Objectives

The Coalition objectives include:

- Stabilize the rate at 2010 level (1,581 per 100,000) in fall-related hospitalizations in adults aged 55 and older by 2016 in the targeted areas.
- Annually disseminate the STEADI toolkit to a minimum of 10 healthcare practices.
- Educate older adults on falls prevention through best practice and evidence-based strategies, i.e. Matter of Balance, Healthy Steps for Older Adults, etc.
- Inform health care providers in Pennsylvania about falls prevention, falls risk assessment, and referral for individual interventions by disseminating CDCs STEADI toolkit.

History of the Coalition

Pennsylvania Violence and Injury Prevention Program at the Department of Health developed the state Falls Prevention Coalition in 2008 as one of four focus areas of the program. Since that time PHHSBG funding has been provided to the county/municipal health departments to address this burden at the local level by implementing Matter of Balance in the community and disseminate the STEADI toolkit to the healthcare community. The Injury Prevention program then expanded by partnering with the regional primary tobacco contractors to implement Matter of Balance and STEADI in rural counties where there is a high burden of falls related hospitalizations. Annually the Departments of Health and Aging promote Falls Awareness Day at the Capitol and engage legislators and partner organizations on county-level falls hospitalization data and program availability.

Leadership

- PA Department of Health
- PA Department of Aging

Key Partners

- PA County and Municipal Health Departments
- PA Tobacco Regional Primary Contractors
Structure
The PA Falls Prevention Coalition meets quarterly and has been supported by the PA Department of Health. Subcommittees are developed, as needed, to pursue special projects of efforts. Minutes are provided to coalition members prior to the next meeting.

Committees include:
- Matter of Balance

Measured Outcomes
- Fall-related hospitalization rates
- Fall-related fatality rates

Key Successes
- Have annually decreased the falls-related hospitalization since 2010, 2013 falls-related hospitalization rate is 1357.59 per 100,000 in the five county/municipal targeted service area.
- In 2014 distributed 159 STEADI toolkits in five county/municipal health department targeted areas.
- In the nine targeted counties, all have been trained as a Master Trainer in Matter of Balance (MOB) and have trained instructors and conducted classes in their respective area. During the 2014-15 state fiscal year there have been 20 Master Trainers trained; 117 coaches trained and 461 participants participate in the MOB program.

Falls Prevention Programs Offered
- Healthy Steps for Older Adults
- CDC STEADI toolkit

Workgroups or Local Coalitions Supported
- PA Trauma Centers’ Injury prevention Coordinator

Major Funding Sources
- Public Health and Health Services Block Grant
Coalition Lead Contact Information

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About the Falls Free® Initiative

The National Council on Aging leads the Falls Free® Initiative, a national effort to address the growing public health issue of falls, fall-related injuries and deaths. The initiative includes a 44-member State Coalition on Falls Prevention Workgroup charged with collaboratively promoting effective strategies to address falls. 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. Learn more at www.NCOA.org/FallsFreeInitiative.