



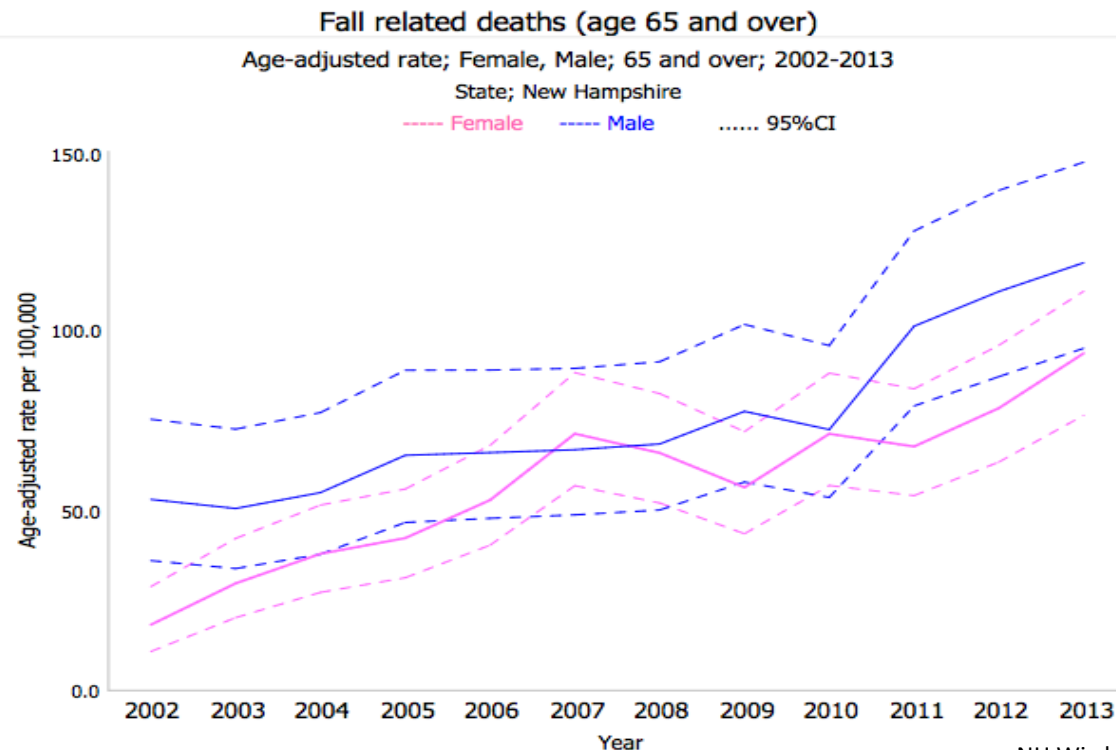
Foundation *for*
Healthy Communities

NH Community Falls Prevention Program

Improving access to evidence-based programs to support
healthy and safe aging in place.

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The Problem - ↑ injury & death

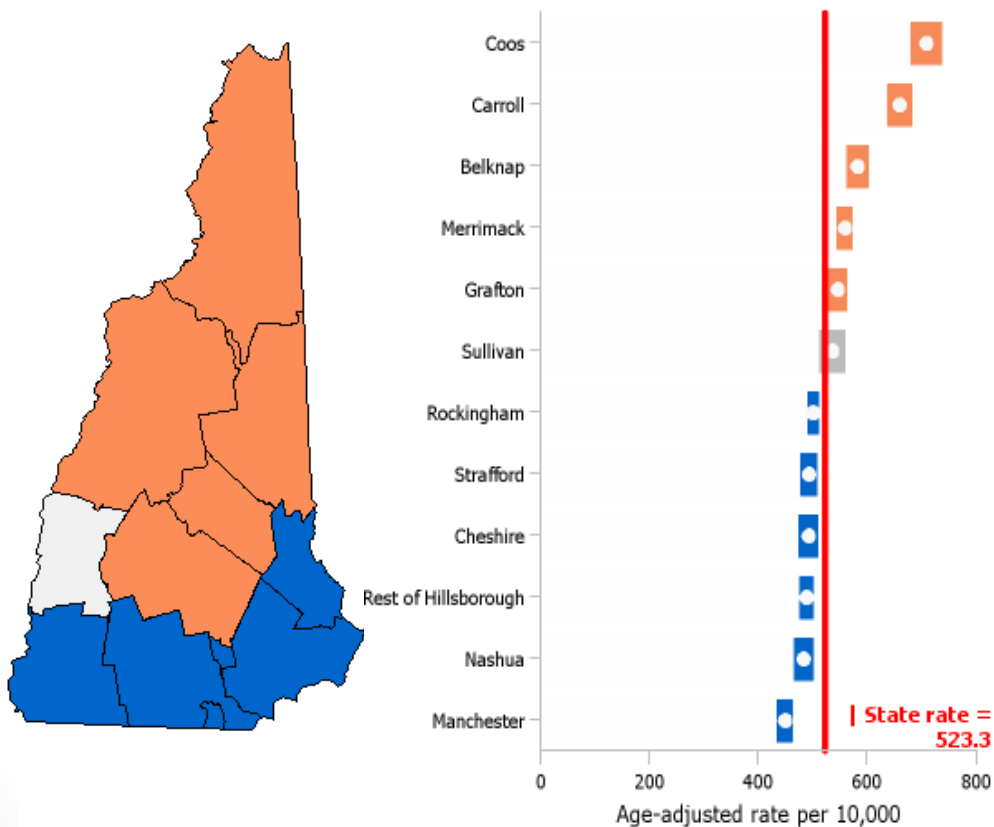


NH Wisdom, accessed July 2015

- Falls are the leading cause of both fatal and non-fatal injuries for New Hampshire older adults:
 - In 2013 in NH there were 204 fall-related deaths in the population over age 65.
 - 2010 BRFSS data indicates an estimated 26,456 residents 65+ fell one or more times ,with 32.7% reporting related injuries

Target Population

Fall related hospital visits (age 65 and over -emergency dept.)
Age-adjusted rate; Both genders; 65 and over; 2005-2009
County with Manchester and Nashua



Significantly lower than rest of state

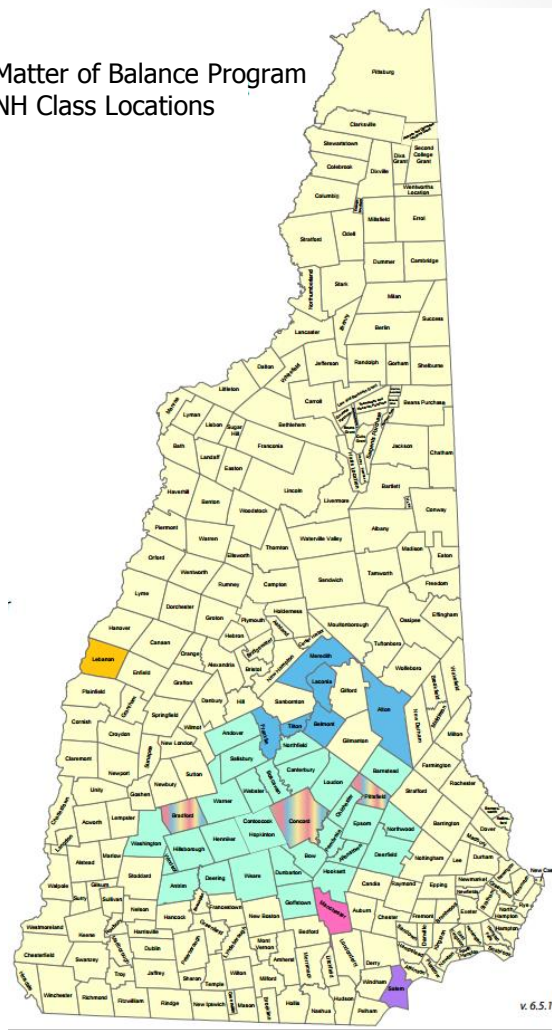
No difference than rest of state

Significantly higher than rest of state

1-4 events

NH Wisdom, accessed July 2015

Matter of Balance Program
NH Class Locations



www.nhfalls.org, accessed July 2015

Evidenced-Based Community Falls Prevention Programs

A Matter of Balance

- Utilizes volunteer coaches to teach 8 two hour community-based workshops with discussion and exercise components designed to reduce fear of falling and increase activity levels.

Tai Ji Quan Moving for Better Balance

- An enhancement of traditional Tai Ji Quan that transforms the movements into therapeutic training for postural control (balance), daily functioning and clinical rehabilitation for older adults and individuals with physical limitations.

Community Partners

Coos County

- *Indian Stream Health Center*
- *The Morrison Assisted Living and Skill Nursing Care*
- *North Country Community Recreation Center*

Carroll County

- *Memorial Hospital*
- *Gibson Center for Senior Services*
- *Huggins Hospital*
- *Central New Hampshire VNA & Hospice*

Nashua

- *Southern New Hampshire Medical Center*
- *Center for Physical Therapy and Exercise*
- *YMCA of Greater Nashua*

Other

- *Community Action Program Belknap-Merrimack Counties*

Impact to Date by the Numbers

A Matter of Balance (MOB):

- 20 staff members from 11 different organizations located in are targeted areas were trained to be Master Trainer's in the Matter of Balance Program in April 2015.
 - Sites began running workshops in July 2015.
 - 38 volunteer lay leaders trained to date.

Tai Ji Quan: Moving for Better Balance (TJQMBB):

- 15 people from 7 different organizations were trained to be instructors in the TJQMBB program in September 2015
 - Sites began running TJQMBB programs in October 2015.
 - The 7 organizations who participated in this training were already committed to implementing the MOB program.

Overall 20 workshops have been held by partner organizations

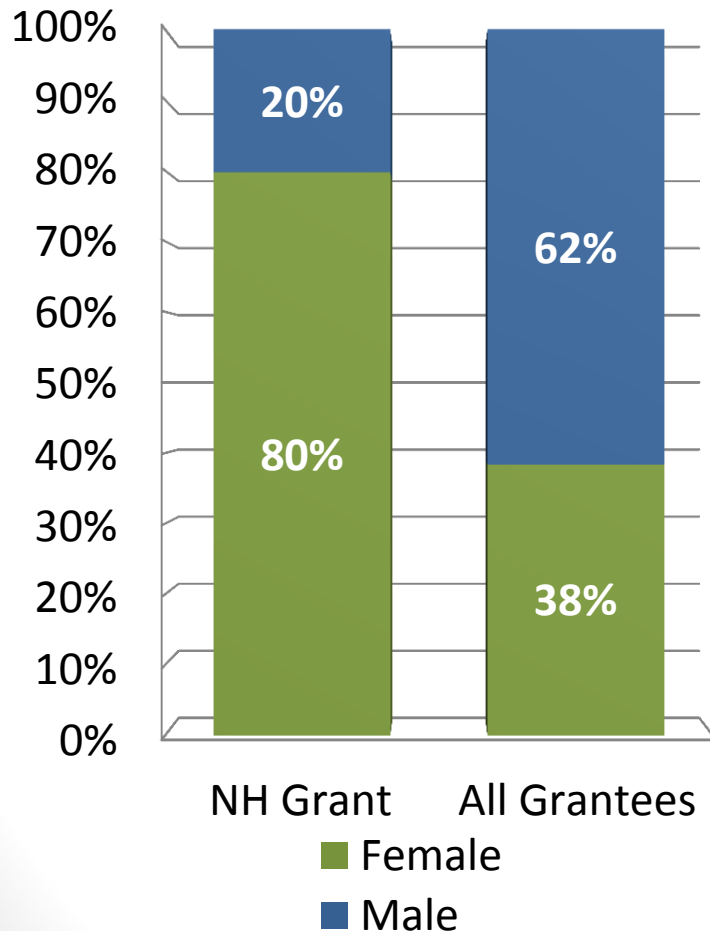
Approximately 200 people have enrolled in programs (both MOB and TJQMBB) since we began.

Today's Data Set

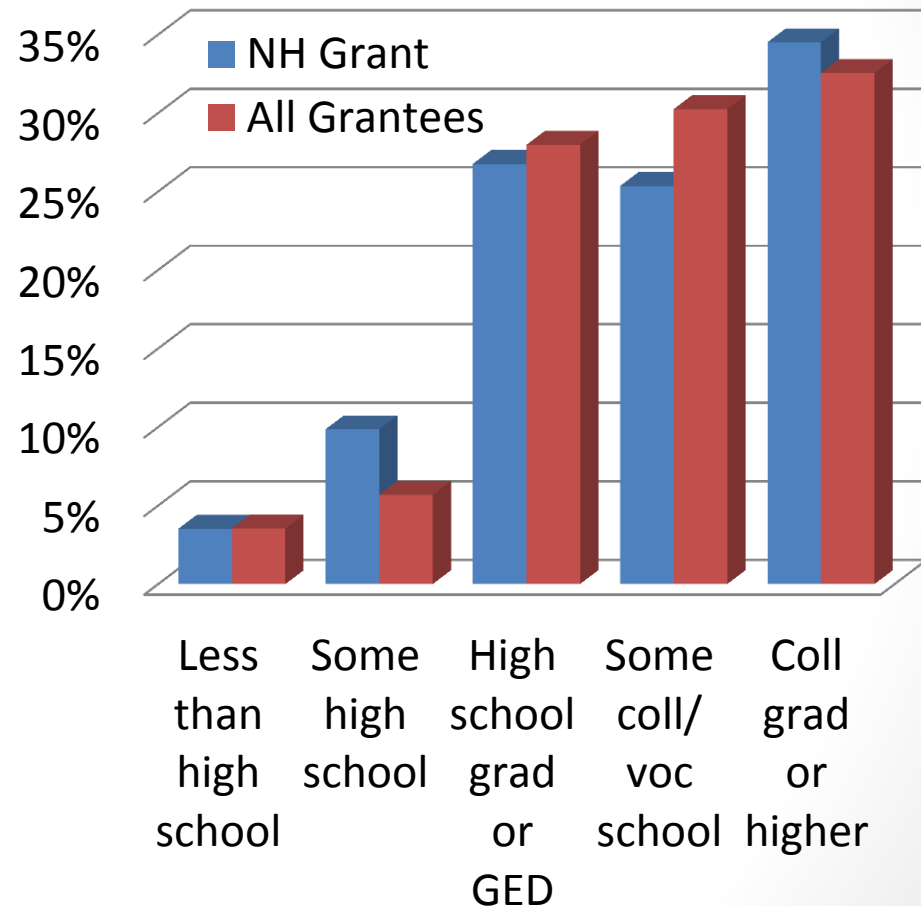
- All *A Matter of Balance (MOB)* Participants
- 169 MOB participants completed the Participant Information Forms at start of program
- 120 MOB participants completed both the Participant Information form given at the first class and the Participant Exit form given during the last class of the program
- July 2015- December 2015

Demographics

Gender



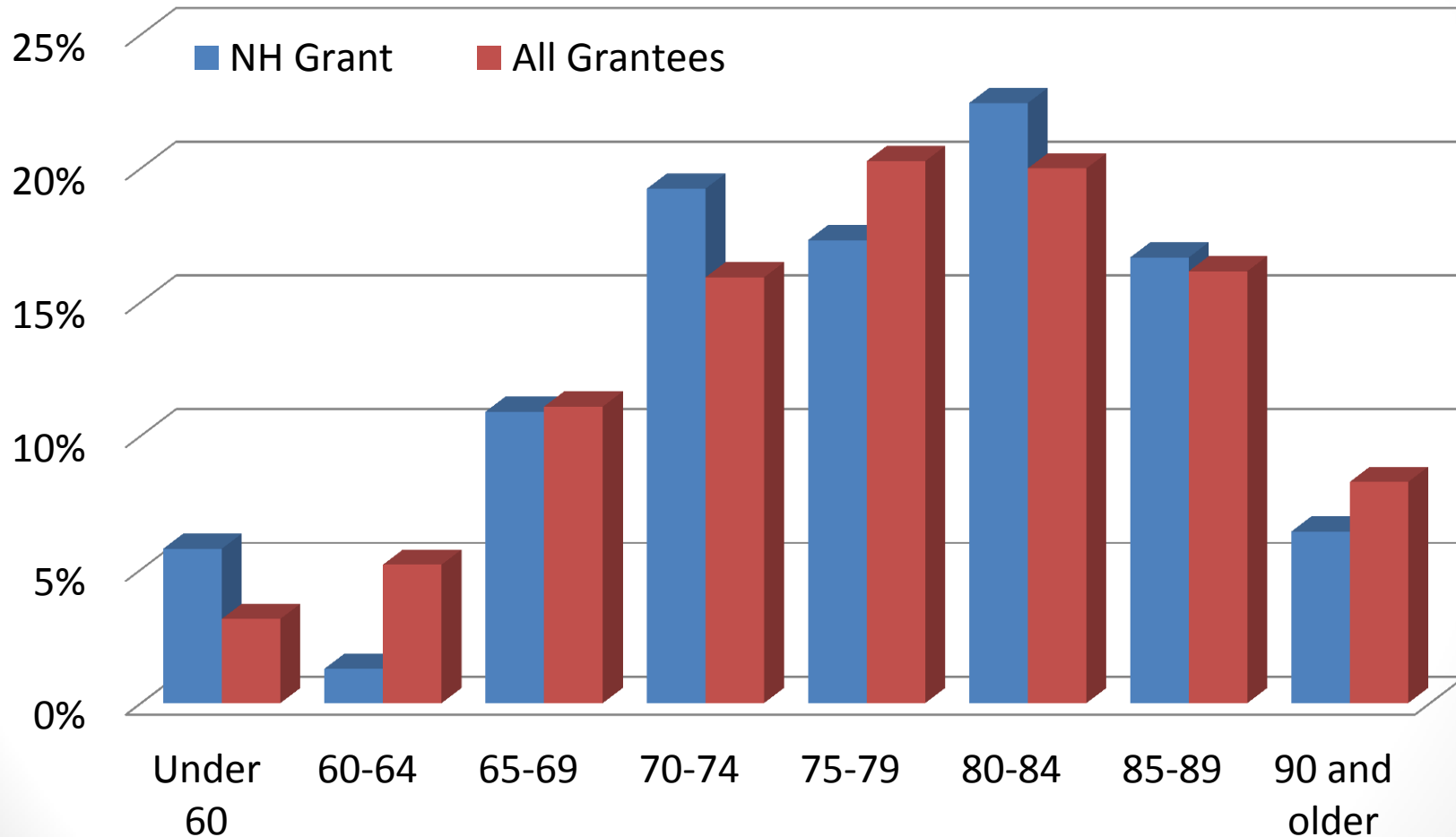
Highest Level of Education



NH N=169 All Grantees N = 1323

NH N=169 All Grantees N = 6838

Participant Age

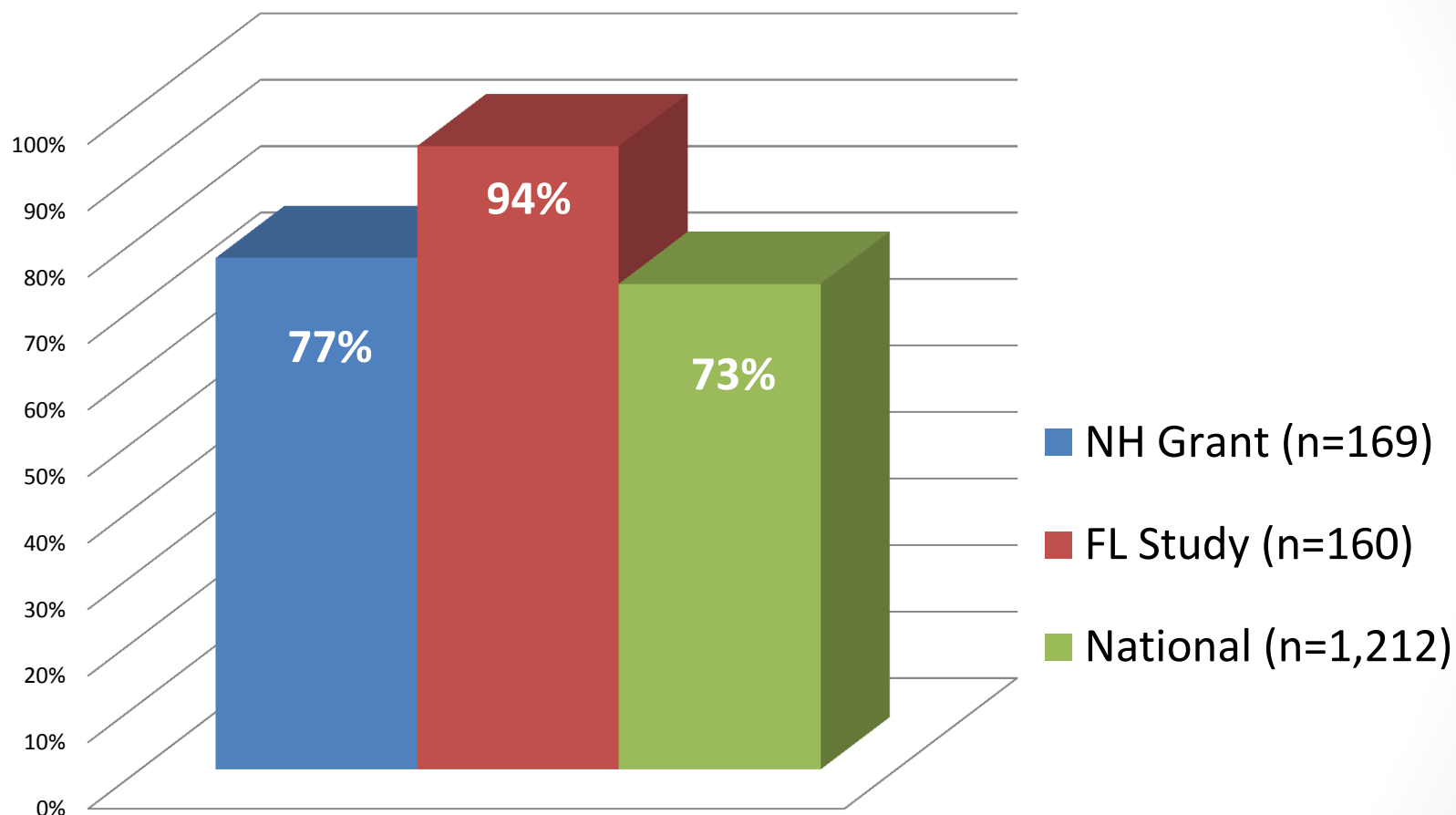


NH N=169

All Grantees N = 6838

Completers

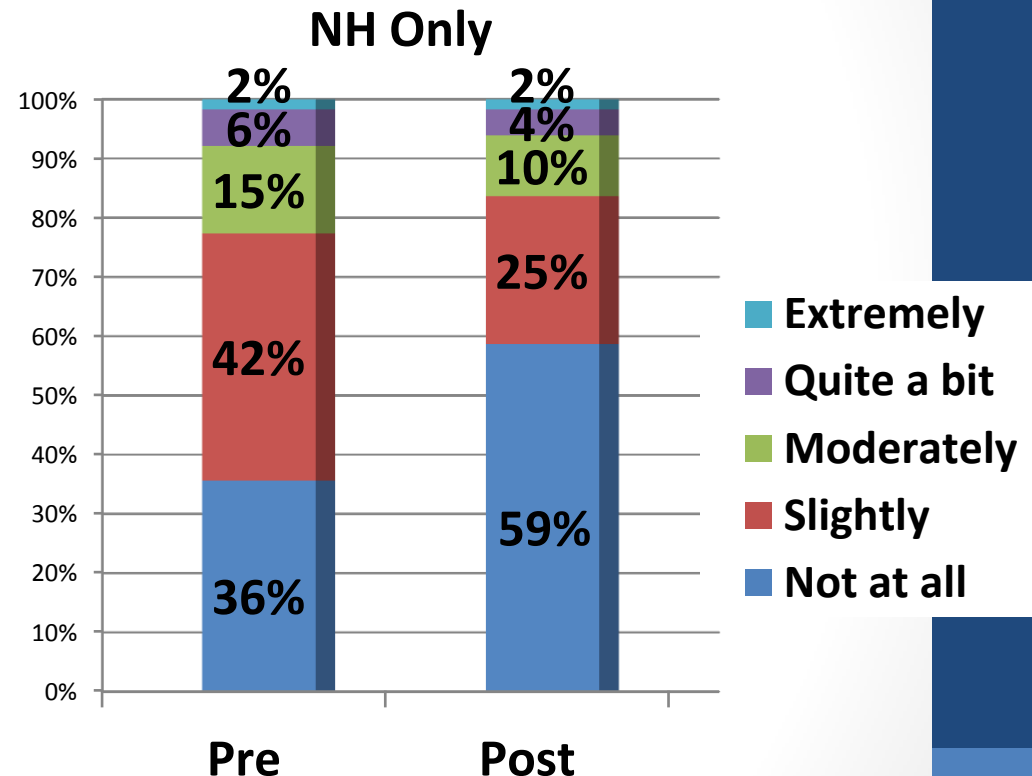
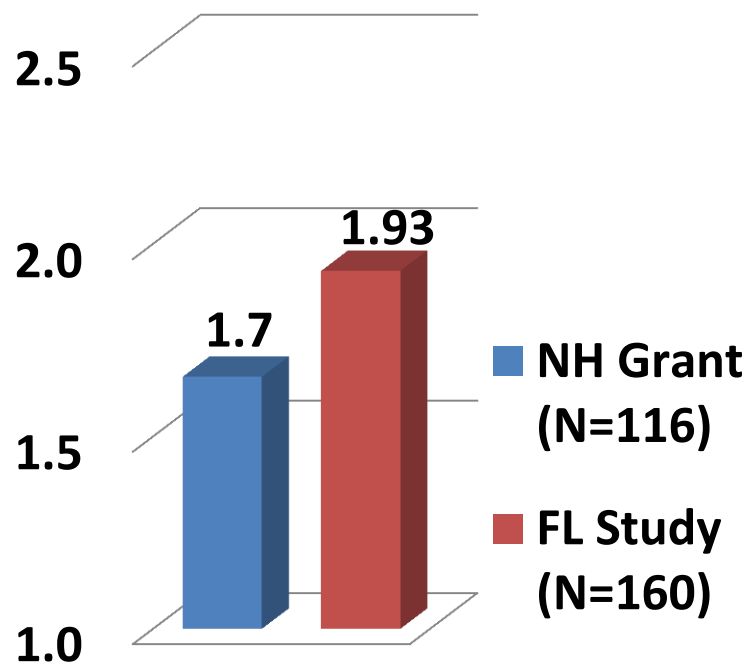
Attended at least 5 of 8 classes



BatraA, Melchoir M, Seff L, Federick N, Palmer RC. Evaluation of a Community-Based Falls Prevention Program in South Florida, 2008-2009. Prev Chronic Dis 2012; 9:110057. DOI: <http://dx.doi.org/10.5888/pcd9.110057>.

Concern for Falling: Impact on Daily Life

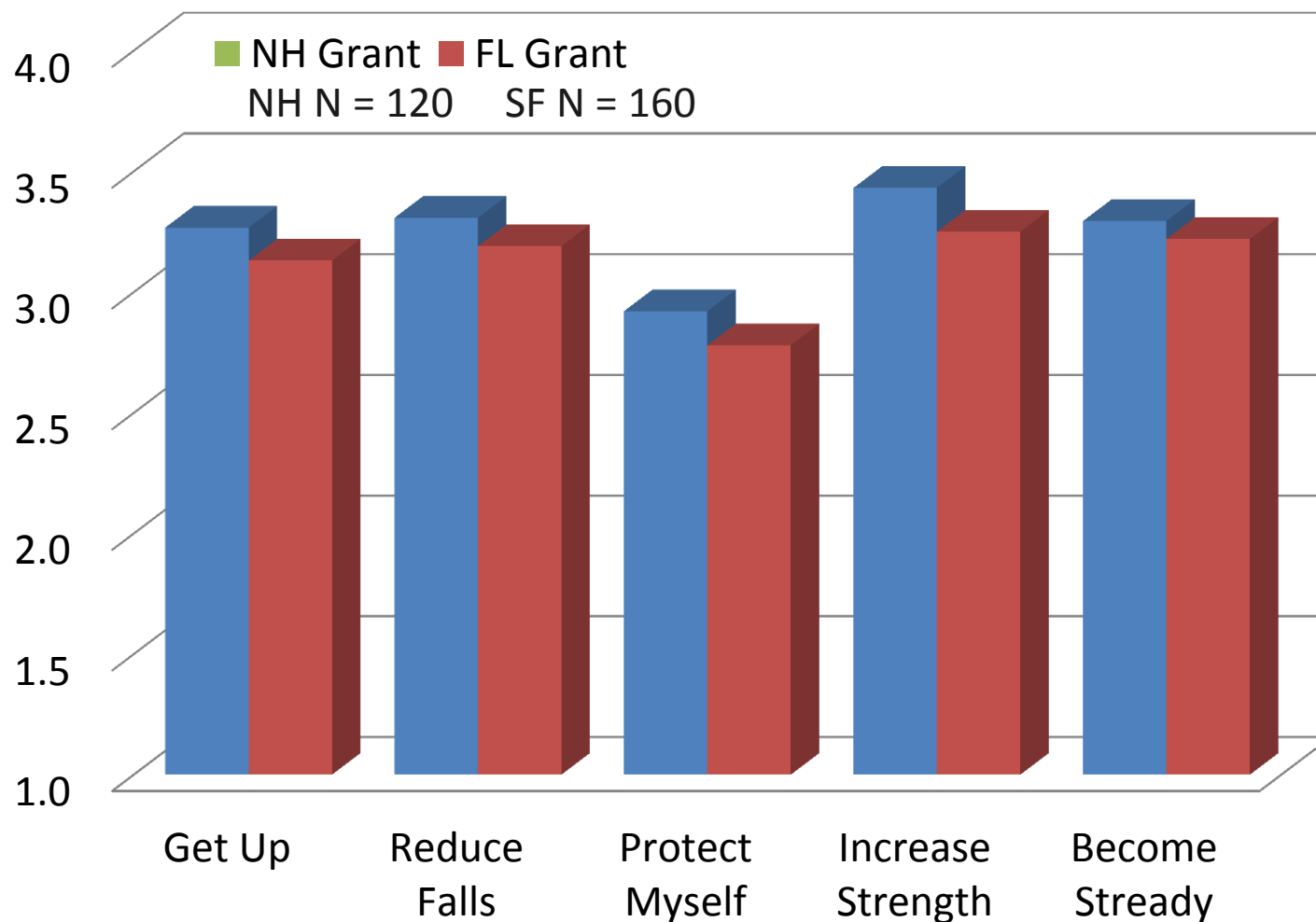
Change from Baseline to 8-Week Survey



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Participant Confidence

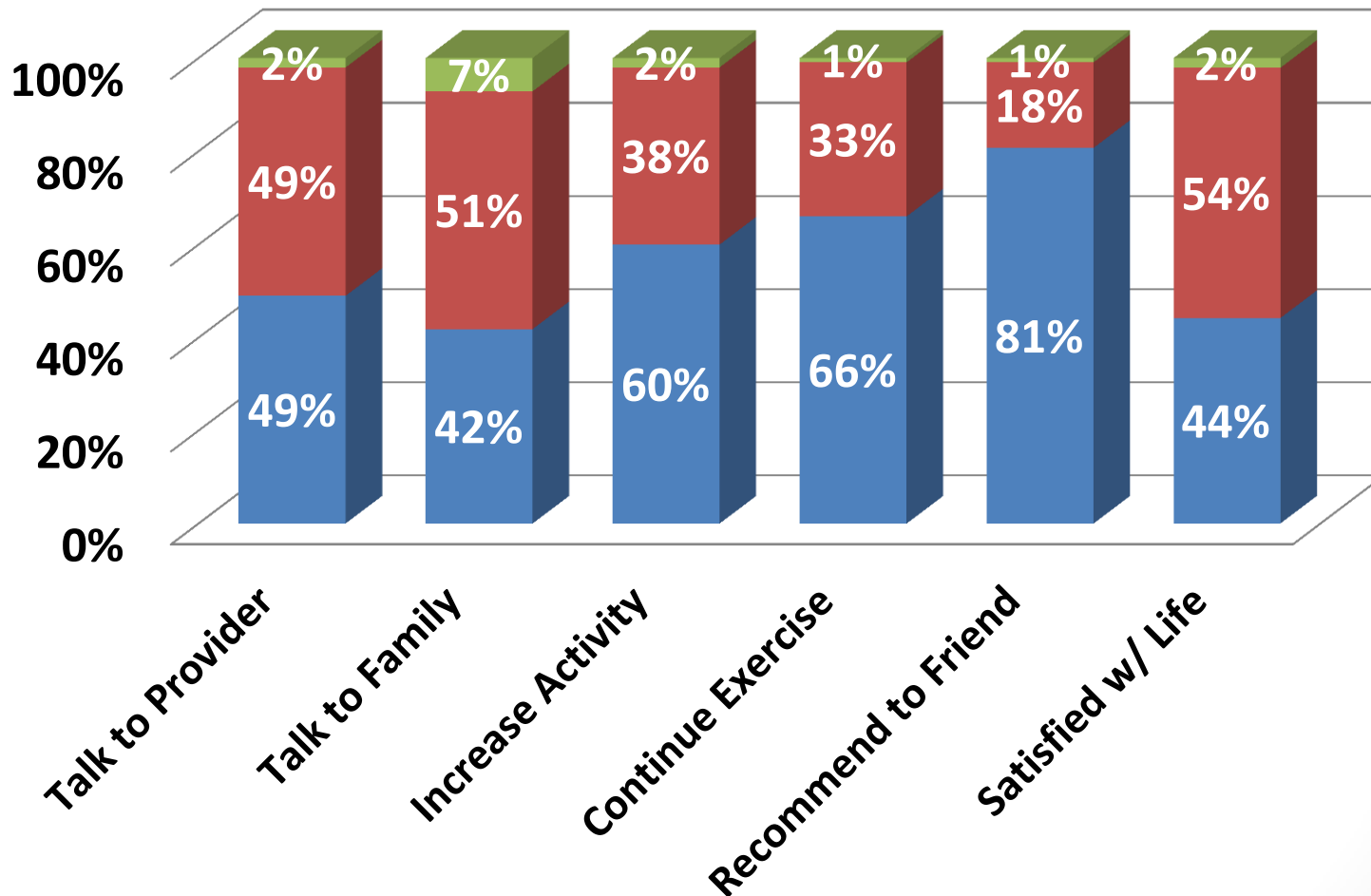
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Program Feedback

As a result of this program, I feel more comfortable...



N = 120

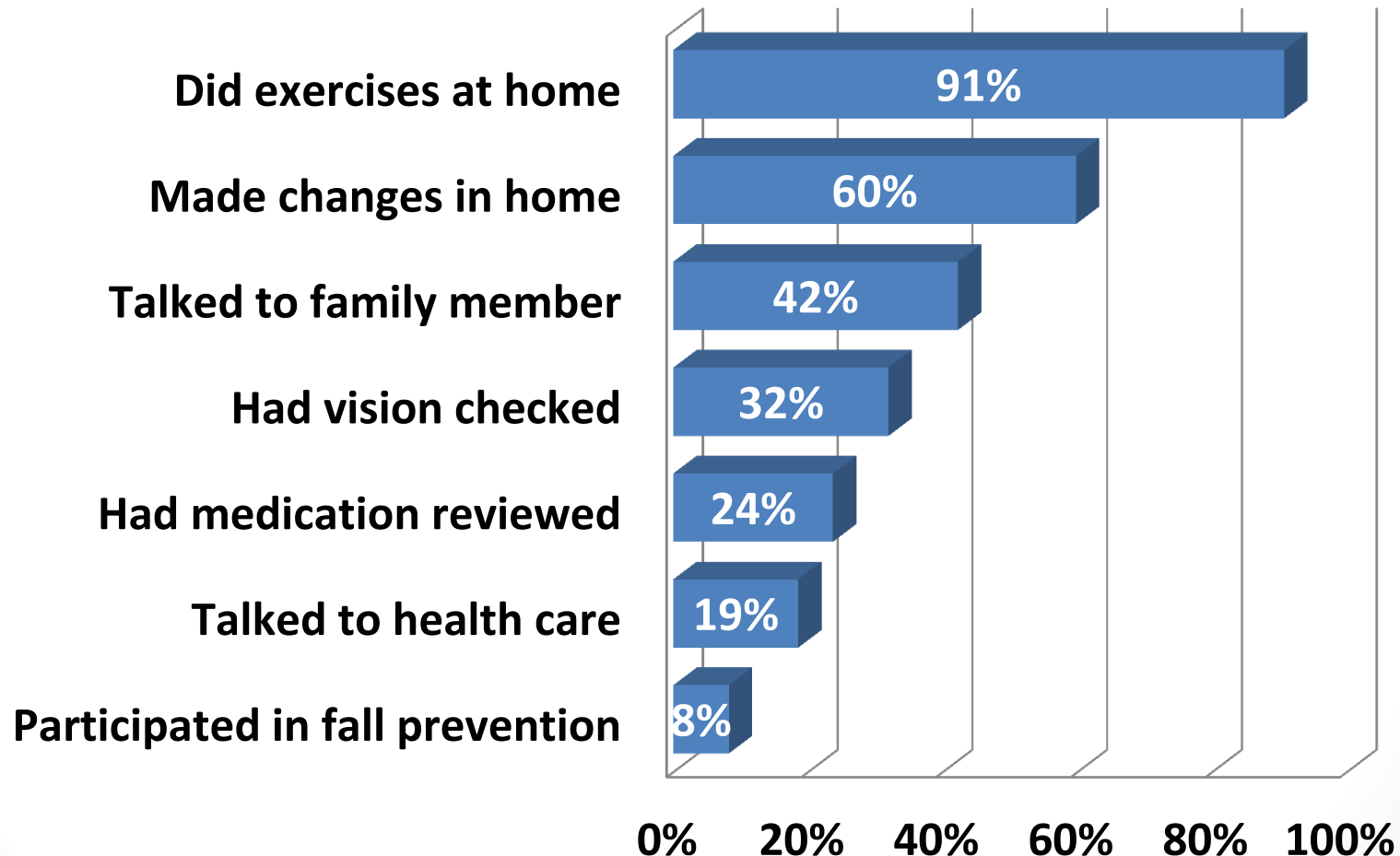
Strongly agree

Agree

Disagree

Program Feedback

Since this program began, what have you done to reduce your chance of a fall?



N = 120

Falls are not a normal part of
Aging