Trust Fund partnership gathered 25 new Matter of Balance coaches together for a reunion to celebrate FPAD and practice exercise routines together; 4) the September newsletter for the MA Association of Councils on Aging included a piece on medication safety and falls authored by a pharmacist who is on the MA Commission on Falls Prevention (statutory body) as well as the Falls Coalition.

4) The MA Falls Prevention Coalition conducted an evidence-based falls prevention demonstration/educational session for elected officials and obtained a Governor’s Proclamation for FPAD. The MA House and Senate delivered a joint resolution commemorating FPAD and acknowledging the MA Falls Prevention Coalition’s work. Many local MA legislators and their staffs attended the FPAD State House event, listening to educational presentations, watching/participating in an exercise demonstration, and picking up a great array of information on preventing falls. Some local legislators also spoke at the event, along with state agency leaders from public health and elder affairs.

Coalition Partners
- Area Agencies on Aging (AAA)
- State/city health departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Senior Housing
- Universities or colleges

Student Involvement
Physical therapy students conducted falls risk screening and pharmacy students (accompanied by their professor) performed medication reviews.

Sponsorship
For the main FPAD event at the State House, the MA Falls Prevention Coalition had sponsorship/donations from several generous members and organizations that covered the following: light breakfast food/refreshments; tote bags for attendees to carry away all their falls prevention information, the fee for use of the event hall; purchase of the yellow NCOA ribbons; falls prevention raffle items; decorations and table cloths; transportation for older adults attending the event, a specially designed jar opener with the Coalition logo on it, and a keynote national presenter (from NCOA). In addition, each Coalition member that hosted an information table brought fall-related materials and other items such as nightlights to give away.

Reported By: Carla Cicerchia
Falls Prevention Coordinator - MA Department of Public Health-Div. of Violence and Injury Prevention
carla.cicerchia@state.ma.us

Learn more about what you can do to prevent falls across Massachusetts: www.maseniorcarefoundation.org/Initiatives/Falls_Prevention/Massachusetts_Falls_Prevention_Coalition.aspx.
Observance
The Michigan Falls Prevention Coalition partners held their observation of Falls Prevention Awareness Day on September 22nd.

Awareness and Education Activities
To raise awareness, partners promoted FPAD through social media. Additionally, the Michigan Department of Health and Human Services distributed a FPAD press release. DOH refers inquiries regularly to the Area Agencies on Aging within the state for resources and classes.

Coalition Partners
• Area Agencies on Aging
• EMS and/or Fire Departments

Reported By: Laura Rowen
Michigan Department of Health and Human Services
rowenl@michigan.gov

Learn more about what you can do to prevent falls across Michigan: www.michigan.gov/mdhhs/0,5885,7-339-71548_54879-303483--.00.html.
Minnesota

Observance
The Minnesota Fall Prevention Coalition reached over 3,600 people with various fall prevention activities throughout the month of September. The activities were held in conjunction with National Physical Therapy Month, community events, the MN State Fair, and a Native American Elders picnic.

Key Successes
The diversity of the partner/partner organizations across the state expanded the reach of Fall Prevention Awareness.

Awareness and Education Activities
To increase awareness, Coalition members wrote and distributed a press release, provided falls prevention presentations/lectures/webinars, distributed falls prevention information, participated in health fairs, used traditional and social media, and conducted falls risk screening events.

Fall Prevention Programs/Workshops
• A Matter of Balance
• STEADI – Stopping Elderly Accidents, Deaths & Injuries
• Stepping On
• Tai Ji Quan: Moving for Better Balance

Fall Risk Screenings
• Balance screening
• Medication reviews/screening
• Home safety checks
• STEADI screening or assessment
• Hearing

Advocacy Activities
Coalition members obtained a Governor’s Proclamation for fall prevention awareness and met with elected officials to educate them on the issue of older adult falls.

Student Involvement
Students from the following disciplines conducted educational workshops:
• Physical Therapy (PT)
• Occupational Therapy (OT)
• Nursing
• Public Health

Reported By: Mary Hertel
Minnesota Board on Aging
mary.hertel@state.mn.us

Learn more about what you can do to prevent falls across Minnesota: www.mnhealthyaging.org/en.aspx.

Coalition Partners
• Universities or colleges
• Public Library
• Community-based organizations

• Area Agencies on Aging (AAA)
• State/local Health Departments
• EMS and/or Fire Departments
• Senior Centers
• Hospitals
• Pharmacies
• Senior Housing, e.g., retirement communities, assisted living facilities, Villages
Mississippi

Observance
Mississippi’s Falls Prevention Coalition, which is currently in-development, celebrated Falls Prevention Awareness Day during a one-day event on September 22, 2016. Approximately 75 individuals were reached via awareness and education, fall prevention programs, and fall-risk screenings.

Key Successes
A Tai Chi demonstration was held at an FPAD event which raised awareness about availability of programs in the area. A Matter of Balance workshop was also kicked-off at a new senior center, which promoted interest and enrollment in that program.

Awareness and Education Activities
FPAD observance in Mississippi included provision of falls prevention presentations, public awareness and educational activities via social media, and participation in falls risk screening events.

Fall Prevention Programs/Workshops
• A Matter of Balance
• Tai Ji Quan: Moving for Better Balance

Coalition Partners
• Senior Centers
• Area Agencies on Aging (AAA)

Reported By: Nikki Johnson, DrPH, MPH
Division Director, Injury Prevention - Mississippi State Department of Health
nikki.Johnson@msdh.ms.gov

Learn more about what you can do to prevent falls across Mississippi:
www.msdh.ms.gov/msdhsite/_static/43.html.
Observance
The Show Me Falls Free Missouri Coalition reported observance of Falls Prevention Awareness Day (FPAD) during the full week of September 18-24, 2016. During this week, an estimated 4,425 individuals were reached through awareness and education, evidence-based programs, fall-risk screening, and advocacy efforts. FPAD events were held alongside Senior Center month activities, flu vaccination events, a Medicare/benefits enrollment event, and health fairs.

Key Successes
Show Me Falls Free Missouri reports that one main success was the large St. Louis event at the Kirkwood Community Center that reached out extensively to local media and brought in over 200 participants.

Awareness and Education Activities
Awareness and education activities included distribution of falls information via press release, presentations, and health fairs. Falls risk screening events were also held, and the public was made aware of a variety of FPAD activities via both traditional and social media outlets.

Fall Prevention Programs/Workshops
- A Matter of Balance
- STEADI (CDC’s Stopping Elderly Accident, Death, and Injuries)
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis
- ExerStart (other research-informed exercise)

Fall Risk Screenings
- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment
- Vision screening
- Neuropathy screening

Coalition Partners
- Universities or colleges
- Senior Housing
- Pharmacies
- Trauma Centers
- Hospitals
- Senior Centers
- EMS and/or Fire Departments
- State/city health departments
- Area Agencies on Aging (AAA)
- Non-profit Organizations

Student Involvement
Students from a variety of disciplines assisted with falls risk screenings and falls prevention program classes:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing
- Public Health
- Social Work

Reported By: Juliet Simone, MPH
Community Health Manager/Coalition Leader - The Oasis Institute
jsimone@oasisnet.org
or preventmofalls@gmail.com

Learn more about what you can do to prevent falls across Missouri: www.preventmofalls.org.
Observance
The North Carolina Falls Prevention Coalition observed Falls Prevention Awareness Week September 19th—24th, reaching over 25,000 people through awareness and advocacy activities. The week was celebrated in conjunction with several other observations, including Senior Center Month, Go4Life Month, the Older Americans Act Anniversary, and Active Aging Week.

Key Successes
Using the Governor’s Proclamation as a reference for the ‘open-book’ awareness quiz provided a nice overview of fall risk epidemiology and social impact. Offering a small prize for quiz completion provided an additional incentive for participation.

YMCA: Moving For Better Balance demo on WLOS (a local television station) helped to raise awareness of evidence-based programs available in the community and allowed the Y to pitch the Healthy Aging NC website for additional resources. Also, an article in the Asheville Citizen Times helped to raise awareness about falls and falls prevention in conjunction with Active Aging Week.

Awareness and Education Activities
As part of its Falls Prevention Awareness Week observation, the North Carolina Falls Prevention Coalition and local falls prevention coalitions from across the state conducted falls risk screening events; increased awareness through traditional and social media; participated in health fairs; distributed falls prevention information; provided falls prevention presentations/lectures/webinars; and wrote and distributed press releases.

Fall Prevention Programs/Workshops
- A Matter of Balance
- Otago Exercise Program
- Tai Chi for Arthritis
- YMCA Moving for Better Balance
- Community Health and Mobility Partnership (CHAMP)

Fall Risk Screenings
- Balance screening
- Medication reviews/screening
- Home safety checks
- STEADI screening or assessment
- Hearing

Advocacy Activities
The North Carolina Falls Prevention Coalition obtained a Governor’s Falls Prevention Awareness Week Proclamation, and several regional falls prevention coalitions secured local proclamations.

Coalition Partners
- Area Agencies on Aging (AAA)
- State/local Health Departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing
- Universities or colleges
- YMCA
- Skilled nursing facilities
- Rehabilitation services
- Homebound Meals Programs

Student Involvement
Students from the following disciplines were engage in falls risk screenings, educational workshops, leading falls prevention classes, and nutrition/cooking demos:
- Physical Therapy
- Occupational Therapy
- Speech Language Pathology
- Physician’s Assistants
- Pharmacy
- Nursing
- Medical Assistant – Ophthalmic
Sponsorship
Sponsors included the YMCA; local AAAs; event vendors and sponsors; NC Division of Aging and Adult Services; UNC Wilmington and AARP; NC Center for Health and Wellness; and UNC Asheville’s Healthy Aging Program Initiative (HAPI) Lab.

Reported By: Nidhi Sachdeva
Injury Prevention Consultant - North Carolina Division of Public Health
nidhi.sachdeva@dhhs.nc.gov

Learn more about what you can do to prevent falls across North Carolina: visit Healthy Aging NC www.mnhealthyaging.org/en.aspx or the NC Falls Prevention Coalition website www.sites.google.com/site/ncfallsprevention/.
North Dakota

Observance
North Dakota’s Falls Prevention Subcommittee, which functions as part of the state’s Injury Prevention Coalition, celebrated a week-long observance of Falls Prevention Awareness Day from September 18—23, 2016. An estimated 250 individuals were reached during this time through awareness and education activities, as well as via traditional and social media outlets.

Key Successes
One of North Dakota’s Falls Prevention Subcommittee’s key successes was a Stepping On workshop in one local community.

Awareness and Education Activities
FPAD observance in North Dakota also included the distribution of a press release.

Fall Prevention Programs/Workshops
• Stepping On

Coalition Partners
• Local health departments
• Universities or colleges
• Trauma Centers
• EMS and/or Fire Departments
• Tribal government

Student Involvement
Students from the following discipline assisted with Stepping On workshops and with North Dakota’s university partners:
• Physical Therapy (PT)

Reported By: Mandy Slag
Injury Prevention Program Director/RN,
ND Department of Health
mslag@nd.gov
Nebraska

Observance
The Nebraska Older Adults Falls Coalition reported celebrating Falls Prevention Awareness activities for the full month of September, 2016. This observance was held in conjunction with Senior Center Month, National Physical Therapy Month, and Balance/Vestibular Month. Activities such as awareness and education, falls prevention programs, fall-risk screenings, and advocacy reached an estimated 8,125 Nebraskans!

Key Successes
The Nebraska Coalition reports that they were especially successful in securing a Mayor’s Proclamation for the City of Lincoln, which provided an opportunity for diverse partners to bring attention to this important cause, as opposed to competing for the community’s attention. In addition, a shoe audit was held at a local health fair, which provided a creative, attention catching, and fun opportunity for all involved.

Awareness and Education Activities
In observance of Falls Prevention Awareness, risk screenings were conducted and information was distributed via handout, presentation, and press release. Social and traditional media outlets were used to spread public awareness about Falls Prevention Awareness Day activities. The Nebraska Older Adults Falls Coalition also developed a Tai Ji Quan: Moving for Better Balance poster, which was distributed to Tai chi instructors across Nebraska.

Fall Prevention Programs/Workshops
• Stepping On
• Tai Ji Quan: Moving for Better Balance

Fall Risk Screenings
• Balance Screening
• Multifactorial screening (multiple risk factors screened)
• STEADI screening or assessment
Advocacy Activities
A local Mayoral proclamation was secured and meetings with elected officials were held to support Nebraska’s advocacy efforts.

Coalition Partners
- Area Agencies on Aging (AAA)
- Stead/city health departments
- Senior Centers
- Hospitals
- Trauma Centers
- Senior Housing

Student Involvement
Local students from the following discipline participated in and led falls prevention classes and/or exercises:
- Physical Therapy (PT)

Reported By: Greta Glenn
Community Health Educator, Nebraska Department of Health & Human Services – Injury Prevention
greta.Glenn@nebraska.gov

Learn more about what you can do to prevent falls across Nebraska: www.dhhs.ne.gov/injuryprevention.
New Jersey

Observance
The New Jersey Falls Prevention Workgroup reported observance of Falls Prevention Awareness for the full week of September 18-24, 2016. During this time, an estimated 36,250 individuals were reached through awareness and education, evidence-program, fall-risk screening, and advocacy efforts.

Key Successes
Distribution of 36,000 FPAD placemats helped raise awareness amongst seniors statewide, as they were distributed to local agencies, county health departments, AAAs, Meals on Wheels programs, congregate meal sites, senior residential facilities, adult day care facilities, health care organizations, and hospitals.

Advocacy Activities
The New Jersey Falls Prevention Workgroup was successful in securing an FPAD Governor’s Proclamation.

Coalition Partners
- Area Agencies on Aging (AAA)
- State/City Health Departments
- Senior Centers
- Hospitals

Reported By: Heather Taylor
Administrative Analyst Trainee - NJ Departments of Human Services, Division of Aging Services
heather.taylor@dhs.state.nj.us

Learn more about what you can do to prevent falls across New Jersey:
www.state.nj.us/humanservices/doas/services/fallprev/.
Observance

The New Mexico Adult Falls Prevention Coalition held a month-long observation of falls prevention awareness from September 1st to September 30th, reaching close to 14,000 people through various activities and events. The observation was held in conjunction with the NM State Fair, the Albuquerque senior meal site fall fiesta, and a rehabilitation fair in Farmington (Navajo Nation).

New Mexico was thrilled to continue forward with statewide events in 34 communities around the state in 2016, a large increase from the previous year.

Key Successes

The NM Adult Falls Prevention Coalition’s partnership with the Albuquerque meal sites reached approximately 150 older adults for screenings; a special meal and senior dance were so successful that they are planning a similar partnership for 2017.

The talk given at OASIS reached 100 attendees and provided modifiable fall risk and available evidence-based programs directly into the hands of a new group of older adults.

Awareness and Education Activities

Falls prevention awareness and education activities in New Mexico included writing and distributing a press release, providing falls prevention presentations, distributing falls prevention information, participating in health fairs, increasing awareness through traditional and social media, and conducting falls risk screening events. Additionally, FPAD was promoted by the Albuquerque Area Southwest Tribal Epidemiology Center to 27 American Indian communities, including tribal falls data and the Tribal Injury Prevention Program Elder Fall Prevention fact sheet. A month-long promotion of FPAD was made to all staff through Presbyterian Healthcare Services on the company website, with links to NCOA and STEADI.

Fall Risk Screenings

- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- STEADI screening or assessment
- Podiatric screening
- Assistive device review

Advocacy Activities

The New Mexico Adult Falls Prevention Coalition secured a Falls Prevention Awareness Day Governor’s Proclamation, and members conducted evidence-based falls prevention demonstrations or educational sessions for elected officials.

Coalition Partners

- State/city health departments
- Hospitals
- Senior Housing, e.g., retirement communities, assisted living facilities, Villages
- Universities or colleges
- Tribal communities and tribal epidemiology center
- NM State Fair
- Meal site programs
- OASIS

Student Involvement

Students conducted falls risk screening and educational workshops. The students were from the following disciplines:

- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy

Reported By: Karen Dugas
Adult Falls Prevention Coordinator, New Mexico Department of Health
karen.dugas@state.nm.us

Learn more about what you can do to prevent falls across New Mexico: www.nmstopfalls.org.
Observance
The New York State Fall Prevention for Older Adults Workgroup celebrated a full week of Falls Prevention Awareness from September 22—28, 2016. During this observance, an estimated 3,200 people were reached through awareness and education, falls prevention programs, fall-risk screenings, and advocacy efforts.

Key Successes
One key success was the opportunity to provide local FPAD event organizers with night lights and brochures for festivity participants.

Awareness and Education Activities
The New York State Fall Prevention for Older Adults Workgroup provided awareness and education through provision of presentations and distribution of informational materials. They also held a health fair, provided public awareness via traditional media, and conducted falls risk screening events across the state.

Fall Prevention Programs/Workshops
• STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)
• Stepping On
• Tai Chi for Arthritis

Fall Risk Screenings
• Balance screening
• Home safety checks

Coalition Partners
• Area Agencies on Aging (AAA)
• State/city health departments
• EMS and/or Fire Departments
• Senior Centers
• Hospitals
• Trauma Centers
• Senior Housing
• Universities or Colleges

Reported By: Hillary Faas
Falls Program Coordinator, New York State Department of Health
hillary.faas@health.ny.gov

Ohio

Observance
The Ohio Older Adults Falls Prevention Coalition reported celebrating a full week of Falls Prevention Awareness activities from September 19—23, 2016. These events reached an estimated 3,750 individuals through awareness, education, and fall-risk screening activities.

Key Successes
The Ohio Older Adults Falls Prevention Coalition, together with the Ohio Department of Aging, engaged over 3,500 people through the 10 Million Steps Walk, which focused on raising awareness about falls! Medication reviews were also held across the state to identify medications that might put older adults at risk for falls.

Awareness and Education Activities
In an effort to raise awareness, the coalition coordinated the writing and distribution of a press release, distribution of falls prevention information, and public awareness/education activities using traditional and social media efforts. Multiple falls risk screening events were also held.

Fall Prevention Programs/Workshops
- A Matter of Balance

Fall Risk Screenings
- Medication review/screening

Advocacy Activities
The Ohio Older Adults Falls Prevention Coalition successfully secured a Falls Prevention Awareness Day Governor’s Proclamation. Ohio’s statewide 10 Million Steps to Prevent Falls awareness campaign also encouraged individuals and organizations to walk at least one mile in order to raise awareness about falls. The 3,500 participants walked more than 6,800 miles equaling 17 million steps! The coalition reported that this event was a huge success, and that many participants shared information about this important cause via social media.

Coalition Partners
- Senior Housing
- Pharmacies
- Senior Centers
- State/city health departments
- Area Agencies on Aging (AAA)

Reported By: Tia Gulley
Program Administrator, Ohio Department of Aging
tgulley@age.ohio.gov

Learn more about what you can do to prevent falls across Ohio:
Oklahoma

OBSERVANCE

The Oklahoma Older Adult Falls Prevention Coalition reported observance of Falls Prevention Awareness activities during the full week of September 18-25, 2016. During this time, an estimated 700 people were reached through awareness and educational activities.

KEY SUCCESSES

One of the coalitions successes was the falls presentation and Tai Chi demonstration that were both held during Senior Day at the Oklahoma State Fair. This activity was very successful in increasing awareness among older adults.

AWARENESS AND EDUCATION ACTIVITIES

Awareness and educational activities included distribution of falls prevention information via a press release, health fair, and presentation. The public was also made aware of the variety of FPAD activities available through traditional media outlets.

FALL PREVENTION PROGRAMS/WORKSHOPS

• Tai Chi: Moving for Better Balance

COALITION PARTNERS

• Senior Centers
• Universities or colleges

Reported By: Avy Redus
Project Coordinator - Oklahoma State Department of Health
avyd@health.ok.gov

Learn more about what you can do to prevent falls across Oklahoma.
Oregon

Observance
The Oregon Healthy Aging Network reached over 800 people during its September 22nd observation of Falls Prevention Awareness Day; the day was celebrated in conjunction with the Oregon Annual Dual Eligibles Conference.

Key Successes
A falls prevention panel with speakers from health care and public health at Oregon’s Dual Eligibles Fall Forum focused on care coordination across the lifespan, with falls prevention as part of healthy aging. They highlighted evidence-based interventions for high need members.

Oregon’s annual Tai Chi flash mob in downtown Portland has grown each year, and included participants from many tai chi groups including the Native American Youth and Family Association Elders, Promotores de Salud, LGBT elders from the Portland Q Center, tai chi groups from St. Andrew and St. Charles Catholic Churches, and others.

Providence Health & Services Oregon held its first Falls Prevention Awareness Day celebration, which included displays at all eight Oregon hospitals and six community presentations by physical therapists. These events were promoted through newsletters and websites as well as table tents at the hospitals.

Awareness and Education Activities
To increase awareness, the Oregon Healthy Aging Network and its partners provided falls prevention presentations/lectures/webinars, distributed falls prevention information, participated in a health fair, promoted their activities through social media, and conducted falls risk screenings.

Fall Prevention Programs/Workshops
- Otago Exercise Program
- Tai Ji Quan: Moving for Better Balance
- STEADI (CDC’s Stopping Elderly Accidents, Deaths and Injuries)

Fall Risk Screenings
- STEADI

Coalition Partners
- Area Agencies on Aging
- Universities or colleges
- Pharmacies
- Trauma Centers
- Hospitals
- Coordinated Care Organizations and Oregon Health Plan (Medicaid)
- Medicare-beneficiary fitness programs (Silver and Fit, Silver Sneakers)

Student Involvement
A Public Health/Physical Therapy intern from Pacific University helped to organize and collate FPAD.

Reported By: Lisa Shields
Injury Prevention Program Coordinator, Oregon Public Health Division
lisa.m.shields@state.or.us

Learn more about what you can do to prevent falls across Oregon: www.healthoregon.org/fallprevention.
Pennsylvania

Observance
During the month of September, falls prevention awareness events were held on various dates throughout the state by Pennsylvania’s 52 Area Agencies on Aging, community service providers, and other organizations, reaching approximately 10,000 people in the state. To increase falls prevention awareness, the Pennsylvania Department of Aging and Department of Health issued a joint press release to promote evidence-based fall prevention and awareness programs.

Key Successes
A Healthy Steps for Older Adults evidence-based fall prevention workshop was conducted. The workshop included consumer fall risk assessments.

A flash mob event was held at Thomas Jefferson University; the event included student and community engagement.

YouTube video link: www.aisrmedia3.jefferson.edu/Panopto/Pages/Viewer.aspx?id=c1e8624af4e4-4ae8-9828-590223aaa866

Awareness and Education Activities
Throughout the state, falls risk screening events, presentations, lectures and webinars were conducted. Falls prevention information was distributed and communicated through social media and local news stations and newspapers.

In conjunction with falls prevention awareness events, other health and wellness activities included a flu vaccination clinic; a Medicare/Benefit enrollment information booth; National Physical Therapy Month events; a health fair, festival and community event; and Trauma Center events at multiple locations.

Fall Prevention Programs/Workshops
- A Matter of Balance - Managing Concerns About Falls, a structured evidence-based group intervention program.
- Who is your Physical Therapist? - connecting with exercise programming, prescriptions and individualized specialists that can assist our society to prevent fall episodes, assist to decrease morbidity and mortality if a fall episode occurs, and encourage/support lifelong exercise programming. #choosePT

Fall Risk Screenings
- Balance Screening
- Medication Reviews/Screening
- Home Safety Checks
- STEADI – Stopping Elderly Accidents, Deaths & Injuries - Screening or Assessment
- Vision Screening
**Advocacy Activities**

An informational exhibit was set up at the Pennsylvania Capitol building; education, collaboration, and personal interactions with physical therapists took place in the Capitol Rotunda.

**Coalition Partners**

- State/City Health Departments
- Hospitals
- Senior Housing
- Universities and Colleges

**Student Involvement**

Physical Therapy students conducted falls risk screenings, educational workshops, bone health screenings/education with the YMCA, movement encouragement/challenges, board games, dancing, and outdoor activities.

*Reported By: Steve Rodgers
Health & Wellness Program Specialist, Education & Outreach Office - Pennsylvania Department of Aging
sterodgers@pa.gov*

Learn more about what you can do to prevent falls across Pennsylvania: [www.aging.pa.gov/wellness](http://www.aging.pa.gov/wellness).
South Dakota

Observance
The South Dakota Falls Prevention Coalition celebrated Falls Prevention Awareness Month from September 15th—October 15th. They reached approximately 1,450 people through various awareness, screening, and program events. Falls Prevention Awareness Month was held in conjunction with Senior Center Month, National Physical Therapy Month, and other community events.

Key Successes
The Coalition sent letters about Falls Prevention Awareness Day to local physicians; these letters helped to raise awareness.

The placement of a screening event photo and the Governor’s proclamation in the newspaper were well received.

Awareness and Education Activities
To increase awareness, the Coalition wrote and distributed a press release, provided falls prevention presentations/lectures/webinars, distributed falls prevention information, participated in health fairs, provided education through traditional and social media, and conducted falls risk screening events. Additionally, they sent out educational information to doctors and spoke with PT and OT students regarding the STEADI and Otago, provided educational information on both programs at the SD APTA annual meeting, and provided information on the programs to a national speaker on osteoporosis that agreed to present it in her workshops offered nationally.

Fall Prevention Programs/Workshops
- Otago Exercise Program
- STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)

Fall Risk Screenings
- Home safety checks
- STEADI screening or assessment

Advocacy Activities
The South Dakota Falls Prevention Coalition obtained a Falls Prevention Awareness Day Governor’s Proclamation.

Coalition Partners
- Senior Centers
- Senior Housing, e.g., retirement communities, assisted living facilities, Villages
- Universities or colleges

Student Involvement
Students were involved in falls risk screenings and educational workshops from the following disciplines:
- Physical Therapy (PT)
- Occupational Therapy (OT)

Sponsorship
Great Plains Therapy provided the locations for the screenings as well as PT staff, breakfast rolls, and coffee. They also paid for a banner for the SD Falls Coalition to be hung at the screenings and all promotional materials.

Reported By: Ruth Scott
Great Plains Therapy
rscott.gpt1@yahoo.com
**Observance**

The Tennessee Falls Prevention Coalition observed Falls Prevention Awareness Day on September 23rd, reaching over 50,000 people in the state with their awareness and advocacy activities.

**Key Successes**

Knox County and Hamilton County Fall Prevention Day Events raised awareness among local officials about fall prevention. Multiple partners participated in the events led by coalition leaders. As a result of discussions at the Knox County event, Blue Cross Blue Shield Foundation agreed to print 500 “A Matter of Balance Manuals” to reduce barriers for participants.

Political leaders participated in events and as a result, were educated about the importance of evidence-based fall prevention activities and programs.

**Awareness and Education Activities**

The Tennessee Fall Prevention Coalition and its partners wrote and distributed a press release, provided falls prevention presentations/lectures/webinars, distributed falls prevention information, participated in a health fair, raised awareness through traditional and social media, and conducted falls risk screening events. These activities were conducted by coalition members in Knox and Hamilton Counties. Coalition members coordinated multiple activities.

**Fall Prevention Programs/Workshops**

- A Matter of Balance
- SAIL (Stay Active and Independent for Life)
- Stepping On
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis

**Fall Risk Screenings**

- Balance screening
- Blood pressure checks and/or orthostatic pressure checks
- Home safety checks
- Vision screening
- Hearing

**Advocacy Activities**

Tennessee obtained a Governor’s Proclamation for their Falls Prevention Awareness Day observation.

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**Coalition Partners**

- Area Agencies on Aging
- State/city health departments
- Senior Centers
- Hospitals
- Senior Housing, e.g., retirement communities, assisted living facilities, villages
- Universities or colleges

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*Reported By: Terrence R. Love*

Injury Prevention Manager, Tennessee Department of Health

*terrence.love@tn.gov*
The Texas Falls Prevention Coalition (TFPC) reported observance of Falls Prevention Awareness throughout the month of September 2016. During this celebration, an estimated 750 people were directly reached throughout different areas of the state through awareness, education, and fall-risk screening efforts.

Key Successes
The coalition reports hosting the first annual TFPC statewide conference, during which an action plan was created by stakeholders across Texas. Over 50 individuals attended the conference, including trauma nurses, first responders, researchers, healthcare organizations, and representatives of Area Agencies on Aging. T-shirts sponsored by the WellMed Charitable Foundation were distributed during these festivities to promote fall awareness and prevention. The TFPC continued to provide resources and any requested technical assistance for a variety of partners throughout the state for their fall prevention awareness activities.

Awareness and Education Activities
A variety of awareness and education activities took place, including the writing and distribution of a press release, multiple fall prevention presentations, distribution of fall prevention information, distribution of the NCOA fall prevention awareness ribbon to various partners for FPAD, and participation in health fairs. The TFPC also created press release templates for all counties to use, and some areas incorporated testimonials from adults who experienced a fall. Additionally, a panel of experts in Fall Prevention assisted in educational efforts at a local health fair. Traditional and social media efforts were also made and falls risk screening events were conducted. Some counties also distributed home safety information.

Fall Prevention Programs/Workshops
- A Matter of Balance
- One AMOB class offered completely in Spanish, which was shown on local Spanish-language news in the Dallas-Fort Worth area
- AMOB reunion in Curval, Texas through the Alamo Area Agency on Aging
- STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)
- Preventing Falls in the Home through Education & Simple Home Modifications
  - Bexar County/Alamo Area Agency on Aging partnered with the Jewish Community Center to offer this program

Fall Risk Screenings
- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- STEADI screening or assessment
- At Home Risk Assessments

Advocacy Activities
Texas was successful in securing a fall prevention proclamation from the governor. The Rio Grande Area Agency on Aging received a senate resolution, and San Antonio Mayor Ivy Taylor shared fall prevention activities on her social media. United Way of Tarrant County also received a senate proclamation.
**Coalition Partners**

- Area Agencies on Aging (AAA)
- Senior Centers
- Hospitals
- Pharmacies
- Senior Housing
- Universities or colleges

**Student Involvement**

Some areas of Texas were successful in recruiting students to assist with fall risk screenings, assist with educational workshops, and lead fall prevention programs classes or exercises. Students represented the following disciplines:

- Physical Therapy (PT)
- Pharmacy
- Nursing
- Public Health

**Sponsorship**

Sponsorships were secured from physical therapy offices, pharmacies, healthcare organizations/hospitals, academic institutions, businesses, and other agencies. Sponsors include: Advance Therapy, GoldStar Pharmacy, CHI St. Joseph Healthcare, Texas A&M School of Nursing, Brazos Valley Area Agency on Aging, CapRock 24 Hour Emergency, College Station Medical Center, City of Bryan, Allstate, The Home Depot, United HealthCare, TMF Quality Innovative Network, Philips Lifeline, University of North Texas Health Science Center Patient Care Center, San Antonio “Stay Upright,” Baylor Scott & White, United Way of Tarrant County, and the Wellmed Charitable Foundation.

*Reported By: Suzanne Swierc*

*Program Coordinator/MPH, CHES, Texas A&M School of Public Health*

[swierc@sph.tamhsc.edu](mailto:swierc@sph.tamhsc.edu)

Learn more about what you can do to prevent falls across Texas: [www.fallsfreetexas.org](http://www.fallsfreetexas.org).
Utah

Observance
The Utah Falls Prevention Coalition observed Falls Prevention Awareness Day on September 22nd, reaching over 60 people through their activities. The observation was held in conjunction with a community event.

Key Successes
The Coalition held a 1/2 mile walk for local seniors in a safe environment.

Local EMS participated in Falls Prevention Awareness Day.

Awareness and Education Activities
To increase awareness, the Coalition wrote and distributed a press release, provided falls prevention presentations/lectures/webinar, distributed falls prevention information, promoted falls prevention through social media, and conducted a falls risk screening event. Additionally, a first responder conducted a falls prevention lecture at an event.

Fall Prevention Programs/Workshops
• Stepping On

Fall Risk Screenings
• Medication reviews/screening

Advocacy Activities
The Coalition obtained a Falls Prevention Awareness Day Governor’s Proclamation.

Coalition Partners
• State/city health departments
• EMS and/or Fire Departments
• Senior Centers
• Hospitals
• Trauma Centers
• Pharmacies
• Universities or colleges

Student Involvement
Educational workshops were conducted by students in the following disciplines:
• Physical Therapy (PT)
• Occupational Therapy (OT)
• Pharmacy

Sponsorship
This was a collaborative event between local healthcare organizations, Emergency Medical Services, and state/local health care/community health organizations.

Reported By: Zach Robinson
Trauma Outreach and Injury Prevention Coordinator, University of Utah Hospital Trauma Service
zachery.robinson@hsc.utah.edu
Vermont

Observance
Falls Free Vermont held a month-long observation of falls prevention awareness in September, reaching over 30,000 people through education, screenings, and programs.

Key Successes
Stay Steady provider participation increased from 13 to 35 from the past year.

Awareness and Education Activities
The Coalition and its partners promoted falls prevention through using traditional and social media, conducting falls risk screening event(s), participated in a health fair, distributing falls prevention information, providing falls prevention presentations/lectures/webinars, and writing and distributing a press release.

Fall Prevention Programs/Workshops
- A Matter of Balance
- STEADI (CDC’s Stopping Elderly Accidents, Deaths and Injuries)
- Stepping On

Fall Risk Screenings
- Balance screening
- Multifactorial screening (multiple risk factors screened)
- STEADI screening or assessment

Coalition Partners
- Area Agencies on Aging (AAA)
- State/city health departments
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Senior Housing, e.g., retirement communities, assisted living facilities, Villages
- Universities or colleges

Student Involvement
Falls risk screenings were conducted by students in these disciplines:
- Physical Therapy (PT)
- Occupational Therapy (OT)

Reported By: Steve DeVoe
Falls Prevention Coordinator, Vermont Department of Health
stephen.devoe@vermont.gov

Learn more about what you can do to prevent falls across Vermont: www.fallsfreevermont.org.

**Virginia**

**Observance**

The Southwestern Virginia Fall Prevention Coalition reported observing Falls Prevention Awareness Day on September 22, 2016, as well as on April 8, 2016. During these dates, an estimated 1,200 individuals were reached through awareness and education, evidence-based programs, fall-risk screenings, and advocacy efforts.

**Key Successes**

On FPAD 2016, the Coalition reports that undergraduate nursing students from Radford College who were currently enrolled in a gerontology course coordinated a Health Fair at Christiansburg Senior Center and Recreation Center. This event focused on fall prevention, and provided falls prevention education and assessments using the STEADI Toolkit.

The Coalition reports that another main success was their Virginia Fall Prevention Summit, which was held on April 8, 2016. Governor McAuliffe sent a letter of welcome and support for the Summit. Two of the largest local health systems in the region, Carillion Clinic and LewisGale Regional Health System, helped sponsor this event. Radford University was also a main sponsor, and provided 8 hours of continuing education to more than 150 participants. Nationally known falls prevention experts, Patricia Quigley and Ellen Schneider, joined a Brain Injury Services representative as some of the event’s most powerful speakers. The event included a planning session for the Virginia Fall Prevention Coalition.

Additional activities at Pulaski Adults Day Service and Fall Prevention Center also opened their Fall Prevention Clinic to the public to host education and fall risk assessments.

**Awareness and Education Activities**

Awareness and education efforts were made through distribution of information via press release, presentations, health fairs, and falls risk screenings. The public was also made aware of related activities by utilizing traditional and social media efforts.

**Fall Prevention Programs/Workshops**

- Tai Chi for Arthritis

**Fall Risk Screenings**

- Balance screening
- Medication reviews/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment

**Advocacy Activities**

The Southwestern Virginia Fall Prevention Coalition met with local officials to educate them about falls prevention during this time.

**Coalition Partners**

- Area Agencies on Aging (AAA)
- EMS and/or Fire Departments
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing
- Universities or colleges

**Student Involvement**

Students from a wide variety of disciplines assisted with falls prevention programs, educational workshops, and falls risk screenings:

- Physical Therapy (PT)
- Occupational Therapy (OT)
- Nursing
- Gerontology
- Social Work

Reported By: Linda Davis  
President - Southwestern Virginia Fall Prevention Coalition  
lsdavis@radford.edu

Learn more about what you can do to prevent falls across Virginia: [www.radford.edu/SWVFPC](http://www.radford.edu/SWVFPC).
Observance
The Washington State Falls Prevention Coalition observed Falls Prevention Awareness Day on September 22, 2016. An estimated 150 people were reached through awareness, education, and fall-risk screening activities.

Key Successes
Multiple falls prevention activities were held during an FPAD Fall Fair. The highlights of this event included a Tai Chi demonstration being held and non-skid socks being given away to fair participants.

Awareness and Education Activities
Washington’s Coalition provided falls prevention information via presentations and informational handouts. They also conducted falls risk screenings with older adults in their communities.

Fall Prevention Programs/Workshops
• Tai Chi for Enhanced Balance

Fall Risk Screenings
• Blood pressure checks and/or orthostatic pressure checks
• Vision screening

Reported By: Lisa Stubenrauch
RN- BC BSN CDONA/LTC RAC-CT NHA, Issaquah
Nursing and Rehabilitation
lstubenrauch@issaquahnursing.com
West Virginia

Observance
West Virginia’s Falls Prevention Initiative reported celebrating Falls Prevention Awareness Day on September 22, 2016. This event was held in conjunction with Senior Center Month and Go4Life Month festivities. Approximately 300 people were reached in the areas of awareness and education, fall prevention programs, falls risk screenings, and advocacy.

Key Successes
West Virginia was quite successful in recruiting a variety of health care partners, including physical therapists, dietitians, and footwear specialists.

Awareness and Education Activities
FPAD observance in West Virginia included distribution of falls prevention information, public awareness and education activities using traditional and social media, and falls risk screening events.

Fall Prevention Programs/Workshops
• Tai Chi for Arthritis
• Healthy Steps for Older Adults

Fall Risk Screenings
• Balance Screening

Advocacy Activities
West Virginia conducted an evidence-based falls prevention demonstration or educational session for elected officials.

Coalition Partners
• Area Agencies on Aging (AAA)
• Senior Centers
• Hospitals
• University of colleges

Student Involvement
Students from the following disciplines assisted with falls risk screenings and participated in a falls prevention program class or exercise:
• Physical Therapy
• Occupational Therapy
• Public Health

Sponsorship
Multiple local hospital provided staff and students to give balance screenings and ophthalmology consultations, while an additional hospital provided their dietetic department for educational presentations on balanced diet and healthy food alternatives. A local footwear specialist provided specialized consultations on proper footwear.

Reported By: Deborah A. Isner
Health and Wellness Director, Title IIDD Coordinator, WV Bureau of Senior Services
deborah.a.isner@wv.gov

Learn more about what you can do to prevent falls across Vermont: www.soundgenerations.org.
Observance
The Wisconsin Fall Prevention Initiative reported observing Falls Prevention Awareness during the full month of September, with a focused event on September 22, 2016. This observance was held with a Governor’s Proclamation presented at the State’s Aging Network Conference celebrating Falls Prevention Awareness Day and Month and the Older Americans Act reauthorization. During this month of festivities, an estimated 8,225 individuals were reached through awareness and education, fall prevention programs, and fall-risk screenings and local health fairs.

Key Successes
One primary success was the Press Conference that was held at the State Capitol which helped promote the importance of funding for preventive services and the dissemination of evidence-based health Promotion programs. The Centers for Disease Control and Prevention was also celebrating the release of the STEADI toolkit module in two Electronic Health Record suppliers and participated in the Press Conference. Additionally, many communities created new partnerships during this time, which will help advance their work throughout the year. Several community coalitions utilized September to reach out to new partners, conduct strategic planning for their community, and reinvigorate coalition energy.

Awareness and Education Activities
Awareness and education activities in Wisconsin included distributing falls prevention information through a press release, hosting a press conference, providing falls prevention presentations, and conducting falls risk screening events. The public was made aware of these activities via traditional and social media efforts. Evidence-Based Falls Prevention programs were also kicked off during this observance.

Fall Prevention Programs/Workshops
- STEADI (CDC’s Stopping Elderly Accident, Death and Injuries)
- Stepping On

Fall Risk Screenings
- Medication review/screening
- Blood pressure checks and/or orthostatic pressure checks
- Multifactorial screening (multiple risk factors screened)
- Home safety checks
- STEADI screening or assessment
- Vision screening
- Hearing screening
- Alcohol, incontinence, mental health, footwear, and foot health screenings were also completed.
- Fall risk screenings were conducted at flu vaccination events

Advocacy Activities
The Wisconsin Fall Prevention Initiative was successful in securing a Governor’s Proclamation and a press conference at the State Capitol with a supportive legislator.

Coalition Partners
- State, county and tribal aging units
- State/city health departments
- Wisconsin Institute for Healthy Aging
- Area Agencies on Aging (AAA)
- EMS and/or Fire Departments
- Senior Centers
- Hospitals
- Trauma Centers
- Pharmacies
- Senior Housing
- Universities or colleges

Student Involvement
Students from a variety of disciplines assisted with falls risk screenings:
- Physical Therapy (PT)
- Occupational Therapy (OT)
- Pharmacy
- Nursing

Reported By: Becky Turpin
Adult Injury Prevention Coordinator - University of Wisconsin Health
rturpin@uwhealth.org

Learn more about what you can do to prevent falls across Wisconsin:
Observance
Partners in Wyoming observed Falls Prevention Awareness Day on the first day of fall, reaching approximately 6,000 people through awareness, advocacy, and programs.

Key Successes
In partnership with the Aging Division, the Wyoming Department of Health successfully trained 16 new Tai Chi: Moving for Better Balance instructors. Fourteen of these instructors will deliver Tai Chi: Moving for Better Balance fall prevention program to several senior centers in Wyoming.

The largest TV station in WY, which has the largest news market, produced a TV news story addressing falls, fall risks, and fall data.

Awareness and Education Activities
To observe Falls Prevention Awareness Day, the WY Department of Health wrote and distributed a press release and distributed falls prevention information.

Fall Prevention Programs/Workshops
• Tai Ji Quan: Moving for Better Balance

Advocacy Activities
The Governor of Wyoming issued a proclamation in observance of Falls Prevention Awareness Day.

Coalition Partners
• Senior Housing, e.g., retirement communities, assisted living facilities, Villages

Reported By: Dara Lawyer
Injury Prevention Coordinator, Wyoming Department of Health
dara.lawyer@wyo.gov

Learn more about what you can do to prevent falls across Wyoming: www.health.wyo.gov/publichealth/prevention/wipp/injuryoafalls/.

Wyoming
Appendix

A. Evidence-Based Falls Prevention Program Descriptions

B. References
Appendix A: Evidence-Based Fall Prevention Program Descriptions

A summary of evidence-based falls prevention programs is provided below. For additional program descriptions, training requirements, and program costs, visit: www.ncoa.org/resources/select-evidence-based-falls-prevention-programs.

- **A Matter of Balance**: An 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

- **FallScape**: A customized program for anyone who has experienced a fall or regular loss of balance; regardless of walking ability, medical condition, mobility, cognitive or fitness level. FallScape consists of one or two training sessions with a set of brief (less than 1 min.) multimedia vignettes that are selected specifically to help an individual prevent falls in their own unique situation. FallScape is offered in-home or community space in conjunction with FallsTalk. Research shows that Participants achieve maximum benefit with the addition of this multimedia training.

- **FallsTalk**: An individual program for anyone who has experienced a fall or regular loss of balance; regardless of walking ability, medical condition, mobility or fitness level. The program begins with a personal FallsTalk Interview in-home or community space to discuss their unique situation. The intervention consists of initial and follow-up interviews with a trained facilitator, daily personal reflection (2-3 min.), 3 brief weekly and then monthly check-in calls. Clinical trials and community results provide evidence that FallsTalk significantly reduces falls compared to untreated fallers.

- **Healthy Steps for Older Adults**: An evidence-based falls prevention program for adults ages 50 and over. The program is designed to raise participants’ fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations.

- **The Otago Exercise Program**: The Otago Exercise Program is a series of 17 strength and balance exercises delivered by a Physical Therapist or a Physical Therapy Assistant in the home, outpatient or community setting that reduces falls between 35 and 40% for frail older adults. This evidence-based program calls for Physical Therapists to assess and progress older adults through an 8 week clinical phase and then the older adult is transitioned to a self-management phase for 4 - 10 months. During this time, the older adult is supported by monthly phone calls and check ins at months 6 and 12 if needed. There are opportunities for Physical Therapists to collaborate with community providers to support dissemination and implementation of the OEP.

- **Stepping On**: A multifaceted program that offers community-dwelling older adults information, strategies and exercises to reduce falls and increase self-confidence in situations where they are at risk of falling.

- **Stopping Elderly Accidents, Deaths, and Injuries (STEADI) Toolkit**: Developed by the Centers for Disease Control and Prevention, this toolkit provides instructional videos and online training for health care professionals, fall risk screening tools, and educational materials for older adults and their families.

- **Stay Active and Independent for Life (SAIL)**: A strength, balance and fitness program targeted towards community-dwelling adults 65 and older. SAIL is offered 3 times a week in a one hour class. Exercises can be done standing or sitting, and can accommodate people with mild level of mobility (e.g. people who are occasional cane users).

- **Tai Chi for Arthritis**: Tai Chi for Arthritis helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more.

- **Tai Ji Quan: Moving for Better Balance**: Tai Ji Quan: Moving for Better Balance™ is an evidence-based falls prevention program delivered in two one-hour sessions each week for 24 weeks. Each session consists of warm-up exercises; core practices, which include a mix of practice of forms, variations of forms, and mini-therapeutic movements; and brief cool-down exercises.
• **YMCA Moving for Better Balance**: A 12-week instructor-led group program designed to improve strength, mobility, flexibility, and balance for enhanced overall physical health and better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. The program, based on the principles of Tai Chi, teaches eight movements modified especially for falls prevention. The program is targeted toward individuals 65 years or older who are physically mobile with impaired stability and/or mobility, or individuals 45 years or older with a condition that may impact stability and/or mobility. A YMCA membership is not required to participate in the program.
Appendix B: References


