

Healthy North Carolina 2020

EVIDENCE BASED STRATEGIES

FOCUS AREA	Injury & Violence
OBJECTIVE	2. Reduce the unintentional falls mortality rate

EBS PROGRAM DESCRIPTION	<p><u>Stepping On</u> Stepping On is a community-based workshop offered once a week for seven weeks by qualified instructors using adult education principles that build older adults' confidence in their ability to reduce falls. The program is suitable for most people 65 and older. In a small group setting, older adults learn specific knowledge and skills to prevent falls. Mutual support and success build participant's confidence in their ability to manage their own health behaviors to reduce their risk of falls and remain independent.</p>
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EBS LEVEL <i>CDC Ranking</i>	B = Best/Proven
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.cdc.gov/homeandrecreationalsafety/images/cdccompendium_030508-a.pdf ; https://wihealthyaging.org/stepping-on

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Older Adults with identified fall risks
Intervention Setting	Community-based, small-group workshop setting such as Older Adult Centers
Key Measures	Stepping On was evaluated via a randomized controlled trial with 310 community residents age 70 and older who had had a fall in the previous 12 months or were concerned about falling. The intervention group experienced a 31% reduction in falls (relative risk (RR) =0.69, 95% confidence interval (CI)=0.50–0.96; P=.025). This was a clinically meaningful result demonstrating that the Stepping On program was effective for community-residing elderly people. Secondary analysis of subgroups showed that it was particularly effective for men (n=80; RR=0.32, 95% CI=0.17–0.59). See more at: www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html#sthash.HdyCN55Z.dpuf
Cost	<p>\$1,500 per person for a two-person team plus travel, lodging, per diem, and staff time to travel to Wisconsin Institute for Healthy Aging's three day Leader Training course. The Wisconsin Institute for Healthy Aging offers price discounts for additional staff and prices for bringing the course to your site.</p> <p>To put on a course by a qualified instructor - \$218.95 for training materials includes:</p> <ul style="list-style-type: none"> • \$30 - Student manual "Staying power: tips and tools for keeping you on your feet". Course fees for participants typically include the cost of the student manual; • \$84.95+\$104 - Two training manuals for professionals: "Stepping On: Building confidence" and "Reducing falls, a community-based program for older people". This can be included in the cost of training instructors.
Time to Implement	<p><u>Organization</u> – Presenting Stepping On requires qualified staff, time to prepare for classes, recruit participants, present the class, and follow up. Stepping On uses expert presenters such as Physiotherapists, Occupational Therapists and Vision Experts to enhance the program.</p> <p><u>Patient/Client</u> - Community-based workshops are offered once a week for seven weeks.</p>
Difficulty to Implement <i>Resource Intensity</i>	Moderate - Stepping On requires specially certified facilitators such as physical therapist or occupational therapists who are trained as Stepping On facilitators who 1) complete the introductory course, 2) run a program for seven weeks as a co-facilitator, 3) facilitate a seven-week program 4) complete the advanced course.

ROI <i>if known</i>	\$1.00 for every \$1.00 spent on the program – costs are realized in direct medical savings by reduced fall-injury treatment.
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PROGRAM CONTACT INFORMATION	
Organization	Carolina Geriatric Education Center UNC Center for Health Promotion and Disease Prevention
Contact Person	Tiffany Shubert Ellen Schneider
Email / Telephone	tiffany_shubert@med.unc.edu ecschnei@email.unc.edu 919-966-9402
Web Site	wihealthyaging.org/stepping-on

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No	Yes
Specific group? Other limitations?	No limitations on technical assistance.
T.A. Contact	Jennifer Woody – jennifer.woody@dhhs.nc.gov
Funding – Yes/No	No
Specific group? Other limitations?	Funding for implementation is currently not available at DPH
Funding Contact	

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Not currently implemented in North Carolina communities.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
DPH provides information to interested communities

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EBS PROGRAM DESCRIPTION	<p><u>Otago Exercise Program to Prevent Falls in Older Adults</u> A program designed specifically to prevent falls. It consists of a set of leg muscle strengthening and balance-retraining exercises progressing in difficulty, and a walking plan. The exercises are individually prescribed and increase in difficulty during a series of five home visits by a trained instructor. Each person receives a booklet with instructions for each exercise prescribed and ankle cuff weights (starting at 1kg) to provide resistance for the strengthening exercises. The exercises take about 30 minutes to complete. Participants are expected to exercise three times a week and go for a walk at least twice a week. To help them adhere to the program, participants record the days they complete the program and the instructor telephones them each month between home visits. Follow-up home visits are recommended every six months.</p>
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EBS LEVEL <i>CDC Ranking</i>	Best/Proven
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.2_otago.html

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Age 65+
Intervention Setting	Home
Key Measures	Physical Therapists presenting Otago should understand the research evidence on which the program is based and avoid adding or subtracting exercises from the set used in the trials, as this particular combination of exercises worked to reduce falls.
Cost	
Time to Implement	<p><u>Organization</u> <u>Patient/Client</u> - The exercises take about 30 minutes. Participants are encouraged to complete the exercises 3 times a week and to walk outside the home at least two times a week. Exercises then continue on an ongoing basis. In three trials, the exercise program was prescribed for one year and in one trial was extended to two years.</p>
Difficulty to Implement <i>Resource Intensity</i>	High
ROI <i>if known</i>	\$.70 per dollar invested

PROGRAM CONTACT INFORMATION	
Organization	Carolinias Geriatric Education UNC-CH Center for Health Promotion and Disease Prevention
Contact Person	Tiffany Shubert Ellen Schneider
Email / Telephone	tiffany_shubert@med.unc.edu ecschnei@email.unc.edu 919-966-9402
Web Site	

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes No limitations on technical assistance.
T.A. Contact	Jennifer Woody – jennifer.woody@dhhs.nc.gov
Funding – Yes/No Specific group? Other limitations?	No Funding for implementation is currently not available at DPH
Funding Contact	

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Otago Exercise Program: Training for Physical Therapists www.aheconnect.com/newahec/cdetail.asp?courseid=cgce3 □
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

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EBS PROGRAM DESCRIPTION	<p><u>Tai Chi Moving for Better Balance</u> Improve balance and physical performance with Tai Chi classes designed for older adults. The program includes 24 Tai Chi forms that emphasized weight shifting, postural alignment, and coordinated movements. Synchronized breathing aligned with Tai Chi movements was integrated into the movement routine. Each session included instructions in new movements as well as review of movements from previous sessions. Each practice session incorporated musical accompaniment. Each hour-long session included:</p> <ul style="list-style-type: none"> • A 5- to 10-minute warm-up period • Practice of Tai Chi movements • A 5- to 10-minute cool-down period <p>Practicing at home was encouraged and monitored using a home-practice log.</p>
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EBS LEVEL <i>CDC Ranking</i>	Best/Proven
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.4_tai_chi.html

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Older Adults
Intervention Setting	Community setting such as a senior center where class are offered to individuals
Key Measures	<ul style="list-style-type: none"> • Program settings can include facilities such as senior centers, adult activity centers, and community centers. • An average class size of 15 is ideal for effective learning and teaching. • For this program to be successful, participants should attend Tai Chi classes at least two times a week and participate actively in class. • Tai Chi can also be used in rehabilitative settings where the emphasis is on retraining balance in older adults.
Cost	
Time to Implement	<u>Organization</u> <u>Patient/Client</u>
Difficulty to Implement <i>Resource Intensity</i>	High
ROI <i>if known</i>	\$1.60 per dollar invested

PROGRAM CONTACT INFORMATION	
Organization	Carolina Geriatric Education UNC-CH Center for Health Promotion and Disease Prevention
Contact Person	Tiffany Shubert Ellen Schneider
Email / Telephone	tiffany_shubert@med.unc.edu ecschnei@email.unc.edu 919-966-9402
Web Site	

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes No limitations on technical assistance.
T.A. Contact	Jennifer Woody – jennifer.woody@dhhs.nc.gov
Funding – Yes/No Specific group? Other limitations?	No Funding for implementation is currently not available at DPH
Funding Contact	

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EBS PROGRAM DESCRIPTION	<p><u>A Matter of Balance</u></p> <p>Address the fear of falling, a key issue preventing older adults entering falls prevention and exercise programs. A Matter of Balance is a structured group intervention, which utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling as well as to learn fall prevention strategies.</p> <p>The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training. During the class, participants learn to:</p> <ul style="list-style-type: none"> • View falls and fear of falling as controllable (involves changing behavior with a focus on building falls' self-efficacy, i.e. the belief that one can engage in an activity without falling) • Set realistic goals for increasing activity (by instilling adaptive beliefs such as greater perceived control, greater confidence in one's abilities, and more realistic assessment of failures) • Change their environment to reduce fall risk factors (uses a home safety evaluation and action planner to reduce fall risk hazards in the home and community.) • Promote exercise to increase strength and balance. <p>Each of the eight sessions is two hours in length including a break for light refreshments. Early sessions focus on changing attitudes and self-efficacy before attempting changes in actual behavior. The exercise component, which begins in the third session, takes about 30 minutes of the session to complete.</p>
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EBS LEVEL <i>CDC Ranking</i>	Leading
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.ncoa.org/improve-health/center-for-healthy-aging/a-matter-of-balance.html

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Older Adults
Intervention Setting	Community center settings with groups of 10 to 12 participants
Key Measures	<p>During the class, participants learn to:</p> <ul style="list-style-type: none"> • View falls and fear of falling as controllable (involves changing behavior with a focus on building falls self-efficacy, i.e. the belief that one can engage in an activity without falling) • Set realistic goals for increasing activity (by instilling adaptive beliefs such as greater perceived control, greater confidence in one's abilities, and more realistic assessment of failures) • Change their environment to reduce fall risk factors (uses a home safety evaluation and action planner to reduce fall risk hazards in the home and community.) • Promote exercise to increase strength and balance.
Cost	Varies: many trainers across the state are volunteers
Time to Implement	<p><u>Organization</u></p> <p><u>Patient/Client</u> Eight sessions of two hours</p>

Difficulty to Implement <i>Resource Intensity</i>	Low
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	NC Falls Prevention Coalition NC Division of Aging and Adult Services
Contact Person	Audrey Edmisten Nicolle Miller
Email / Telephone	audrey.edmisten@dhhs.nc.gov (919) 855-3418 nicolle.miller@dhhs.nc.gov (919) 855-3423
Web Site	

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes No limitations on technical assistance.
T.A. Contact	Jennifer Woody jennifer.woody@dhhs.nc.gov 919-707-5428 Nicolle Miller nicolle.miller@dhhs.nc.gov (919) 855-3423
Funding – Yes/No Specific group? Other limitations?	No Funding for implementation is currently not available at DPH.
Funding Contact	

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	
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#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Matter of Balance leadership is in transition with the Agency on Aging maintaining the program while a new lead is identified. Trained coaches are available statewide, as this is a popular program.