



# Fall Prevention: Translating Knowledge Into Action

2009 ASA/NCOA Joint Conference Workshop  
March 18, 2009 - Las Vegas, NV



# California's Strategies in Fall Prevention

**Jon Pynoos, PhD**

Co-Director, Fall Prevention Center of Excellence



# FPCE Mission Statement

“Our mission is to provide leadership, create new knowledge, improve practices, and develop sustainable fall prevention programs.”




The Fall Prevention Center of Excellence is supported by the **Archstone Foundation**



# Fall Prevention Goals

- Establish fall prevention as a key public health priority
- Educate and empower consumers
- Create effective & sustainable FP programs
- Build a comprehensive fall prevention infrastructure
- Educate professionals about fall prevention



**GRECC**  
GERIATRIC RESEARCH  
EDUCATION & CLINICAL CENTER  
OF THE UNIVERSITY OF MICHIGAN

**FALL**  
PREVENTION  
CENTER OF EXCELLENCE

## Preventing & Managing Falls in Older Persons

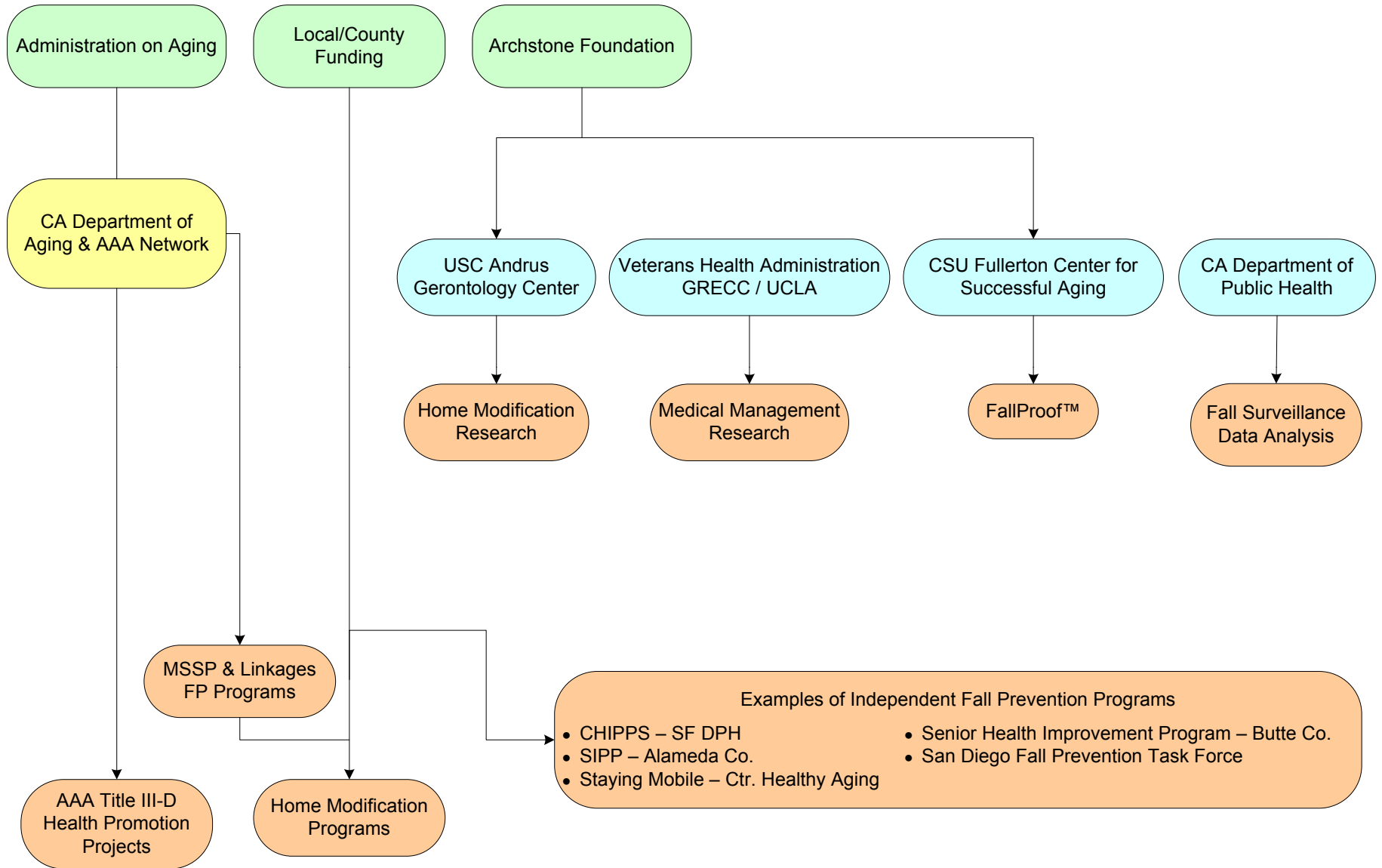
**Falls: A serious health risk**

- >1/3 of older persons fall each year.
- Unintentional injuries are 5th leading cause of death in seniors.
  - >2/3 of these injuries are from falls.
- >\$20 billion in annual medical costs for falls.
- >5% of hospitalizations are from falls.
- 1/6 of disability days are due to falls.
- Major reason for nursing home entry.

**Many Falls are Preventable**

- Falls ↓ 30-50% in controlled trials.

# CALIFORNIA FALL PREVENTION EFFORTS - 2003



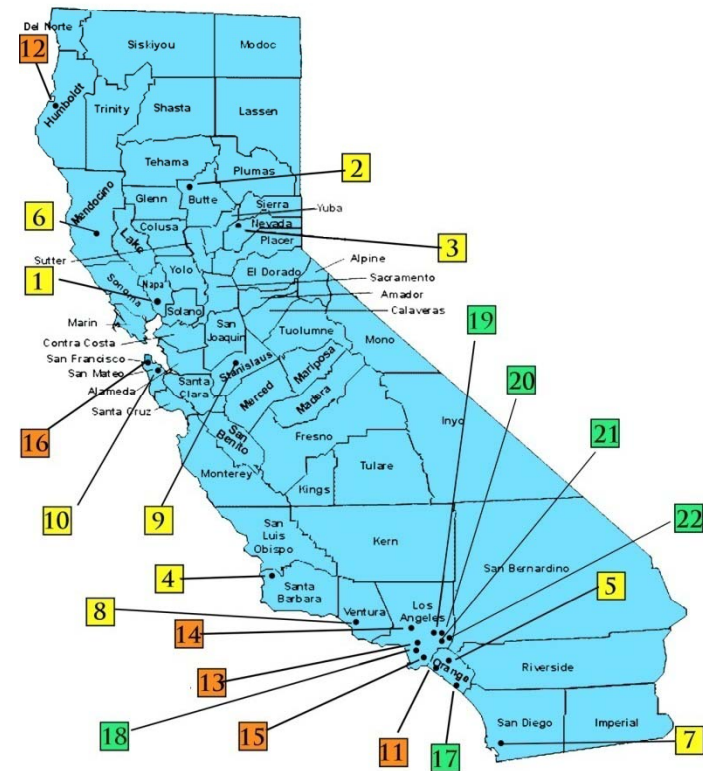
*Legend:* Green = Funding Sources • Yellow = Coordinating Agencies • Blue = Future FPCE Collaborators • Orange = Fall Prevention Activities & Programs  
 Developed by Fall Prevention Center of Excellence, March 2008



# Sample of Accomplishments

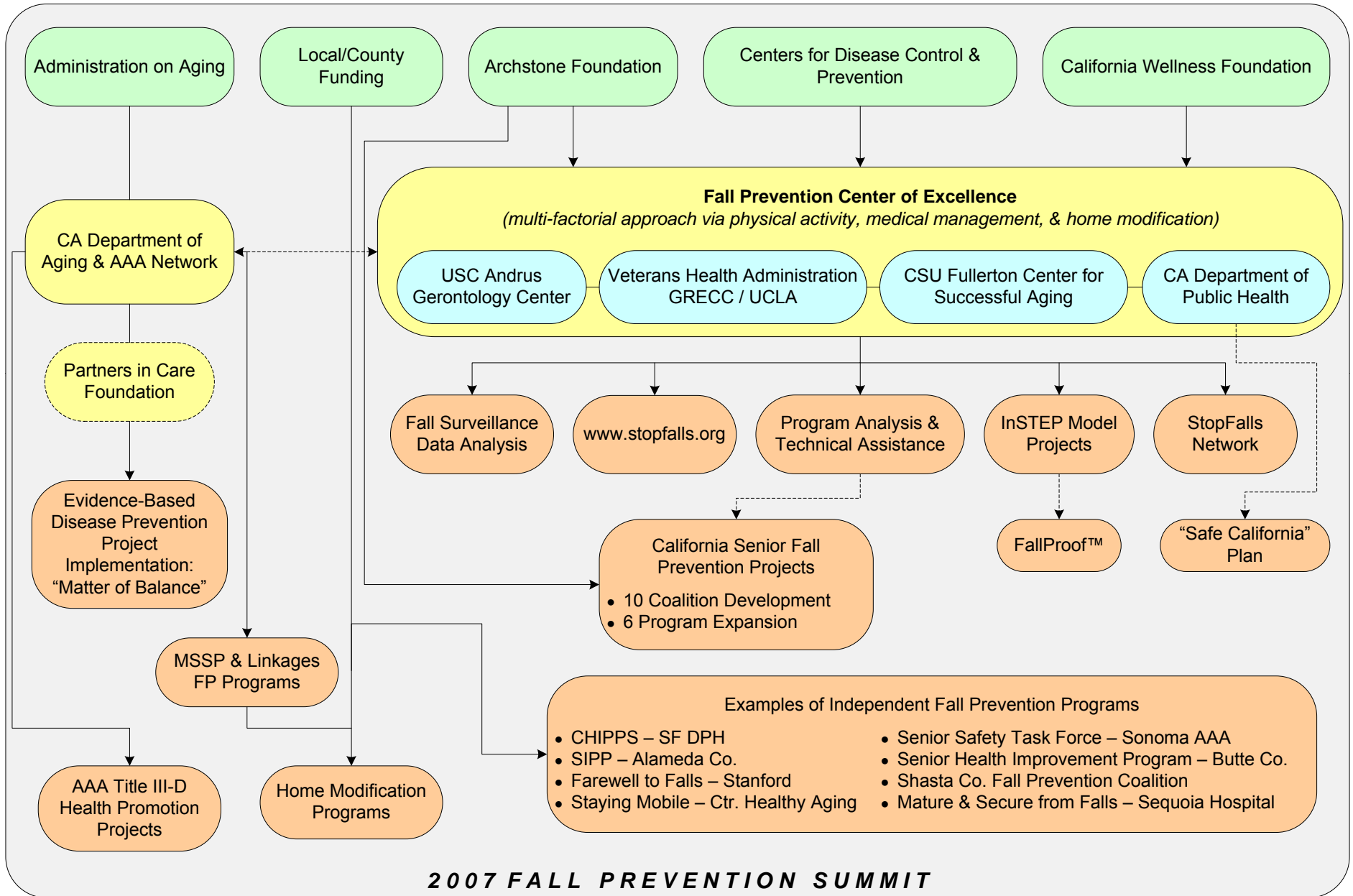
- 10 statewide coalitions
- Model projects at 7 senior centers
- Educational materials for professionals
- Consumer brochures / assessment
- 2007 California FP Summit
- Fall Prevention Awareness Week

 **FALL PREVENTION PROJECTS**  
FUNDED BY THE ARCHSTONE FOUNDATION



The Fall Prevention Center of Excellence is supported by the **Archstone Foundation**

# CALIFORNIA FALL PREVENTION EFFORTS - 2008



*Legend:* Green = Funding Sources • Yellow = Coordinating Agencies • Blue = FPCE Collaborators • Orange = Fall Prevention Activities & Programs

Developed by Fall Prevention Center of Excellence, March 2008



## Next Steps

- Establish new coalitions in areas with underserved groups (Los Angeles)
- Sustain model projects
- Encourage Depts. of Public Health & AAAs to assign a point person in FP
- Establish a permanent statewide task force to coordinate state-level programs and activities





# Future Directions

- By 2015, all major stakeholders in CA will adopt Fall Prevention as a major part of their efforts
- Access FP program within 2 miles of home
- Every doctor will assess fall risk and prescribe appropriate action
- Community walkability audits bi-annually





# Future Directions

- Create senior-friendly active communities
- Develop intergenerational and culturally appropriate programs
- Tax incentives and reimbursement streams for UD Homes
- Build fall prevention language into a variety of planning documents (e.g., general plans, housing elements, aging, transportation)