



Promote a Safe and Healthy Environment

Better Balance for Broome Community Based Fall Prevention Programs

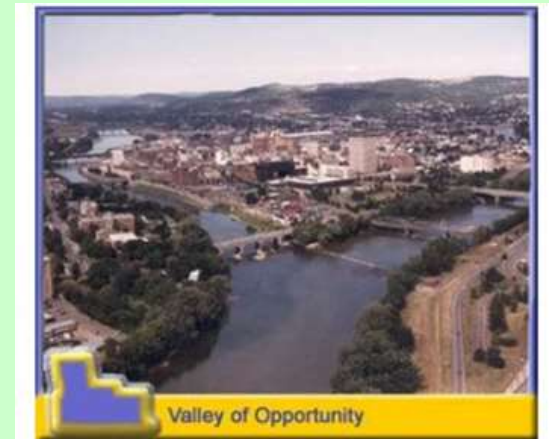
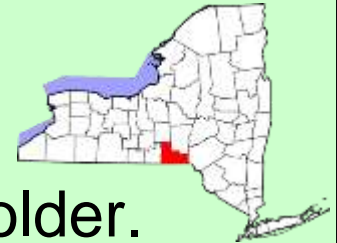
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Broome County Health Department

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Broome County

- Population 198,000
- 16% of the population is over the age 65
- 52% of the senior population is 75 years and older.
- Fastest growing segment of population is 85 and older
- Mean household income \$45,629
- 24 % children living below poverty level
- 91% White
- 5.2 % African American
- Adult Obesity 63.7%
- Youth Obesity 32.3%
- Significant racial health disparities
- High premature death rates from all cardiovascular diseases



Falls in Older Adults: The Public Health Problem

- ❖ High hospitalization rate due to falls 293/10,000 (NYSDOH SPARCS 2008)
- ❖ \$23,136: Per hospitalization for a fall in Broome County (NYSDOH)
- ❖ \$18,601,238: One year, mean total of falls hospitalizations charges (NYSDOH)
- ❖ \$55,803,713: Three years of hospitalizations charges due to falls (NYSDOH)
- ❖ Loss of independence, decreased quality of life



Stakeholders and Partners

- The Broome County Health Department
- The Broome County Office for Aging
- Broome County YMCA
- Independence Awareness
- Lourdes Hospital
- Retired Senior Volunteer Program
- United Health Services Hospitals
- NYS Health Foundation
- Excellus
- Community Foundation SCNY



The Community Foundation
for South Central New York



Project in Action



Short Term Progress: 2013-2017 Prevention Agenda Objectives

Intervention	Baseline	Year 1	Year 2
Tai Chi: Number of Classes Held	6	16	37
Tai Chi: Number of Participants	94	337	580
Tai Chi: Number of Instructors Trained	0	18	34
Stepping On: Number of Programs Held	6	6	14
Stepping On: Number of Participants	72	101	219
STEADI: Number of Primary Sites Trained	0	17	17
STEADI: Number of Medicare Patients Evaluated	0	11,200	17,000
Percent of Clinical Fall Risk Assessments Performed	0	89	96
Otago: Number of Physical/Occupational Therapists Trained	0	0	13
Hospitalization Rate due to Falls for Older Adults	243.3	238.4	221
	Prevention Agenda Dashboard		

Additional Progress

- Implementation of sustainability plans for each intervention
 - Dedicated local peer instructors
 - Use of earned media opportunities
 - Strong partnerships with various community organizations
 - Additional leveraged resources
 - Expanded evaluation components
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Challenges

- **Tai Chi:** Overseeing instructors; insurance, MOUS, fidelity, completion paperwork, program plans; lack of men, diversity, updating evaluation metrics
 - **Stepping On:** Recruitment of Instructors, paperwork, follow up, prescription of program, updating evaluation metrics
 - **Otago:** Medicare billing barrier, continued training
 - **STEADI:** Training, evaluation
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Discussion Questions

- ❑ How do we fully capture impact of our interventions?
 - ❑ How do we provide the necessary governance and monitoring to ensure fidelity of each project?
 - ❑ How do we ensure the interventions will develop at the scale and speed in order to meet the needs of the expanding older adult population?
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