Strengthening Connections to Address the Escalating Public Health Issue of Older Adult Falls

September 14, 2017

National Council on Aging

Improving the lives of 10 million older adults by 2020
Objectives

- Discover how the National Council on Aging’s National Falls Prevention Resource Center is strengthening national, state, and local connections to raise awareness and disseminate evidence-based falls prevention programs.
- Examine cross-sector strategies two State Health Departments (SHDs) are using to address older adult falls prevention.
Speakers

- Ellen Schneider, National Council on Aging National Falls Prevention Resource Center, University of North Carolina-Chapel Hill
- Binnie LeHew, Injury and Violence Prevention Program, Iowa Department of Public Health
- Nidhi Sachdeva, Injury and Violence Prevention Branch, North Carolina Division of Public Health
Falls: A Growing Public Health Issue

For older adults:

- The leading cause of injuries and injury deaths.
- 27,000 die each year from a fall—one every 19 minutes.
- Every 11 seconds, an older adult is treated in an ED for a fall.
- Annually, >$31 billion is spent in Medicare costs related to falls.
- Huge impact on quality of life.
U.S. Administration for Community Living
FP Grantees and CDC Core SVIPP Funding for FP

Color Legend
- ACL FP Grantee
- Using 10% discretionary Core SVIPP funding for FP
- ACL FP Grantee and using Core SVIPP funding for FP
ACL Grantee Evidence-Based Falls Prevention Programs

- A Matter of Balance
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis/Falls Prevention
- YMCA Tai Chi: Moving for Better Balance
- Stepping On
- Otago Exercise Program
- Stay Active and Independent for Life (SAIL)
Newly Approved Falls Prevention Programs

• Programs were reviewed by NCOA Evidence-based Falls Prevention Program Review Council
• Programs are approved for ACL discretionary/Title IIID funding and include:
  – CAPABLE
  – Fit and Strong!
  – EnhanceFitness
## Program Reach – Since Sept. 2014

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grantees / States</td>
<td>21 / 24</td>
</tr>
<tr>
<td>Host Organizations</td>
<td>478</td>
</tr>
<tr>
<td>Implementation Sites</td>
<td>2,428</td>
</tr>
<tr>
<td>Workshops</td>
<td>3,801</td>
</tr>
<tr>
<td>Participants</td>
<td>46,176</td>
</tr>
</tbody>
</table>
## Reported Actions Taken

*Since the program began, what action have you taken to reduce risk of falling...*

<table>
<thead>
<tr>
<th>Action</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talked to family</td>
<td>42</td>
</tr>
<tr>
<td>Talked to provider</td>
<td>21</td>
</tr>
<tr>
<td>Checked vision</td>
<td>27</td>
</tr>
<tr>
<td>Had meds reviewed</td>
<td>26</td>
</tr>
<tr>
<td>Participated in another falls prevention program</td>
<td>10</td>
</tr>
<tr>
<td>Did exercises at home</td>
<td>77</td>
</tr>
<tr>
<td>Made changes to home to reduce risk of falls</td>
<td>53</td>
</tr>
</tbody>
</table>
National Fall Prevention Awareness Day
10 Years Standing Together to Prevent Falls

- September 22, 2017: 1st day of fall
- 10th National FPAD
- NCOA is working to obtain a U.S. Senate Proclamation
- 2016 Reach:
  - 41 states and the District of Columbia
  - National awareness and education media efforts reached an estimated 101 million individuals
  - State coalition efforts reached 1.5 million individuals through education, awareness, and advocacy efforts, as well as fall prevention programs and fall-risk screenings

Materials/Resources: www.ncoa.org/FPAD

- Provides details on CPT codes to use for falls assessment and intervention
- Includes info on falls-related quality indicators as a means to incentivize providers to conduct FP activities
- Available at https://www.ncoa.org/resources/current-procedural-terminology-cpt-code-flyer/
It Takes A Village

“It takes a village of stakeholders working together to prevent falls and reduce falls risk, tasks that no one stakeholder can accomplish alone”

Iowa’s Statewide Falls Prevention Strategy

Binnie LeHew, MSW
Office of Disability, Injury & Violence Prevention
Iowa Department of Public Health
Background

- Iowa expanded the number of available evidence-based falls prevention programs from one to three (MOB, Stepping On, Tai Chi for Arthritis)
- Workshop/Class leaders are situated in a variety of community settings
- Business plan developed in 2016
- In 2017, we began work to develop a statewide strategy for falls prevention through our healthcare quality improvement process

ACL has supported Iowa’s falls prevention efforts between 2014-2016 and again in 2016 - 2018
The Challenge in Iowa:

Can new payment and service models improve health, improve health care, and lower costs for citizens through a sustainable model of multi-payer payment and delivery reform?

Statewide Strategies advance coordination on a specific health issue via a collaborative clinical and public health process.
Process

Established statewide strategy task force

Convened stakeholders to draft the strategy

Use strategy to support pilot implementation projects
Elements of the Strategy

**Mission:** Reduce the prevalence of falls and fall-related injuries among Iowans.

**Vision:** By 2019, improve falls prevention, assessment, and care across all settings, in all communities, for all Iowans.

1. **PREVENTION** - Prevent falls from occurring among Iowans
2. **DETECTION** - Ensure identification of falls risks at all stages and settings
3. **MANAGEMENT/TREATMENT** - Improve the quality of falls care and management in all settings
4. **DATA** - Use data to drive population-based falls prevention and management strategies
Next Steps

Define specific tactics for the 4 goals

Implement risk screening

Develop care coordination protocols

Evaluate & expand to other C3’s

Pilot reimbursement model

Establish feedback mechanism back to provider

Refer patients to evidence-based classes
Resources

https://www.ihconline.org/sim/

Statewide strategy plans:  https://idph.iowa.gov/SIM

Falls Prevention for Iowa:  https://idph.iowa.gov/falls-prevention
Healthy Aging NC: A Resource Center for North Carolina Evidence-Based Programs

Nidhi Sachdeva, MPH
NC Division of Public Health
Injury and Violence Prevention Branch

Nicolle Miller, MS, MPH, RD, LDN
NC Center for Health and Wellness
UNC Asheville
Healthy Aging NC

• Initiative of/housed within the NC Center for Health & Wellness at UNC Asheville

• Goal
  ▪ Create a well-informed community where people can access high quality evidence-based healthy aging programs where they live, work, play, pray

• Data center for evidence-based falls prevention **and** chronic disease self-management education program data

• Provides resources, information and technical assistance to program providers (quality assurance and fidelity)

• Supports program sustainability and expansion

www.healthyagingnc.com
Collaboration

• State, regional, and local partners
  ▪ NC Division of Public Health, Injury and Violence Prevention Branch
  ▪ NC Division of Aging and Adult Services
  ▪ University of North Carolina at Chapel Hill
  ▪ NC Falls Prevention Coalition

• Supports
  ▪ Regional coalitions
  ▪ Area Agencies on Aging (AAAs)
  ▪ Ys
  ▪ Faith communities
Healthy Aging NC

- Offers **referrals** to evidence-based community programs
  - Falls Prevention
  - Chronic Disease Self-Management
  - Walk with Ease

- Leader **training** details

- Healthy aging **resources**
  - Data and Fact Sheets
  - Class paperwork
  - Webinars

- Latest healthy aging **news** and information
Healthy Aging NC Scorecard

• Uses Results Based Accountability (RBA) to measure success of the supported programs and how they impact people served

• Data is entered into a Scorecard
  ▪ Summarizes how NC programs improve the lives older adults
  ▪ Justifies the need for the programs
  ▪ State injury surveillance data shapes it into a full picture
Data Snapshot

NC Evidence-Based Falls Prevention Programs

September 1, 2014 to July 31, 2017

**How much did we do?**

- 4,391 Participants
- 2,924 Completers
  - # Workshops by Program:
    - 306 A Matter of Balance
    - 15 Tai Chi for Arthritis
    - 21 Otago
    - 35 Moving for Better Balance

**How well did we do it?**

- 67% Completion rate
  - (75.6% AMOB)
- 65 counties reached
- 219 sites statewide
- 32% of participants are minorities
- 2% Hispanic or Latino
- 21% report disabilities
## Data Snapshot (AMOB)

### NC Evidence-Based Falls Prevention Programs

<table>
<thead>
<tr>
<th>Is anyone better off? (N=1639, Baseline + Post)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avg FOF Score, Pre</td>
</tr>
<tr>
<td>2.54</td>
</tr>
</tbody>
</table>

FOF = Fear of falling question is on a scale of 1 to 4, with high scores indicated greater fear.

### Has this program reduced your fear of falling? (N=1725)

- Yes: 90%
- No: 10%

![Healthy Aging NC Logo]
A Look Ahead

• CDC Core SVIPP Funding

• 2017 Falls Prevention Grant (August 2017-July 2020)
  ▪ Create a falls prevention pathway in Mission Health Partners’ case management system
  ▪ Simultaneously scale programs in 18 counties of Western NC served by Mission Health Partners (an Accountable Care Organization)
  ▪ Assess uptake of classes among those identified at risk and referred
  ▪ Assess claims data for patients who enroll and complete classes

• Continue sustainability efforts to serve as the Resource Center for NC Evidence-Based Healthy Aging Programs
Unintentional Fall-related Death Rates in Western North Carolina: North Carolina Residents, 2013-2015

N.C. Rate 2013-2015: 10.5 per 100,000 residents

Unintentional Fall Deaths (rate per 100,000 residents)
- 11.0
- 11.1-15.0
- 15.1-21.0
- 21.1-35.1
- < 5 deaths, rate suppressed

* Between 5 and 10 deaths, interpret rate with caution

- Area Agency on Aging Regions
- Hospitals

Analysis by Injury Epidemiology & Surveillance Unit
Unintentional Fall Deaths: Fall (W00-W19; X80; Y01; Y30) and Unintentional Death (V01-X59; Y85-Y86)
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Injury and Violence Prevention Branch

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Questions?

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