Fall Prevention: Translating Knowledge Into Action

2009 ASA/NCOA Joint Conference Workshop
March 18, 2009 - Las Vegas, NV
CDC’s Effort in Fall Prevention

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National Center for Injury Prevention and Control, Centers for Disease Control and Prevention
Public Health Model

The Fall Prevention Center of Excellence is supported by the Archstone Foundation
Public Health Model

Surveillance

Define Problem

Identify Risk Factors

Develop & Test Interventions

Translate & Disseminate

The Fall Prevention Center of Excellence is supported by the Archstone Foundation
An interactive database system that gives customized reports of injury-related data
The Fall Prevention Center of Excellence is supported by the Archstone Foundation.
Public Health Model

- Define Problem
- Identify Risk Factors
- Fund RCTs
- Develop & Test Interventions
- Translate & Disseminate

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Public Health Model

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

Give public health practitioners & others detailed information about rigorously tested & effective interventions

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Preventing Falls: What Works

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Preventing Falls: How to Develop Community-based Fall Prevention Programs
Partnerships

• Allow us to combine diverse talents & resources
• Expand research & programmatic fall prevention activities
2006: AoA funded 8 states to implement evidence-based fall prevention programs:

- Stepping On (WI)
- Tai Chi (OR)
- Matter of Balance (CA, CO, ME, OH, SC, TX)
Partnership Activities

1. Support the Falls Free Coalition
2. Estimate & compare costs of 3 fall prevention programs
3. Evaluate long-term outcomes for Matter of Balance

The Fall Prevention Center of Excellence is supported by the Archstone Foundation
www.cdc.gov/injury
Conclusion

- Population is aging & falls will increase
- Need to translate effective interventions into programs
- Disseminate programs nation-wide
Questions?

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention/the Agency for Toxic Substances and Disease Registry.

The Fall Prevention Center of Excellence is supported by the Archstone Foundation.
National Efforts in Fall Prevention

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March 18, 2009
### National Estimates of the 10 Leading Causes of Nonfatal Injuries Treated in Hospital Emergency Departments, United States, 2006

<table>
<thead>
<tr>
<th>Rank</th>
<th>Age Groups</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Fall 124,477</td>
<td>7,934,840</td>
</tr>
<tr>
<td>2</td>
<td>Unintentional Struck by/ Against 30,872</td>
<td>4,663,517</td>
</tr>
<tr>
<td>3</td>
<td>Unintentional Other Bite/ Sting 12,456</td>
<td>3,474,597</td>
</tr>
<tr>
<td>4</td>
<td>Unintentional Fire/Burn 10,378</td>
<td>2,723,465</td>
</tr>
<tr>
<td>5</td>
<td>Unintentional Fire/Burn 7,790</td>
<td>1,150,697</td>
</tr>
<tr>
<td>6</td>
<td>Unintentional Other Specified 7,531</td>
<td>1,095,521</td>
</tr>
<tr>
<td>7</td>
<td>Unintentional Fire/Burn 6,985</td>
<td>922,208</td>
</tr>
<tr>
<td>8</td>
<td>Unintentional Fire/Burn 6,877</td>
<td>47,405</td>
</tr>
<tr>
<td>9</td>
<td>Unintentional Fire/Burn 4,319</td>
<td>41,731</td>
</tr>
<tr>
<td>10</td>
<td>Unintentional Fire/Burn 6,479</td>
<td>65,230</td>
</tr>
</tbody>
</table>

* The "Other Assault" category includes all assaults that are not classified as sexual assault. It represents the majority of assaults.

**Source:** National Electronic Injury Surveillance System—All Injury Program operated by the U. S. Consumer Product Safety Commission.

**Produced by:** Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC.

**SO WHY THE FOCUS ON OLDER ADULTS??**
### Why Falls, Why Now?

- **35%-40% of people 65+ fall each year**
- **Almost 16,000 seniors died from falls.**
- **1.85+ million treated in Emergency Rooms**
- **473,000 hospitalized**
- **Admission rates with age (39% of fall related admissions are 85+)**

- **Those who fall are 2-3 times more likely to fall again**
- **10%-20% of falls cause serious injuries**
- **20% - 30% fear falling**
- **20% die within a year after hip fracture**
- **25% of hip fractures are still in a nursing home one year later**

- **In 1994, total cost of fall injuries:**
  - $27.3 billion
  - $43.8 billion

- **Medicare/hip Fxs**
  - $4.7 billion (1991)
  - $32.4 billion (2020)
  - $240 billion (2040)

- **The costs of fall injuries tend to with age**

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Putting the Future in Perspective

Total Number of Persons Age 65 or Older by Age Group, 1900 to 2050, in Millions

2000: US Census Bureau, Decennial Census Data, Population Projections

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Why Falls, Why Now? - there is good news!!!

- Research supports these intervention strategies that work:
  - Comprehensive clinical assessment\(^1\)
  - Exercise for balance & strength\(^2\)
  - Medication management\(^3\)
  - Vision correction\(^4\)
  - Reducing home hazards\(^5\)

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1. American Geriatrics Society, JAGS, 2001
2. Lord SR, JAGS, 2003
3. Cumming RG, Drugs & Aging, 1998
4. Ray W, Topics in Geriatric R Rehab, 1990
5. Day L, BMJ 2002; Gill TM, JAGS, 1999

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**NCOA Coordinating Growing Momentum in Fall Prevention**

<table>
<thead>
<tr>
<th>2004</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
</tr>
</thead>
</table>
| • National Environmental Scan  
• Literature Review  
• National Summit | • Released National Action Plan  
• Organized Falls Free Coalition & Created Falls Free E-News  
• Convened Advocacy Work Group  
• Increasing Conf Presentations, online training and practice improvement modules within Prof Orgs: APTA, AOTA, ABIM  
• AGS/BGS invites select Summit attendees to assist in the Revision of Clinical Guidelines  
• V15.88 History of Fall CMS approved | • S. Bill 1531 → 845  
H. Bill 5608  
• **State Coalitions join Falls Free Coalition**  
• New State Coalitions begin to form  
• CDC/NCIPC identifies Fall Prevention as priority  
• CDC MMWR calling new attention to growing issue  
• Maine successfully introduces legislation  
• AoA funds state dissemination of Fall Prevention programs  
• NCOA invited to multiple national Advisory Committees on Fall Prevention | • National Action Plan Progress Report  
• Creative/Best Practice Study in Home Safety  
• Workgroups:  
  ✓ Home Safety  
  ✓ State Coalitions  
  ✓ Advocacy  
• Legislation reintroduced  
• **NCIPC - AoA Inter-agency agreement facilitating Falls Free Initiative**  
• WHO invites NCOA to share Falls Free at International Fall Prevention Meeting |
Multifactorial Nature of Falls Demands a Coordinated Effort

For any of these evidence-based interventions to be effective, they must be included as part of a program that addresses multiple risk factors for falls as most falls can be attributed to multiple causes...and is tailored to meet individual needs.
States operating or developing Fall Prevention Coalitions to address the issue of falls and fall related injuries in older adult residents
## NCOA Coordinating Growing Momentum in Fall Prevention

### 2008

- Online Resource Tool released
- National Advisory Group convened
- **Safety of Seniors Act of 2007**: Public Law 110-202 passed and signed into law

### Safety of Seniors Act of 2007

- Public Education/Awareness
- Provider Education Programs
- Demonstration Projects & Evaluation
- Cost Effectiveness Evaluation

### 2009

#### Current activities

- Advocacy for PL 110-202 appropriations & inclusion in the economic stimulus package
- Review of State policy needs
- National Public Awareness Campaign through the Ad Council
- Continue to provide TA to state coalition building efforts; building evaluation tools

### Spin-off state legislation/policy initiatives

- Maine → passed
- New Jersey,
- Massachusetts,
- Connecticut
- New York

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How will we make a real difference?

Local, state and national collaboration that brings:

- Broad awareness to the issue - falls are not an inevitable part of aging
- Training and education to providers
- Evidence-based programs, services and resources to older adults targeting prevention through risk reduction