

# CDSME and Falls Prevention Evidence-based Program Data: Impact, & Reach and Equity

Data updates from the Healthy Aging Program  
Integrated Database (HAPID)

*Angelica P. Herrera-Venson, DrPH*  
*Ben Kean*  
*Jennifer Nguyen, MBA*

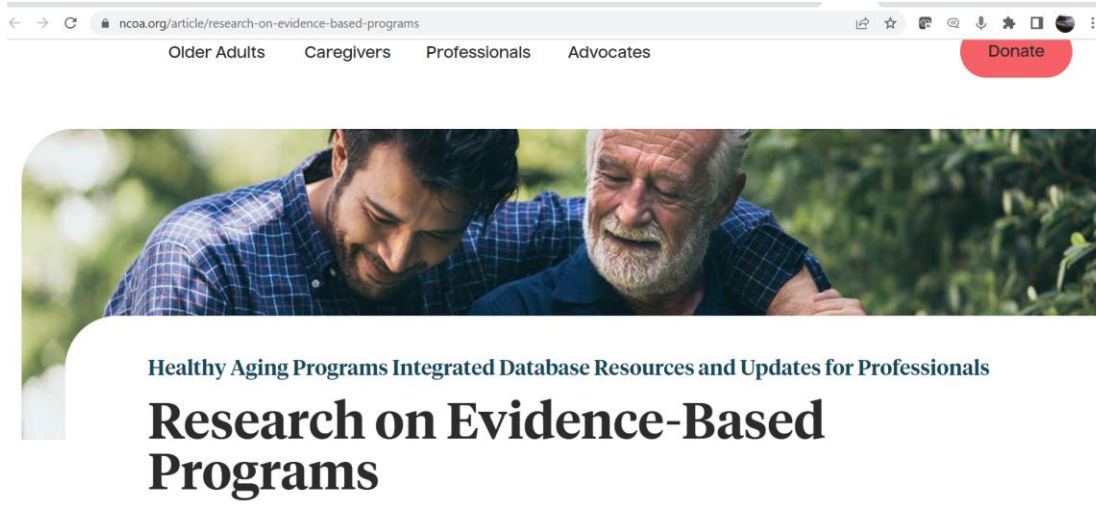
*National Council on Aging*

May 6, 2024



# Finding Research & Stats from CDSME or Falls Evidence-based Programs

<https://ncoa.org/article/research-on-evidence-based-programs>



- Data analyses & reports
- Power Points from conferences
- Peer-reviewed publications
- Researchers can complete a **Data Use Agreement** to access deidentified national CDSME/Falls data.

## Data Sources

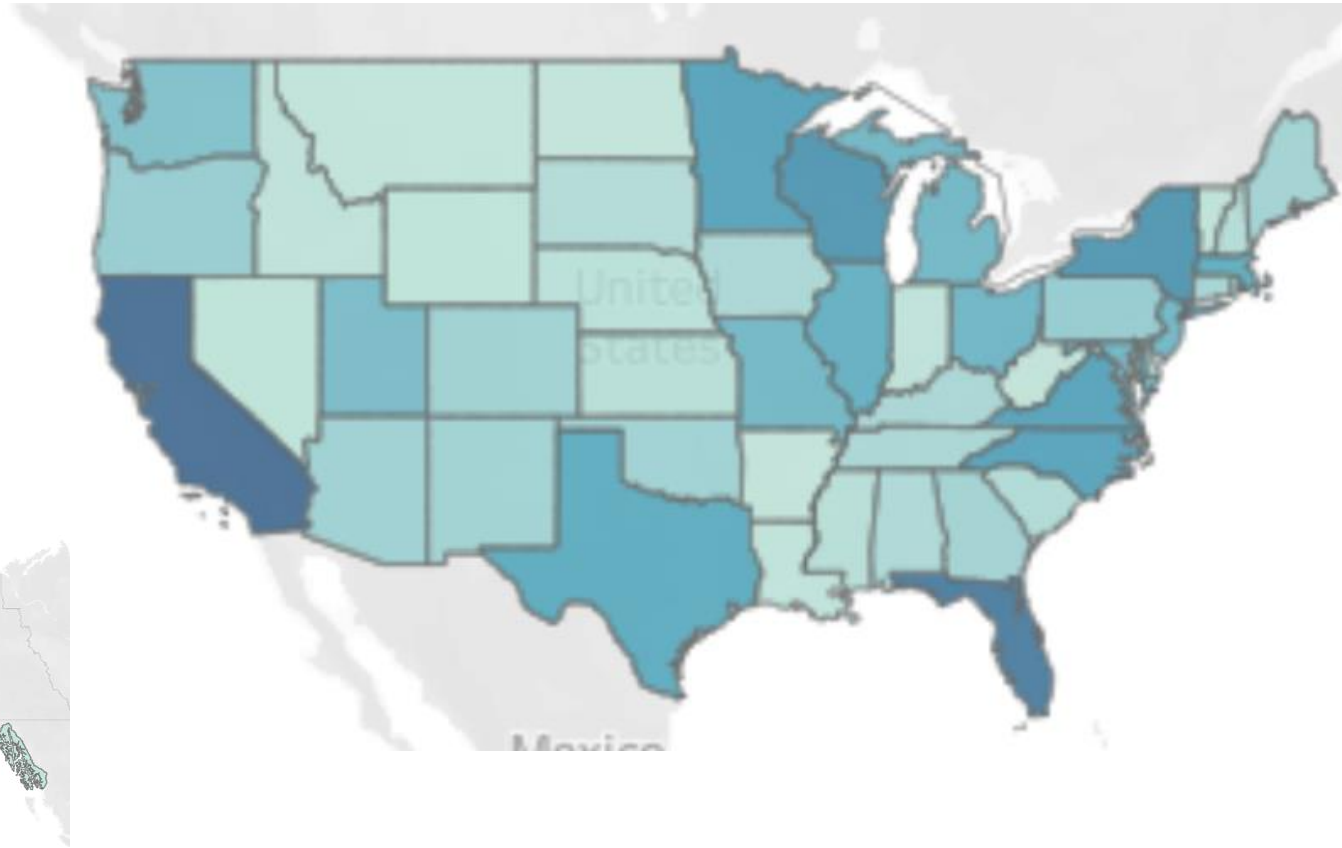
- **Public Tableau** [here](#) (more by end of Summer!)
- **10 HAPID dashboards** (10 more by Dec 2024)

## Research Partner Presentations at Age+Action (Don't miss!):

- Kirsten Dorsey OTR/L, MaineHealth – MOB virtual vs in person (Tues poster)
- Matthew Smith PhD, Texas A & M - Falls & Loneliness/isolation (Tues session)
- Jason Crandall PhD, Western KY – Bingocize (Tues poster)
- Cathy Elrod PhD, Sarah Pappa, PhD, Marymount Univ - SAIL (Mon session + Tues poster)

Contact [HapidHelp@ncoa.org](mailto:HapidHelp@ncoa.org) for questions about data or HAPID.

# CDSME & Falls Participants Across the U.S. by State, 2010 to 2024



Count of Total Participants



Year



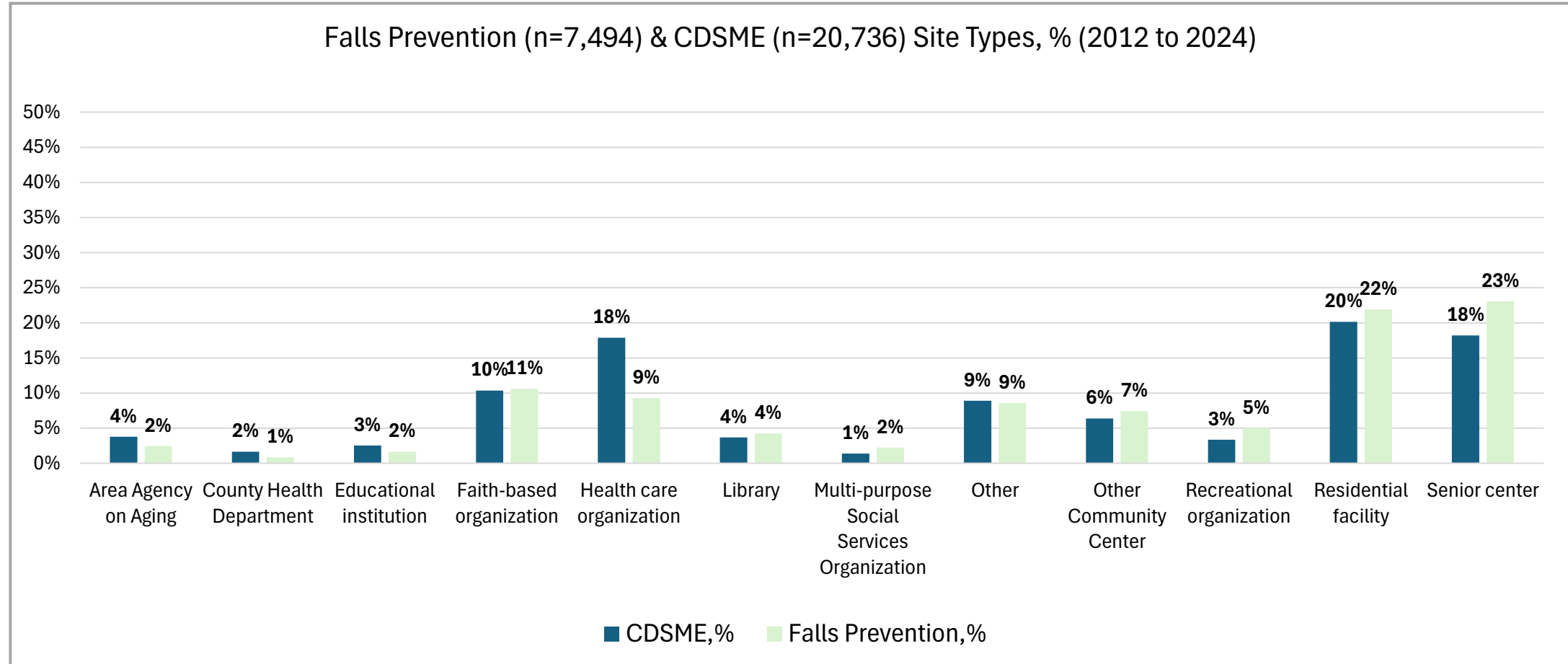
Workshop: Evidence

- (All)
- CDSME
- Falls Prevention

60+ programs  
currently  
captured in  
HAPID

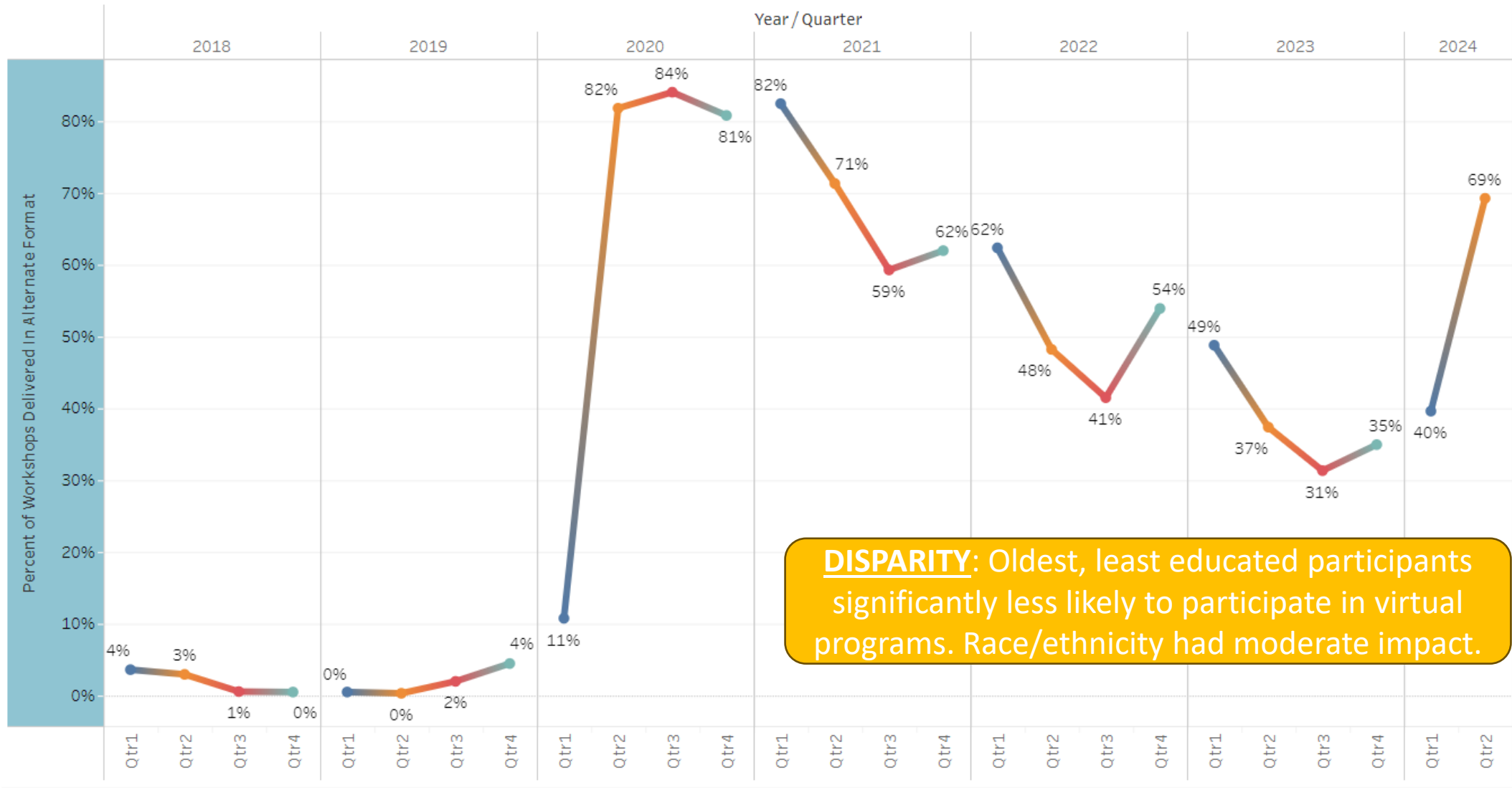
Visit [interactive Tableau page](#).

# Popular Site Types: CDSME & Falls Prevention



*Municipal government, State Health Department, State Unit on Aging, and Workplace are excluded because they represented 0% for one or both programs. Other similar categories were merged (e.g. parks & recreation & recreational orgs).*

## Percent of CDSME Workshops Delivered in Alternate Format by Year and Quarter (2018 to 2024)

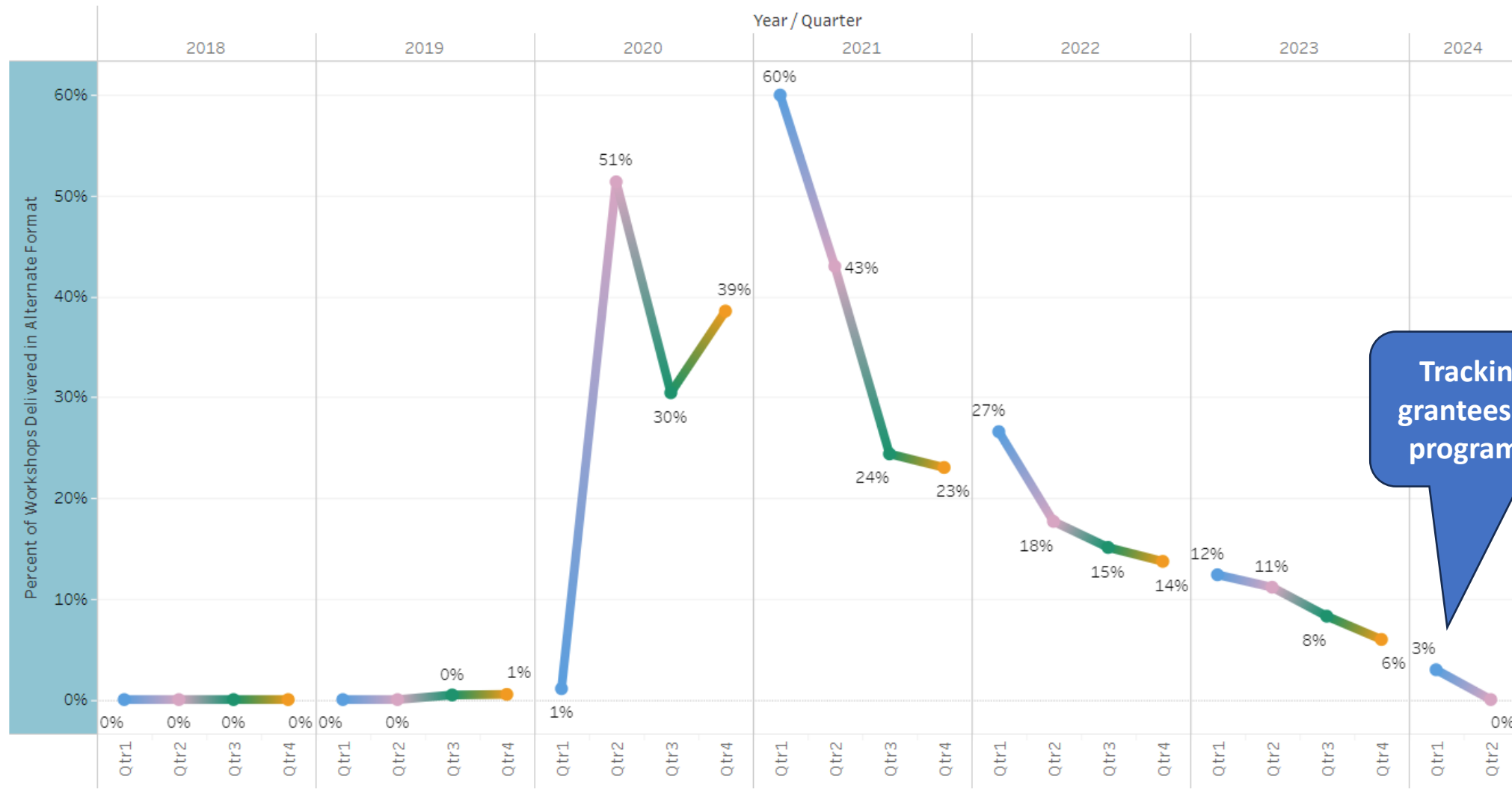


**DISPARITY:** Oldest, least educated participants significantly less likely to participate in virtual programs. Race/ethnicity had moderate impact.

Visit [interactive Tableau page](#).

**Alternate Delivery: YES** = workshops were delivered in any format other than in person, such as self-directed, virtual, or remote. **NO** = In person.

## Percent of Falls Prevention Workshops Delivered in Alternate Format by Year and Quarter (2018 to 2024)



Tracking issue: Falls grantees not collecting program format info.

**Alternate Delivery: YES** = workshops were delivered in any format other than in person, such as self-directed, virtual, or remote. **NO** = In person.

Visit [interactive Tableau page](#).

Evidence-based Program Completion Rates by Workshop Format by [National Council on Aging - Evidence-based Programs](#)



Evidence-based Program Completion Rates (2010 to 2024), n=742,237.

Filter by Workshop Format & Percent Completion

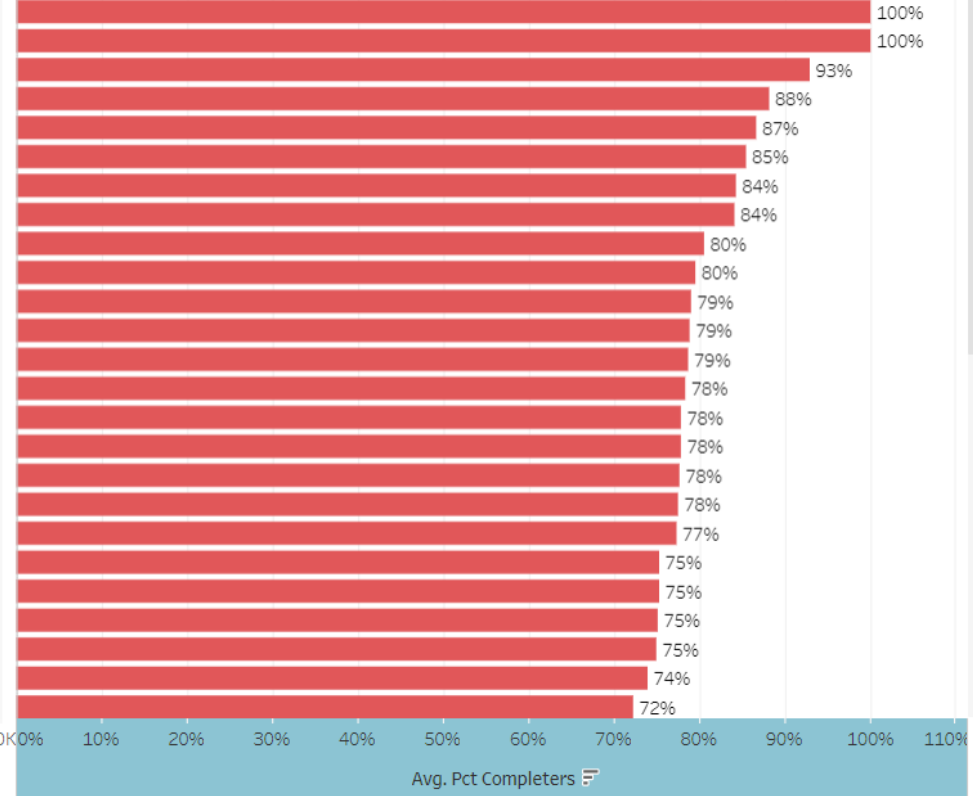
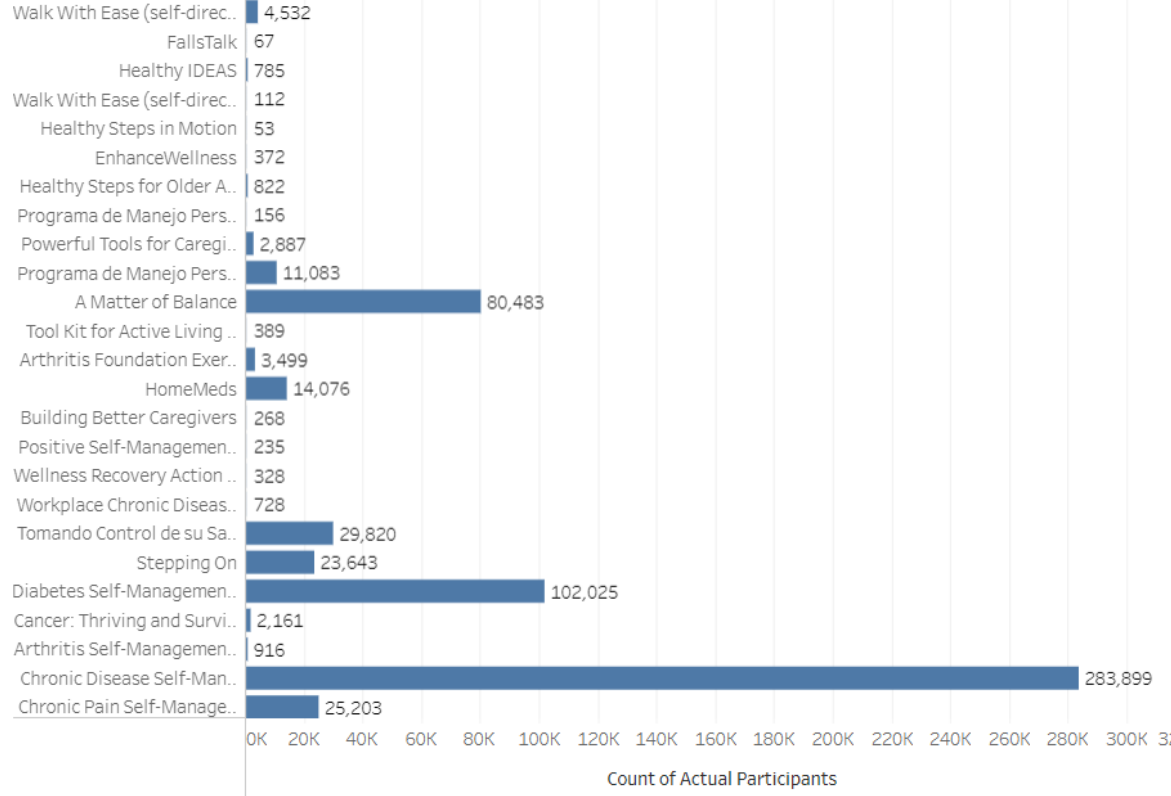
Alternate Delivery

- (All)
- No
- Yes

Pct Completers



Evidence-Based Prog..



Visit [interactive Tableau page](#).

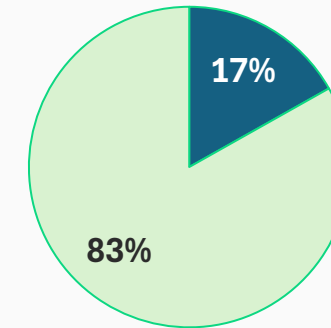
**Alternate Delivery: YES** = workshops were delivered in any format other than in person, such as self-directed, virtual, or remote. **NO** = In person.

# CDSME & Falls Race & Ethnicity, 2019-2024

Race	CDSME		Falls Prevention	
	N	%	N	%
<b>Black/African-American</b>	<b>14241</b>	<b>15%</b>	<b>11024</b>	<b>7%</b>
Native Hawaiian, Other PI	461	0%	220	0%
<b>American Indian or Alaska Native</b>	<b>1790</b>	<b>2%</b>	<b>1351</b>	<b>1%</b>
Asian-American	4286	4%	4437	3%
Multi-Racial	1205	1%	786	1%
White	50003	51%	94426	61%
Unknown/missing	34828	36%	51490	33%
<b>Total</b>	<b>97594</b>		<b>154487</b>	

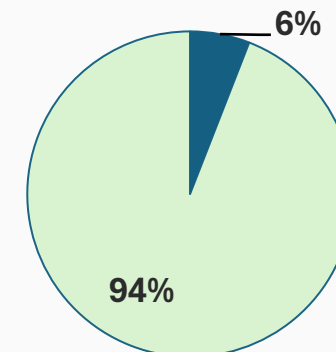
*Multi-select, %'s will not add up to 100%.*

Hispanic / Latinos Among CDSME Participants  
(n=70,365, 2019-2024)



■ Hispanic or Latino ■ Not Hispanic or Latino

Hispanic / Latinos Among Falls Prevention Participants (n=109,533, 2019-2024)



■ Hispanic or Latino ■ Not Hispanic or Latino



# CDSME NEW! Gender, Transgender & Sexual Orientation Questions (n=6,525)

6/1/2023 to 4/30/2024

Gender		
	N	%
Female	4529	69.4%
Male	1087	16.7%
Non-binary	1	0.0%
Other	3	0.0%
Prefer not to answer	10	0.2%
No response	895	13.7%

There was a drop in response rate by **11%** compared to 1/1/2018 to 5/30/2023 period.

New CDSME forms were widely released in June 2023, but some organizations were slower to implement new forms.

Transgender		
	N	%
Yes	29	0.4%
No	2138	32.8%
Prefer not to answer	72	1.1%
No response	4286	65.7%

Sexual Orientation		
	N	%
Bisexual	18	0.3%
Lesbian or gay	25	0.4%
Prefer not to answer	240	3.7%
Straight, that is, not gay or lesbian	1799	27.6%
Two-Spirit (AIAN Only)	1	0.0%
Don't know	17	0.3%
No response	4425	67.8%

## Sexual Orientation - Different TERM:

- Pansexual (1)
- Christian (2)
- Korean (2)
- Female, woman (6)

# Participant Demographics, 2019-2024

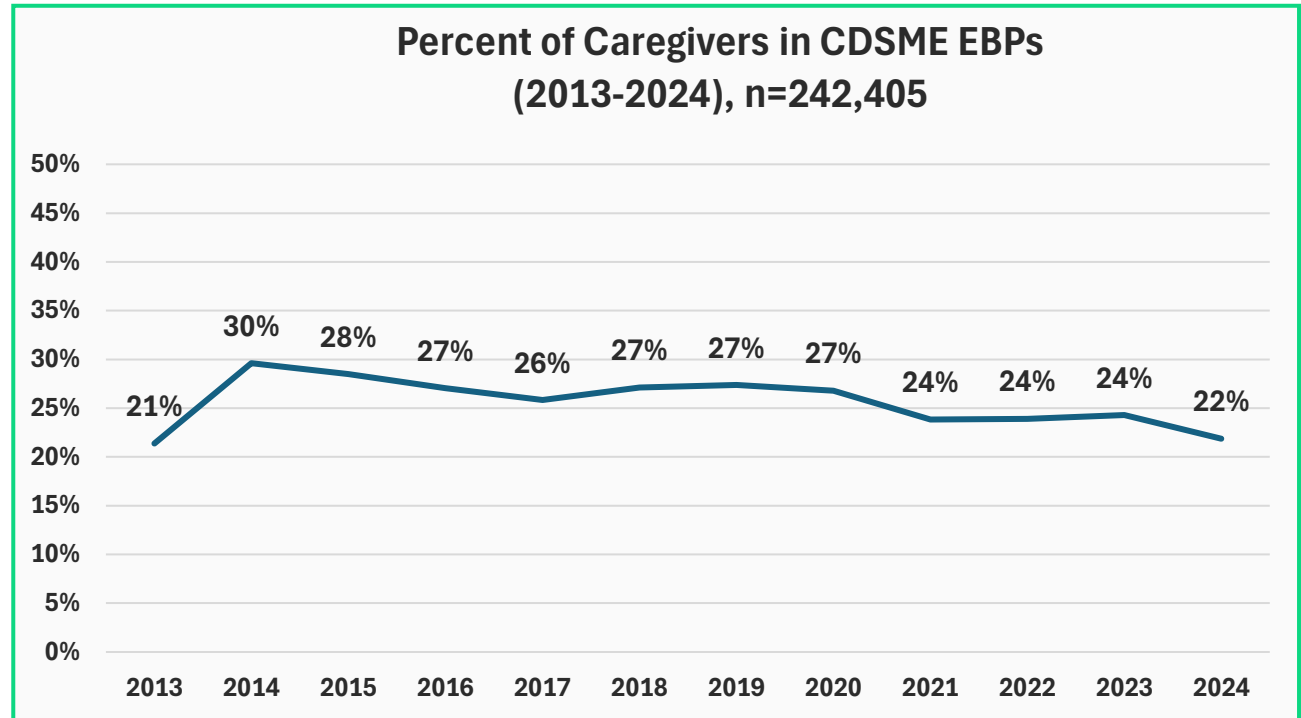
	CDSME	Falls Prevention
Avg Age, yrs	66 (SD=15)	75 (SD=10)
Female (%)	76%	82%
Disability (%)*	39%	(discont. in 2021)
Military/Veteran Status	<2%	Not asked
Education		
College (4 years or more)	31%	48%
Some college or technical school	32%	30%
High school graduate or GED	26%	17%
Some elementary, middle, or high school	11%	5%

\* *Difficulty walking, climbing stairs.*

# Caregivers Among EBPs

- 14,328 caregivers participated in 32 CDSME programs
- Median Age 66 years
- Mean Age 64 years
- Relatively steady across years, slight drop since 2021 despite more remote/virtual & caregiver programs.
- NOTE: Data on caregivers not collected for Falls EBP, but will AFTER June 2024.

**26% are caregivers, 2019-2024**



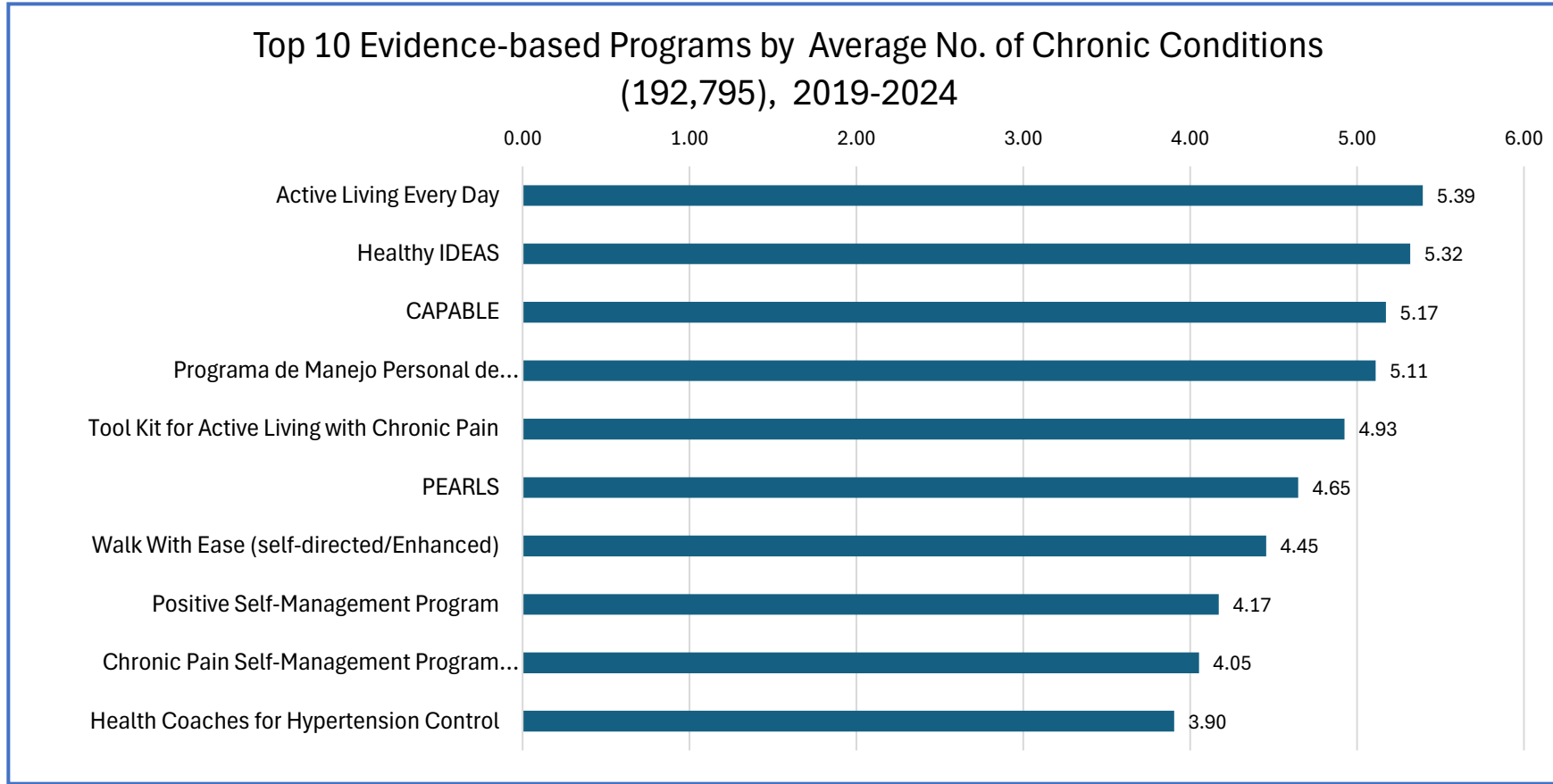
# Caregivers in CDSME Programs, 2019-2024

Most Attended by Caregivers	
Program	%
Building Better Caregivers	74%
Powerful Tools for Caregivers	64%
Eat Smart Move More Weigh Less	27%
Wellness Recovery Action Plan (WRAP)	23%
Workplace Chronic Disease Self-Management (wCDSMP)	23%
Cancer: Thriving and Surviving	22%

Programs with the Youngest Caregivers	
Program	Mean Age
Workplace Chronic Disease Self-Management (wCDSMP)	51
HealthMatters	53
Positive Self-Management Program	54
Tomando Control de su Salud (Spanish CDSMP)	59
Programa de Manejo Personal de la Diabetes	60
Cancer: Thriving and Surviving	60

*14,328 caregivers, showing the top 6 only in each category.*

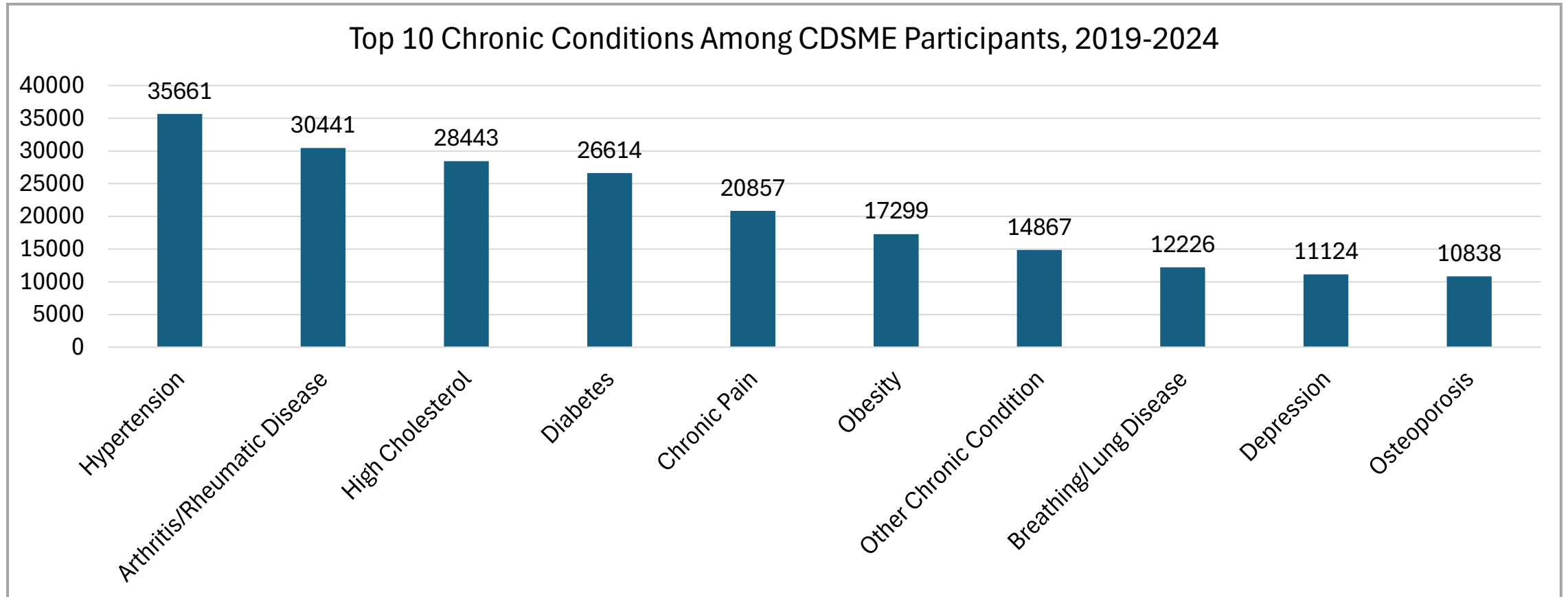
# Average No. of Chronic Conditions by EBP and Program Type



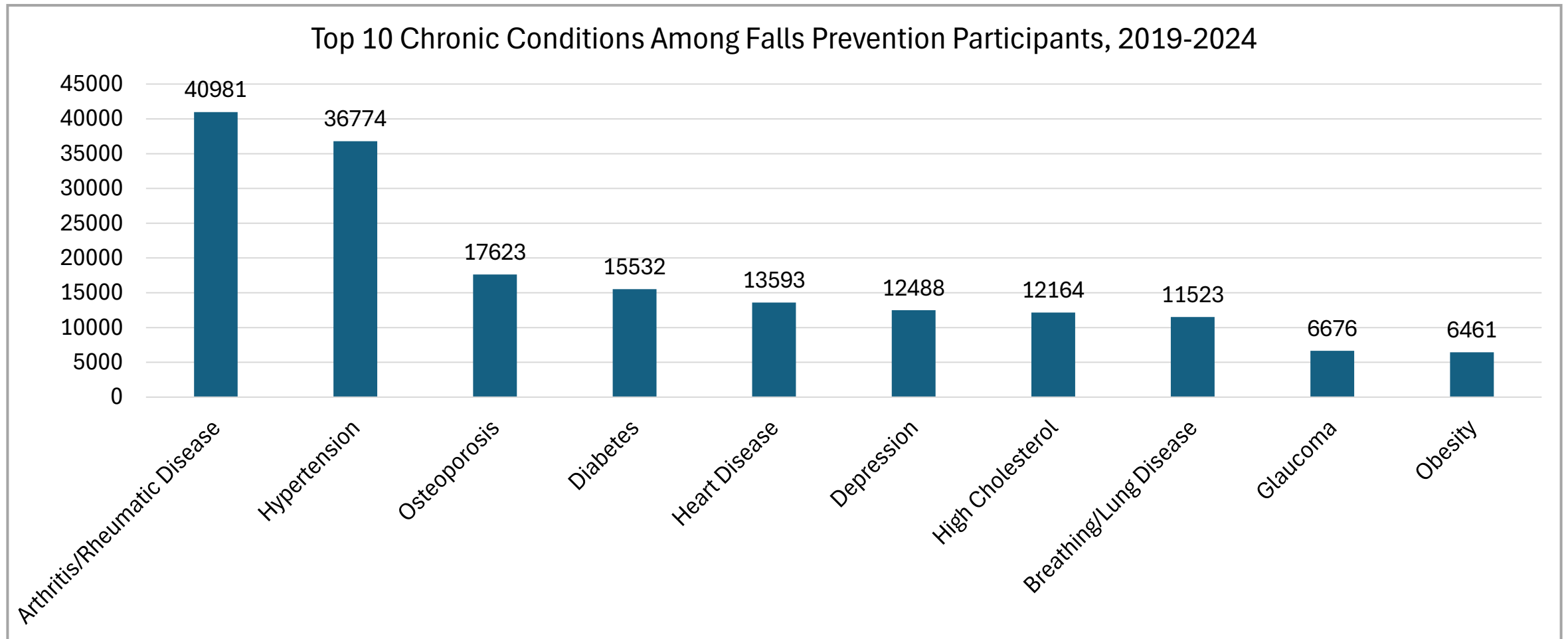
Program Type	Mean
CDSME	3.62
Falls Prevention	1.68
<b>Total</b>	<b>2.37</b>

*Excluded programs no longer active.. Showing only top 10. CDSME forms have 21, Falls has 20. Prior forms have had diff of 3+ between the two.*

# Most Common Chronic Conditions - CDSME



# Most Common Chronic Conditions - Falls



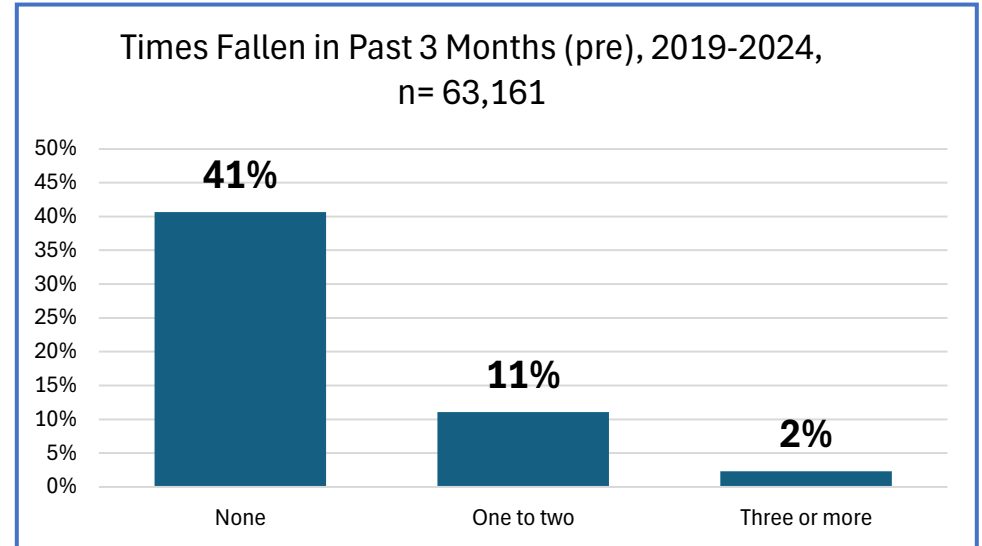
# No. of Falls & Actions Taken After Fall

**Times Fallen in Past 3 Months (pre)**

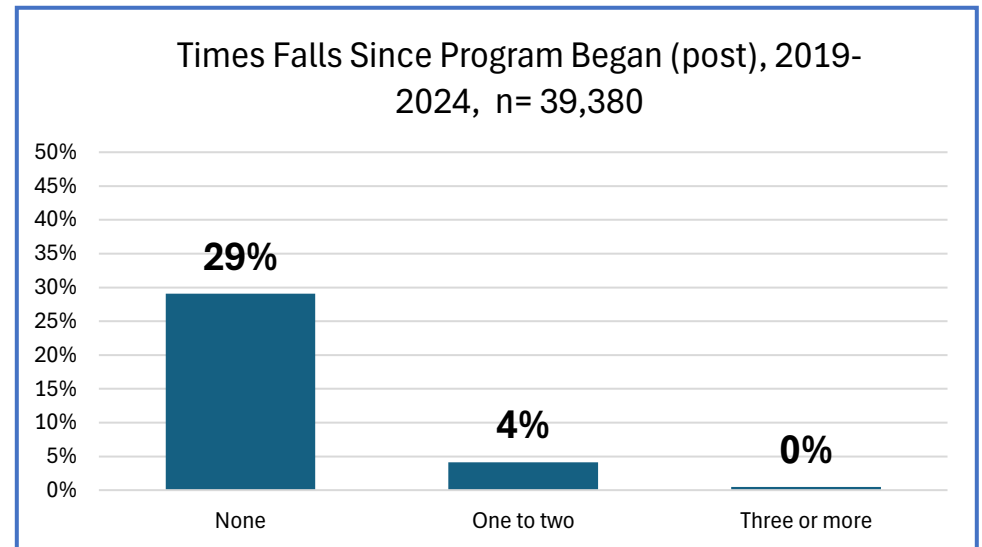
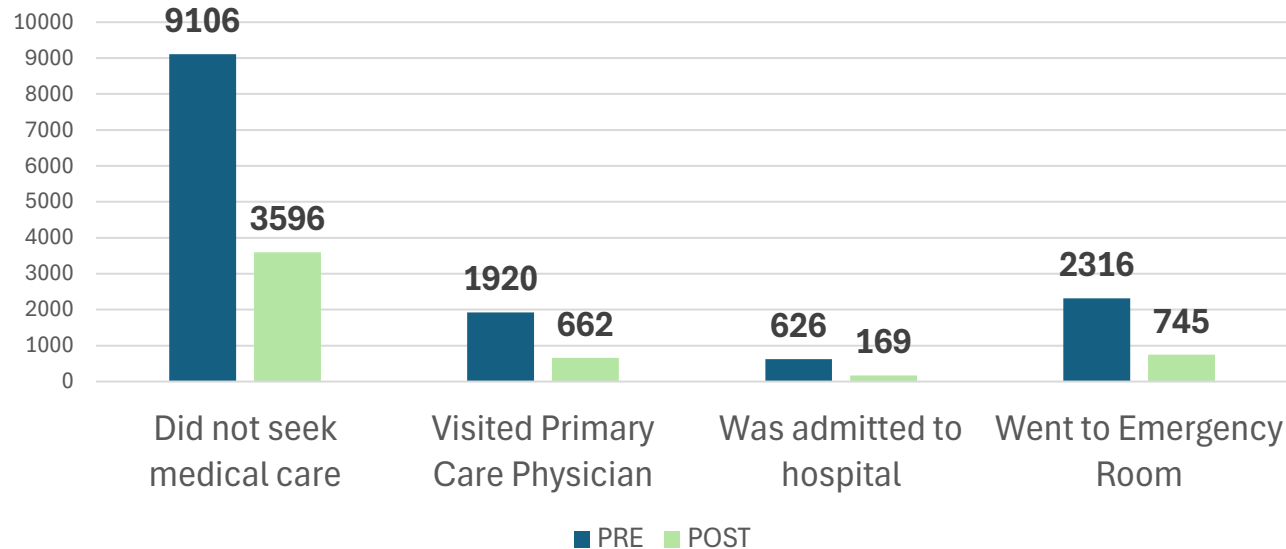
	N	%
None	47519	41%
One to two	12915	11%
Three or more	2727	2%
Missing	53721	46%

**Times Falls Since Program Began (post)**

	N	%
None	33964	29%
One to two	4849	4%
Three or more	567	0%
Missing	77502	66%



**Actions Taken After a Fall, n=13,968 (2019-2024)**





## Satisfaction With CDSME Program

Evidence-Based Program	Mean	N	Std. Deviation
Programa de Manejo Personal de Dolor(Spanish CPSMP)	4.8804	92	0.39
Geri-Fit	4.7879	66	0.64
Workplace Chronic Disease Self-Management (wCDSMP)	4.7769	121	0.49
Tool Kit for Active Living with Chronic Pain	4.75	12	0.45
Cancer: Thriving and Surviving	4.72	25	0.46
Wellness Recovery Action Plan (WRAP)	4.6986	73	0.68
Diabetes Self-Management Program (DSMP)	4.684	1902	0.66
Chronic Pain Self-Management Program (CPSMP)	4.6519	1083	0.67
Walk With Ease (self-directed)	4.6319	307	0.67
Chronic Disease Self-Management Program (CDSMP)	4.6211	3795	0.71
Fit and Strong!	4.6154	13	0.65
Programa de Manejo Personal de la Diabetes	4.6154	832	0.69
Tomando Control de su Salud (Spanish CDSMP)	4.5907	1158	0.78
Active Living Every Day	4.5882	17	0.80
Walk With Ease (in-person)	4.5771	1291	0.79
Tool Kit for Active Living with Diabetes	4.5714	21	0.60
Tool kit for Active living with Chronic Conditions	4.5319	141	0.69
HealthMatters	4.5	18	0.62
Arthritis Foundation Exercise Program	4.4699	1345	1.06
Health Coaches for Hypertension Control	4.4324	37	1.14
Si Yo Puedo	3.9286	28	1.21
Eat Smart Move More Weigh Less	3.8421	19	0.60

Optional question for Falls EBPs; will be required > June 2024.

1 = Very Dissatisfied  
5 = Very Satisfied

Excluded any EBPs  $n \leq 10$ .

- Many still have SMALL sample sizes (~1 workshop).
- Do quality control and compare scores across your Hosts org, Sites, & Facilitators
- Verify fidelity.
- Encourage responses, even from participants who do not attend on last day of class.

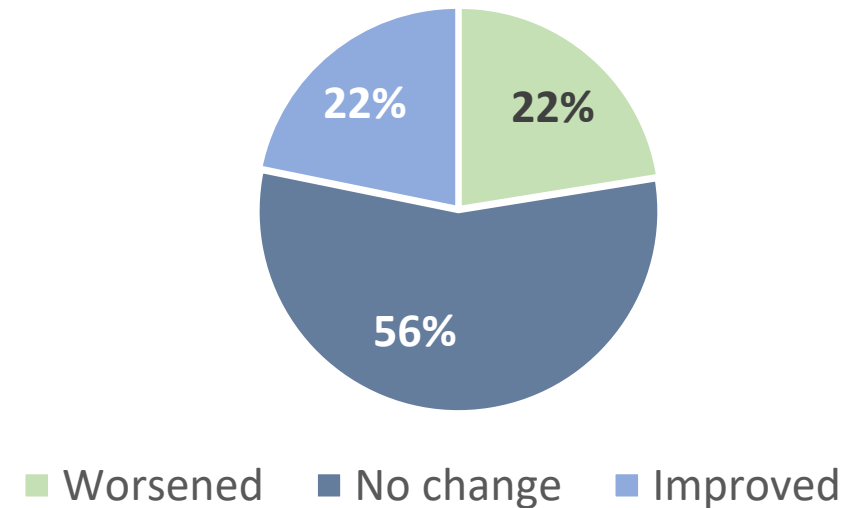
# Change in Fear of Falling

How fearful are you of falling?

Not at all    A little    Somewhat    A lot

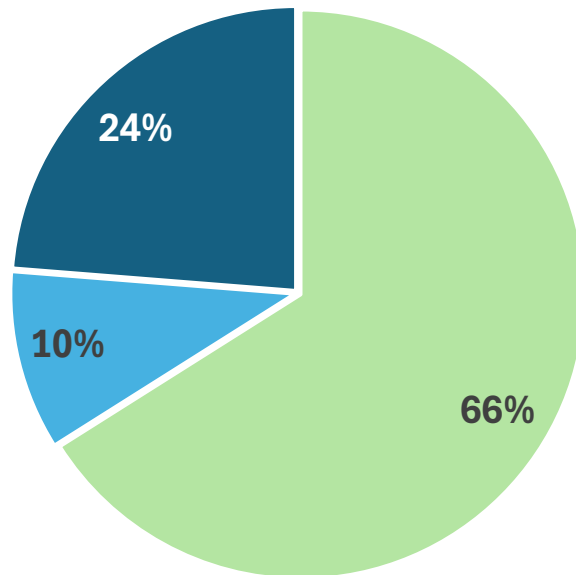
	Pre		Post	
	n	%	n	%
Not at all	12936	18%	8891	18%
A little	30023	41%	22964	47%
Somewhat	21898	30%	12919	27%
A lot	8709	12%	3737	8%

Change in Fear of Falling from Pre to Post  
(n=42,776), 2019-2024



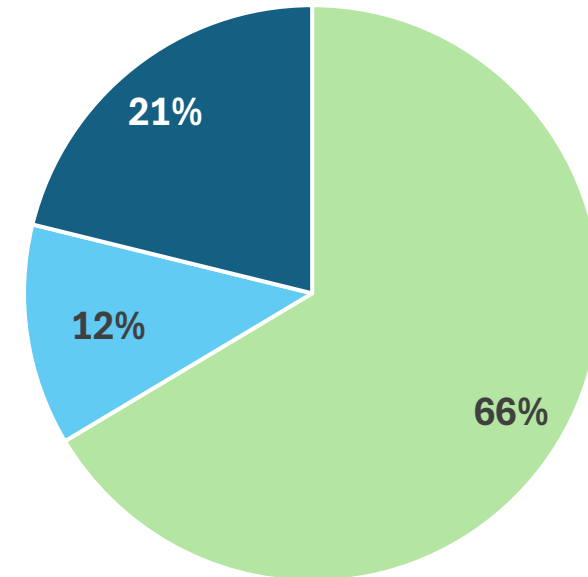
# Self-Rated Health Changes by Program

Percent Change in Self-Rated Health from Pre to Post for CDSME Participants (n=15,667)



■ No Change ■ Worsened ■ Improved

Percent Change in Self-Rated Health from Pre to Post for Falls Prevention Participants (n=43,358)



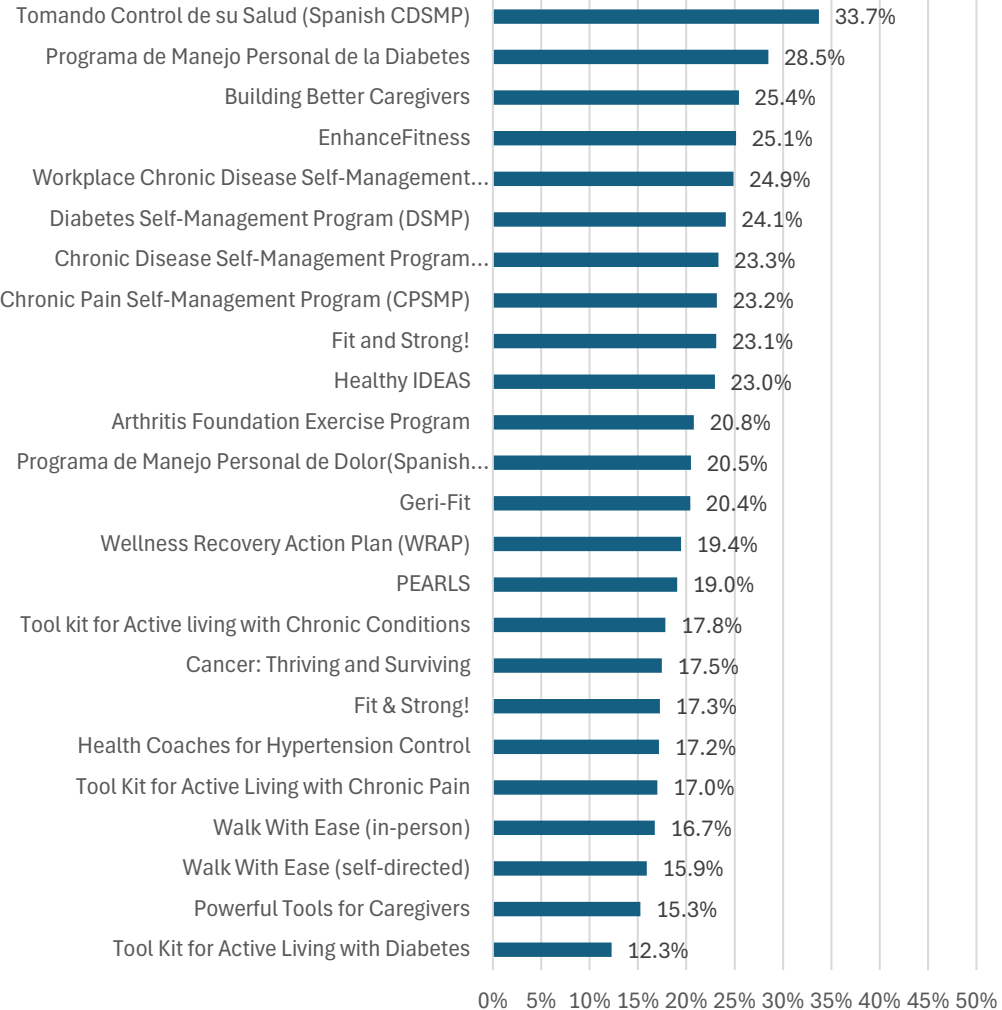
■ No Change ■ Worsened ■ Improved

In general, would you say that your health is:

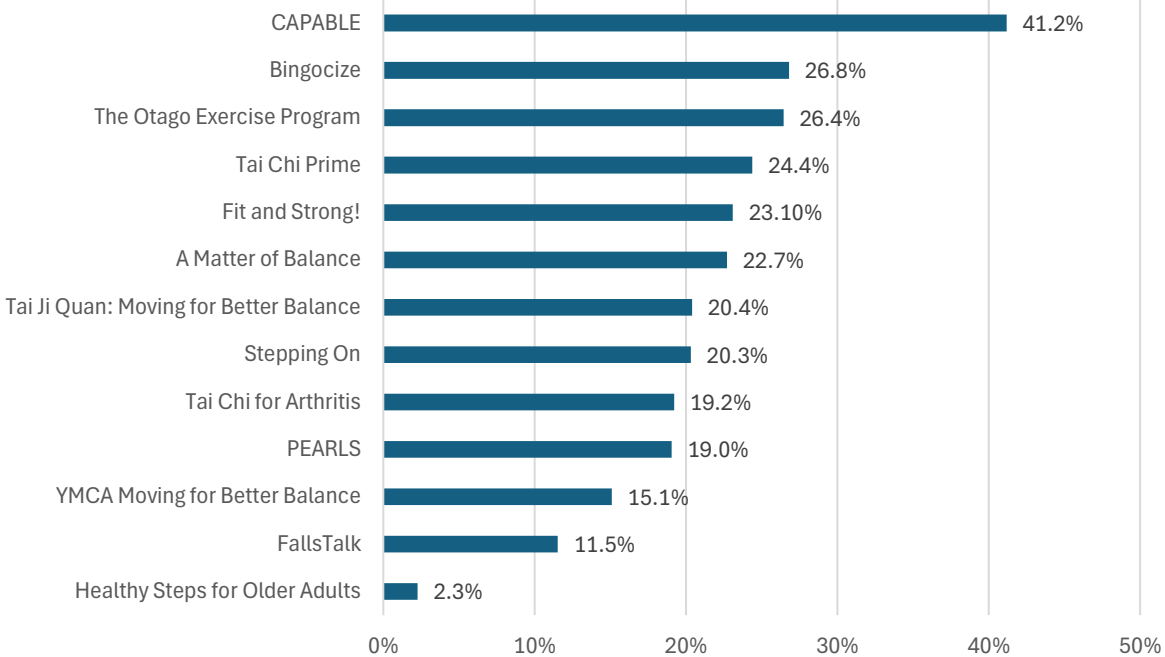
Excellent    Very Good    Good    Fair    Poor

# Self-Rated Health Changes by EBP

**Percent of CDSME Participants Experiencing Positive Change in Self-Rated Health (n=15,667)**



**Percent of Falls Prevention Participants Experiencing Positive Change in Self-Rated Health (n=43,558)**



**Impacted by: Fidelity, Participant demographics, Facilitator & Organization’s experience, virtual/in-person, etc.**

**Excluded for small sample size: *Active Living Every Day, Eat Smart Move More, Health Matters, Healthy Steps in Motion, HomeMeds, Si Yo Puedo, SBIRT***

# Roadmap for HAPID

- Merged *National CDSME Database* and *National Falls Prevention Databases 2022 to 2024*.
- Launch of HAPID on October 2024.
- Fully launched enhanced case management / tracking system Jan 2024.
- Wrapping up customization work this summer to further improve user experience.

## **Bulk Data Importing to HAPID**

- Excel file submissions through MoveIt ended Dec 2023.
- API option is still in Beta testing. It's an option of last resort.

## **In Progress!**

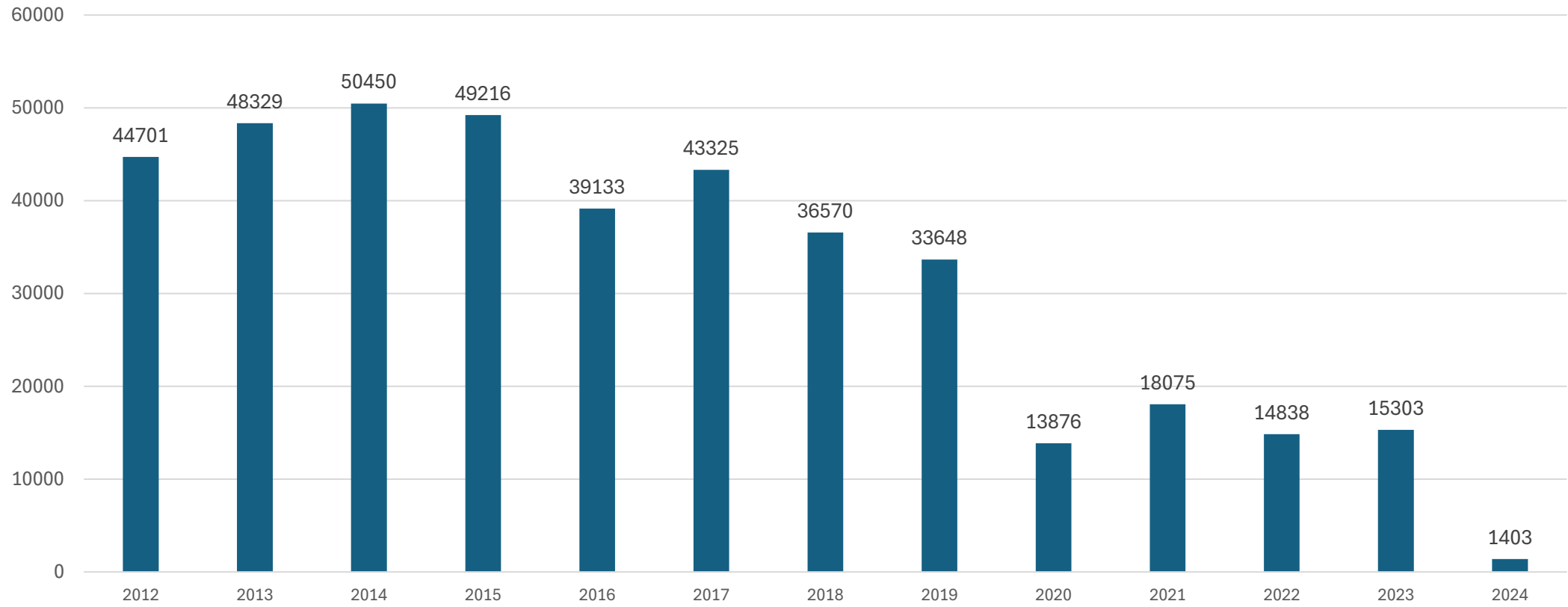
- Updating Privacy & Security materials.
- Updating Data Dictionary – encourage research partners to reach out with interest in using this data.
- Removing duplicate Implementation sites, contact, Host orgs.
- NEW! ACL Falls Prevention Forms will be available this summer.
- NEW! Public Tableau pages, anticipated in Fall 2024.

## **2024-2025**

- Updating infrastructure (e.g. legal agreements) to allow grantees to continue to use HAPID beyond the end of their grant.
- Opening up use of survey customization more widely.

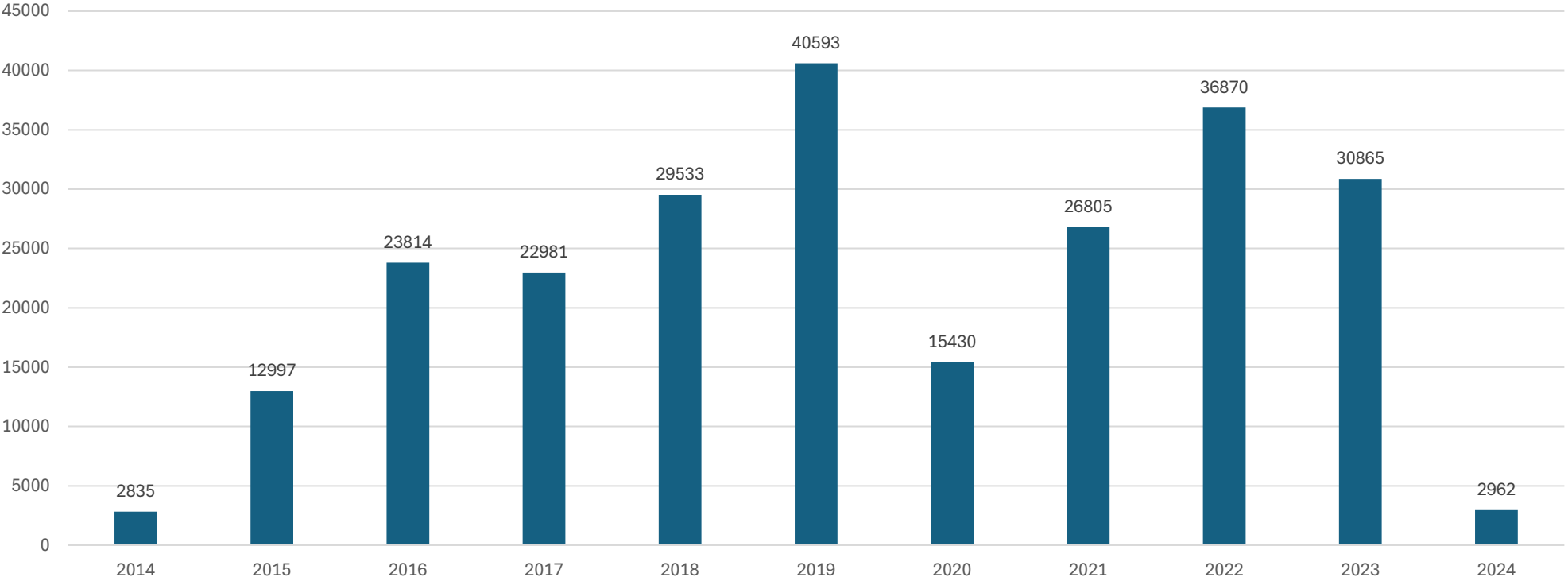
# CDSME Participants 2012 to 2024

CDSME Participants 2012 to 2024, n= 408,867



# Falls Prevention Participants 2014 to 2024

Falls Prevention Participants 2014 to 2024, n= 245,685



# Network of Falls & CDSME Grantees by Cohort Year

	CDSME	Falls
2012	22	N/A
2013	N/A	N/A
2014	N/A	14
2015	8	7
2016	12	10
2017	8	7
2018	10	10
2019	11	12
2020	10	8
2021	8	11
2022	9	7
2023	8	8

## 2012 to 2024

	Falls Prevention	CDSME
Host Organizations	1,178	2,054
Implementation Sites	7,115	18,911
Workshops	18,775	38,554

*Host orgs & sites that were active (delivered at least one workshop) between Jan 2012 and May 2024.*



# Network of Falls & CDSME Grantees by Cohort Year

2012 to 2024

	Falls Prevention	CDSME
Host Organizations	1,178	2,054
Implementation Sites	7,115	18,911
Workshops	18,775	38,554

*Host orgs & sites that were active (delivered at least one workshop) between Jan 2012 and May 2024.*