

# ACL National Evidence-Based Falls Prevention Database

## Outcomes Dashboard Includes participants in workshops that began between 1/1/2014 and 1/23/2023 (data updated as of 01/23/2023 03:13 AM)

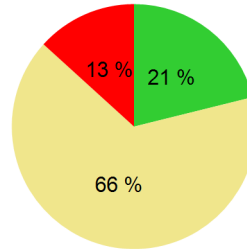
### All Programs

**Note:** The total number (N) for each outcome measure depends on survey version. (Version 1 used 2014-2018, Version 2 used 2018-2021, Version 3 used 2021-2024.)

#### For this period, Total N and N by version:

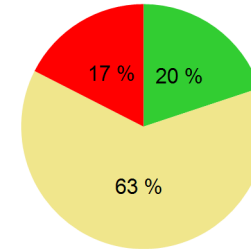
<b>Total Participants with Pre/Post Surveys</b>	<b>132,989</b>
Number with V. 1 surveys	69,568
Number with V. 2 surveys	47,634
Number with V. 3 surveys	15,787

#### Self-rating of health in general (V. 1, 2, 3)



Improved	Maintained	Declined	N/A
14970 (21%)	46463 (66%)	9405 (13%)	62151

#### How often lonely, isolated (V. 3)



Improved	Maintained	Declined	N/A
1453 (20%)	4569 (63%)	1277 (17%)	8488

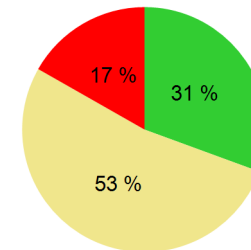
#### Falls in past 3 months (pre) (V. 1, 2, 3)

None	1-2	3+	N/A	
73790 (72%)	23404 (23%)	5218 (5%)	30577	
<b>- Falls with injury (V. 1, 2, 3)</b>				
None	1-2	3+	N/A	
51749 (84%)	9033 (15%)	687 (1%)	71520	
<b>- Where did (falls) occur (V. 2)</b>				
Indoors	Outdoors	Both	N/A	
3501 (46%)	2723 (36%)	1409 (18%)	40001	
<b>- Medical care for injury (select all that apply) (V. 2, 3)</b>				
ER	PCP	Hosp	None	N/A
1975 (4%)	1493 (3%)	484 (1%)	7066 (13%)	53154
<b>- Tell anyone about fall (V. 3)</b>				
Yes	No	N/A		
2139 (14%)	733 (5%)	12915		

#### Falls since program began (post) (V. 1, 2, 3)

None	1-2	3+	N/A	
57973 (86%)	8610 (13%)	1051 (2%)	65355	
<b>- Falls with injury (V. 1, 2, 3)</b>				
None	1-2	3+	N/A	
37026 (93%)	2507 (6%)	127 (0%)	93329	
<b>- Where did (falls) occur (V. 2)</b>				
Indoors	Outdoors	Both	N/A	
1287 (48%)	1053 (39%)	349 (13%)	44945	
<b>- Medical care for injury (select all that apply) (V. 2, 3)</b>				
ER	PCP	Hosp	None	N/A
593 (1%)	534 (1%)	146 (0%)	2789 (5%)	59571
<b>- Tell anyone about fall (V. 3)</b>				
Yes	No	N/A		
847 (5%)	421 (3%)	14519		

#### How fearful of falling (V. 1, 2, 3)



Improved	Maintained	Declined	N/A
21332 (31%)	36727 (53%)	11702 (17%)	63228

Improved, Maintained, or Declined = Number of participants with a score at Post Survey that is better, the same, or worse than score on the Pre Survey. Percent is out of total participants who responded on both Pre and Post Surveys of the relevant version.

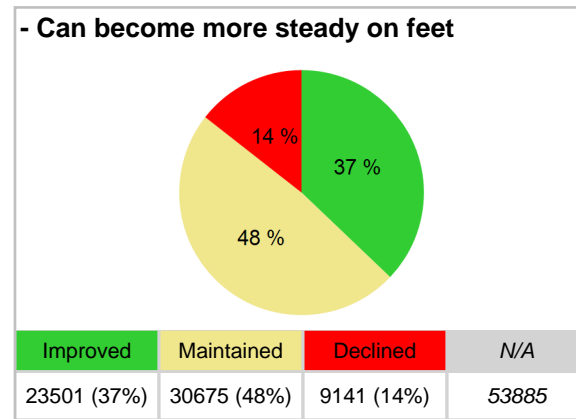
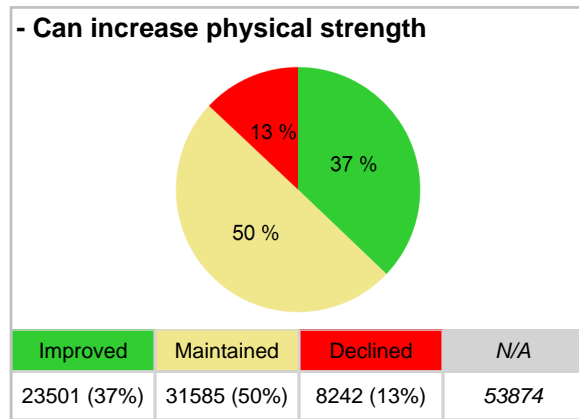
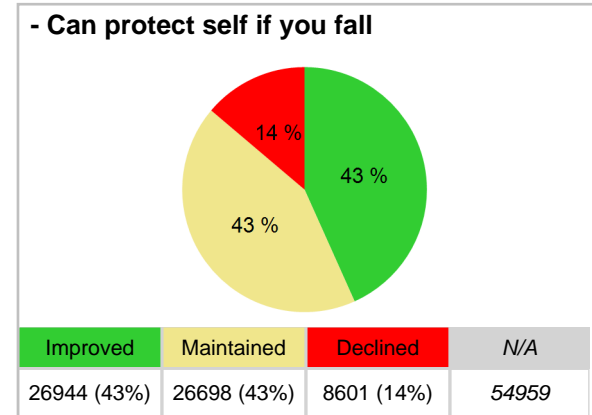
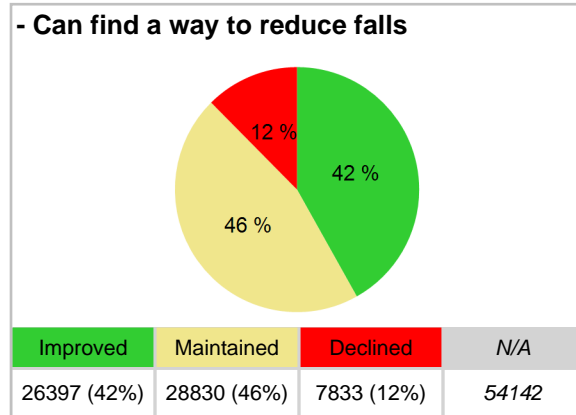
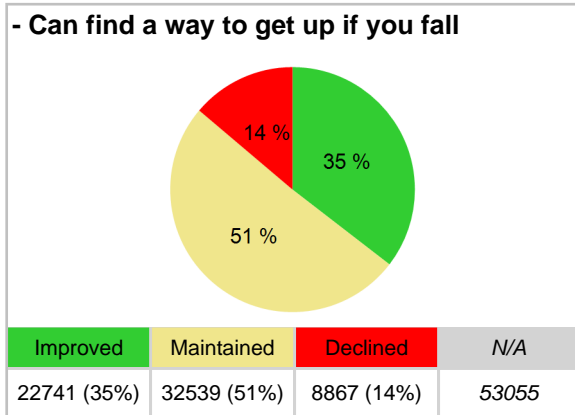
N/A = Number of participants who provided both Pre and Post Surveys of relevant version, but did not answer the question, either at Pre, Post, or both.

# ACL National Evidence-Based Falls Prevention Database

**Outcomes Dashboard** Includes participants in workshops that began between 1/1/2014 and 1/23/2023 (data updated as of 01/23/2023 03:13 AM)

## All Programs

How sure are you that you... (V. 1, 2 with reponse options *Very sure, Sure, Somewhat sure, Not at all sure*)



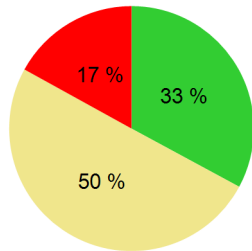
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## All Programs

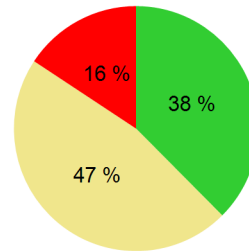
How sure are you that you... (V. 3 with reponse options *Very sure, Sure, Neutral, Somewhat sure, Not at all sure*)

**- Can find a way to get up if you fall**



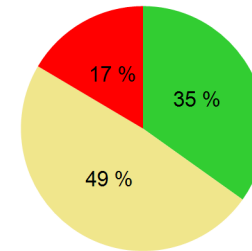
Improved	Maintained	Declined	N/A
2832 (33%)	4319 (50%)	1463 (17%)	7173

**- Can find a way to reduce falls**



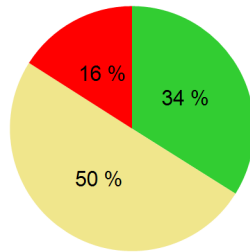
Improved	Maintained	Declined	N/A
3224 (38%)	4015 (47%)	1351 (16%)	7197

**- Can increase flexibility**



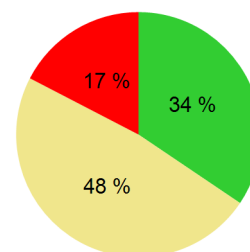
Improved	Maintained	Declined	N/A
2685 (35%)	3752 (49%)	1272 (17%)	8078

**- Can increase physical strength**



Improved	Maintained	Declined	N/A
2921 (34%)	4315 (50%)	1377 (16%)	7174

**- Can become more steady on feet**



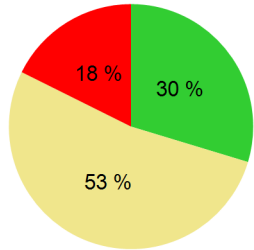
Improved	Maintained	Declined	N/A
2951 (34%)	4128 (48%)	1491 (17%)	7217

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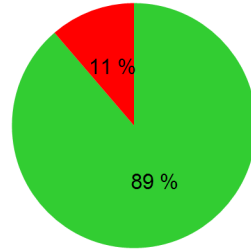
## All Programs

**In last 4 weeks, extent fear of falling has interfered with social activities (V. 1, 2, 3)**



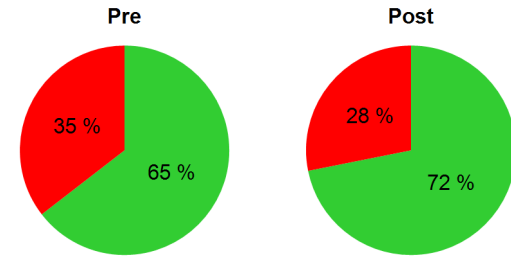
Improved	Maintained	Declined	N/A
20549 (30%)	36476 (53%)	12234 (18%)	63730

**Program reduced fear of falling (V. 1)**



Yes	No	N/A
34473 (89%)	4390 (11%)	30809

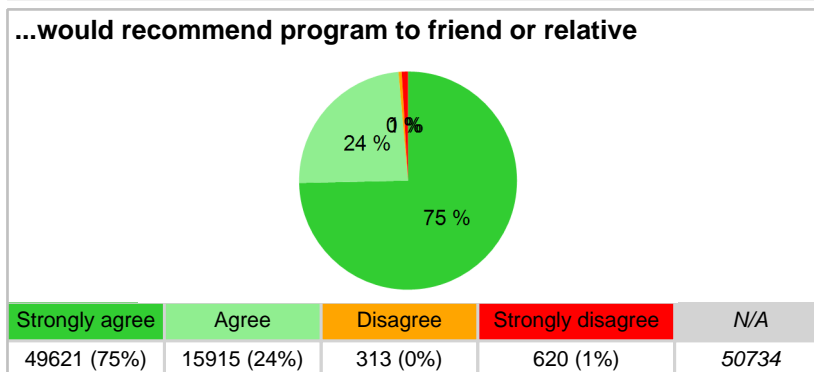
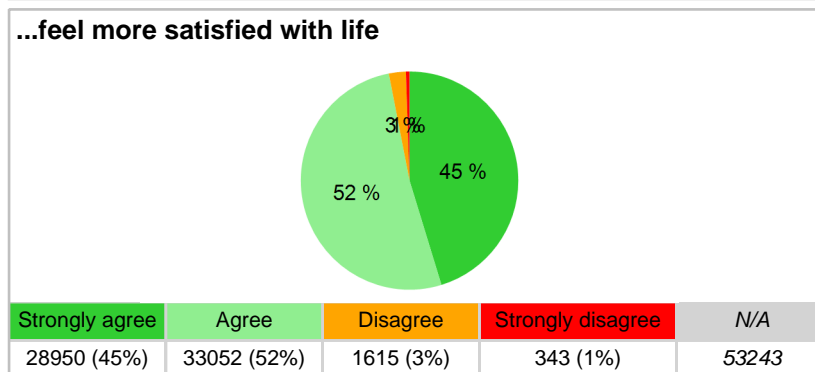
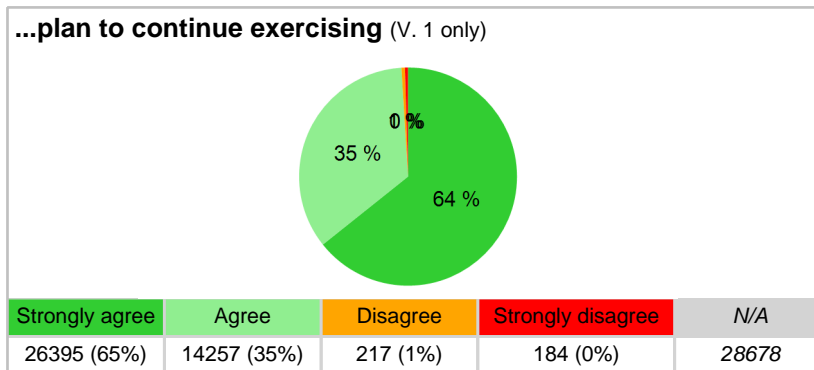
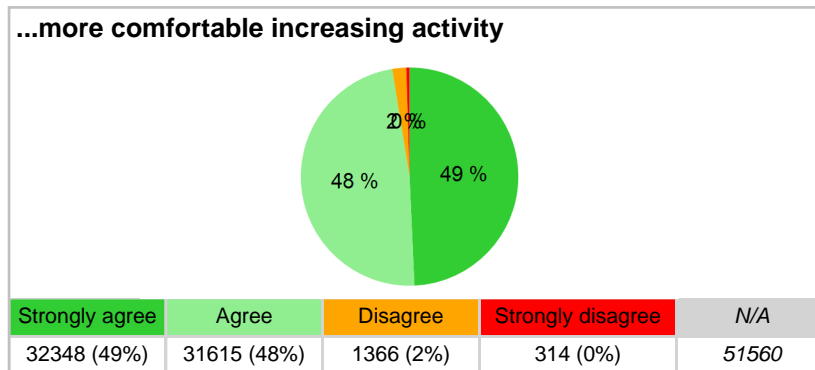
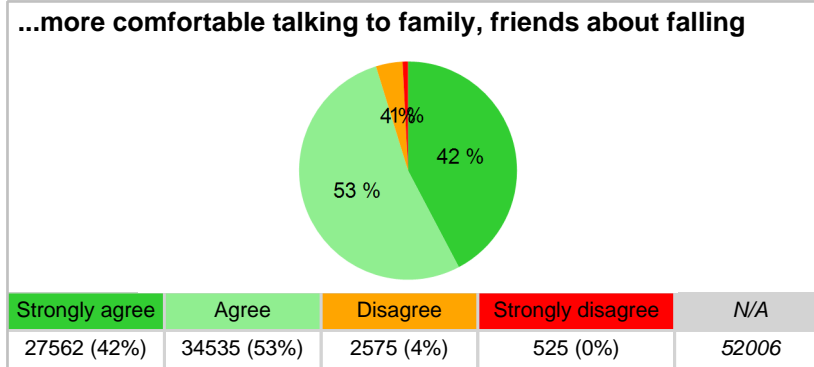
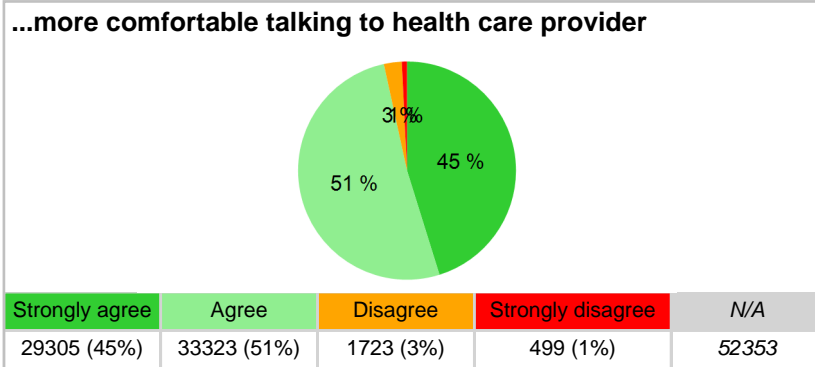
**Made safety modifications in home (V. 2)**



	True	False	N/A
<b>Pre</b>	21586 (65%)	11866 (35%)	14182
<b>Post</b>	14834 (72%)	5810 (28%)	26990
<b>Change: "False" at Pre,"True" at Post</b>	2577 (16%)		

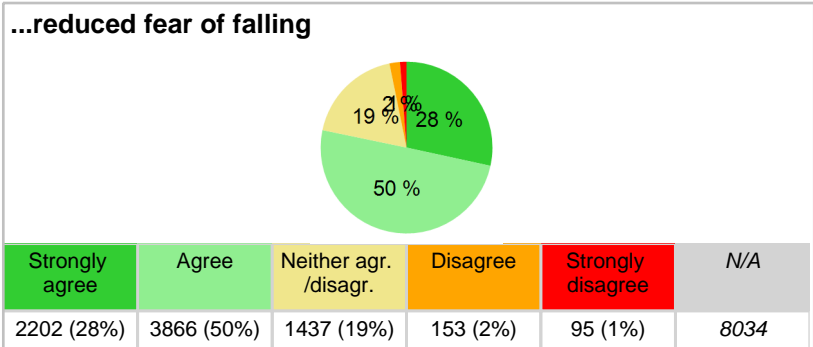
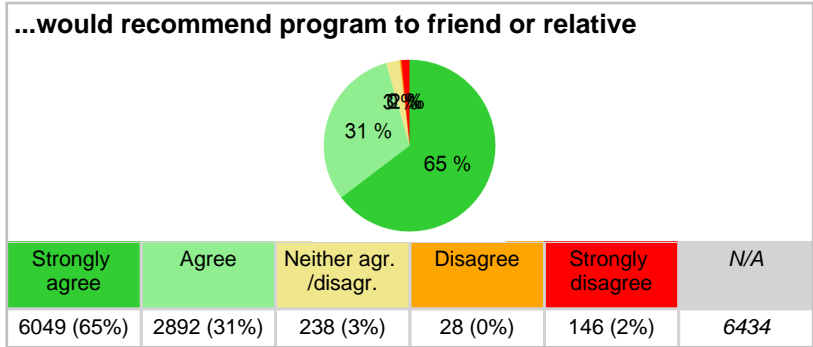
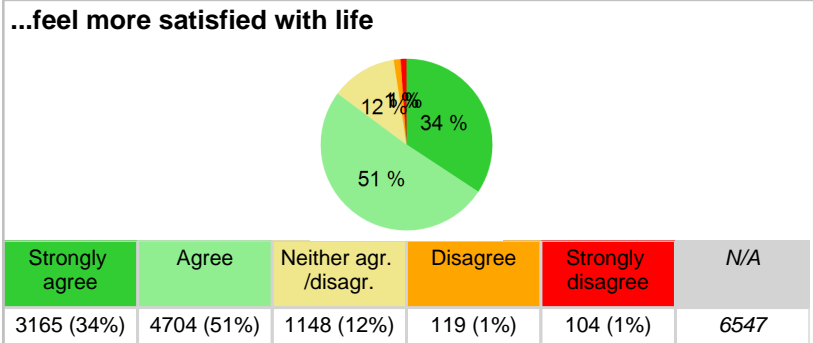
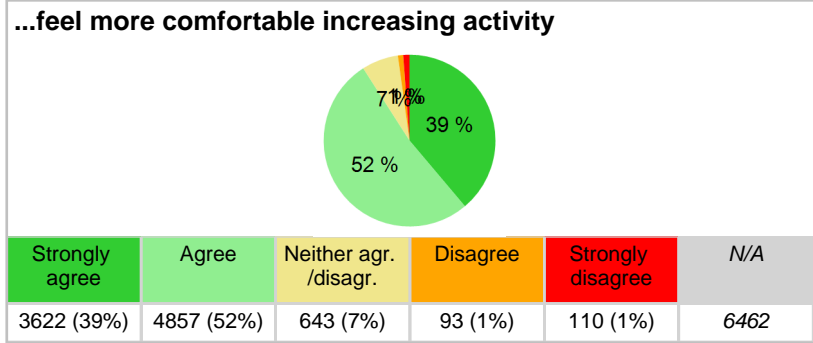
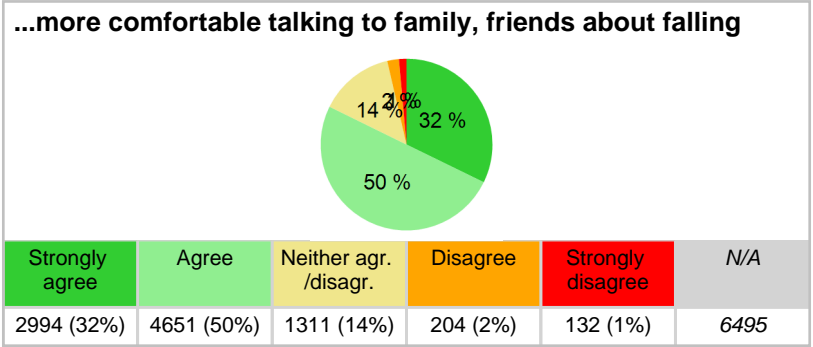
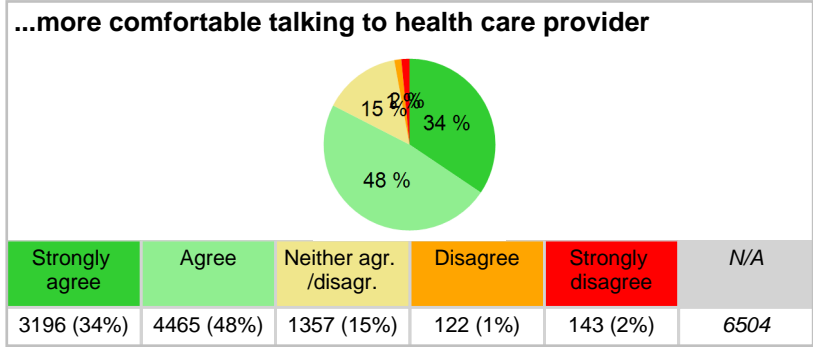
All Programs

As a result of program... (V. 1, 2 using reponse options *Strongly agree, Agree, Disagree, Strongly disagree*)



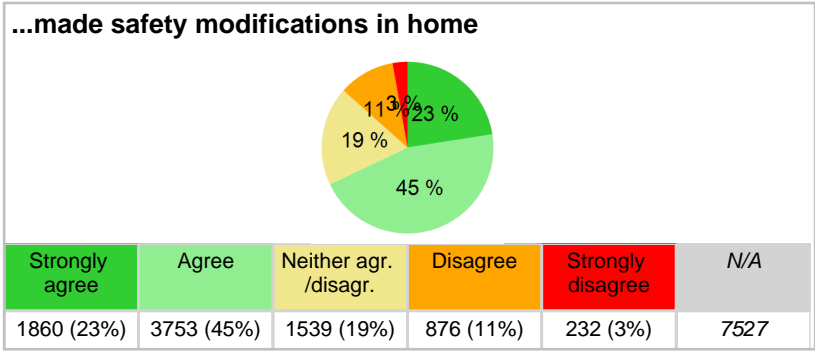
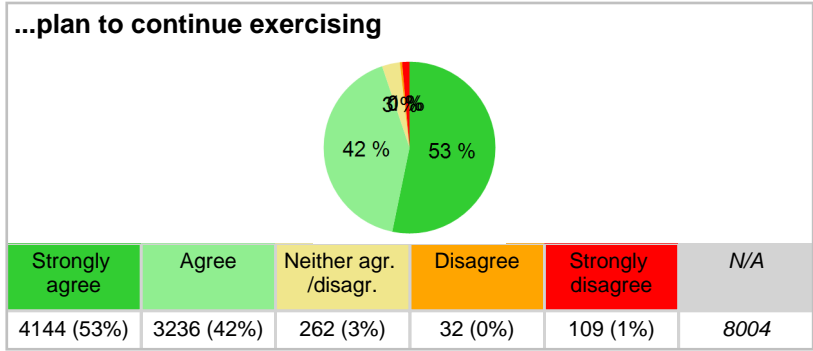
All Programs

As a result of program... (V. 3 using reponse options *Strongly agree*, *Agree*, *Neither agree nor disagree*, *Disagree*, *Strongly disagree*)



All Programs

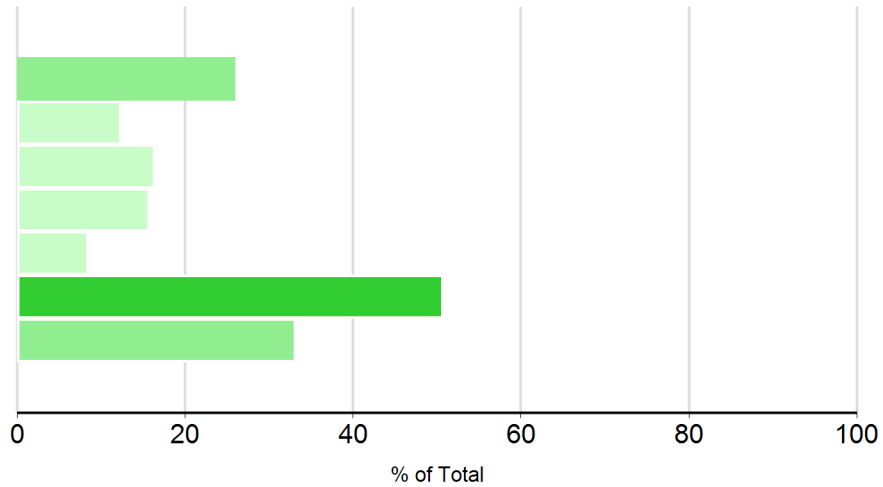
As a result of program (continued)... (V. 3)



Since program began, what actions to reduce risk of falls... (select all that apply) (all V 1, 2, 3 except as noted)

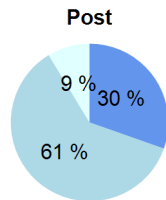
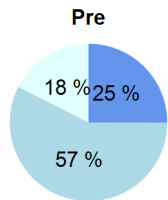
Talked to family	34595 (26%)
Talked to provider	16451 (12%)
Checked vision	21834 (16%)
Had meds reviewed	20869 (16%)
Participated in another falls prevention program	11198 (8%)
Did exercises at home *	35265 (51%)
Made changes to home to reduce risk of falls *	23102 (33%)

\* V. 1 only

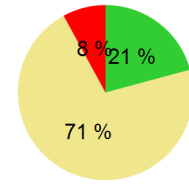


Describe activity level (V. 2, 3)

	Vigorous	Moderate	Seldom	N/A
<b>Pre</b>	12021 (25%)	27486 (57%)	8404 (18%)	15510
<b>Post</b>	9338 (30%)	18714 (61%)	2668 (9%)	32701



	Increased	Maintained	Decreased	N/A
<b>Change</b>	5604 (21%)	19189 (71%)	2139 (8%)	36489



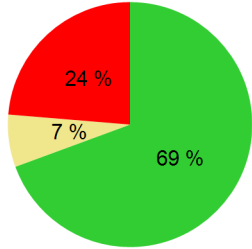
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## All Programs

### Optional Functional Fitness Tests (V. 1, 2, 3)

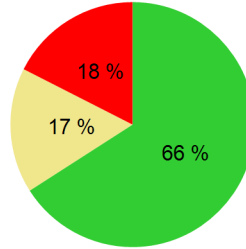
**Timed Up and Go test - pre to post**



**Pre TUG / Post TUG**

Improved	Maintained	Declined	N/A
4580 (69%)	456 (7%)	1563 (24%)	126390
Avg pre score: 10.4 sec.		Avg post score: 9.8 sec.	

**Chair Stand test - pre to post**



**Pre Chair Stand / Post Chair Stand**

Improved	Maintained	Declined	N/A
2991 (66%)	750 (17%)	795 (18%)	128453
Avg pre score: 11 rep.		Avg post score: 13 rep.	