

South Dakota State University & North Dakota State University Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

The overall purposes of this three-year capacity-building grant are to do the following:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The South Dakota State University (SDSU) & North Dakota State University (NDSU) and their partners will do the following:

- Collaboratively work across two state's university extension programs to increase capacity for evidence-based falls prevention programs in rural regions of SD and ND;
- Implement the Fit & Strong! program to promote physical activity and address the pre-cursors to falls; and

- Develop an advisory council of partners to guide the implementation, expansion, and sustainability of evidence-based programs.

Proposed Interventions

- Fit & Strong!

Partnerships

To achieve the goals of the grant, SDSU & NDSU will collaborate with the following key partners:

- North Dakota State Unit of Aging
- South Dakota Game, Fish and Parks
- South Dakota Department of Health
- South Dakota Department of Human Services, Division of Long-Term Services and Supports
- Center for Research in Health and Aging at the University of Illinois, Chicago
- Community partners including community centers, health care clinics, and chambers of commerce, among others

Prevention and Public Health Fund 2019, effective May 1, 2019

Anticipated Results

SDSU, NDSU and their partners propose to achieve the following results:

- Engage 300 participants in Fit & Strong! classes;
- Achieve a 75% participant completion rate;
- Train 4 Fit & Strong! Master Trainers and 18 Fit & Strong Instructors; and
- Show significant change following participation in evidence-based programs, including a decrease in lower-extremity pain and lower-extremity stiffness, an increase in energy, and an increase self-efficacy for exercise.

Contact:

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For more information:

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