Promote a Safe and Healthy Environment

Better Balance for Broome Community Based Fall Prevention Programs

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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
Better Balance for Broome

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