

Exploration of Fall Risk of Participants Across Evidence-Based Fall Prevention Programs

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INTRO

Evidence-based Falls Prevention Programs (EBFPP) have been developed & confirmed effective in decreasing falls and injuries from falls in older adults

- Programs have different participant targets & address different risks
- Administration for Community Living / Administration on Aging (ACL/AoA funds community dissemination of EBFPPs.

METHODS

(ACL/AoA) National Fall Prevention Database

- Data from programs funded by ACL/AoA
- Examined 8 programs with largest # of participants
- July 2016 – June 2022 = 105,323 participants
- Completed pre-survey data on risk factors = **21,164**
- Falls risk index created based on STEADI risk algorithm and published research

Questions:

1. How congruent are the fall risk levels of older adults participating in EBFPP with the program targeted risk profiles identified by the National Council on Aging (NCOA)?
2. Are there differences in participant characteristics based on their choice of EBFPP?

RESULTS

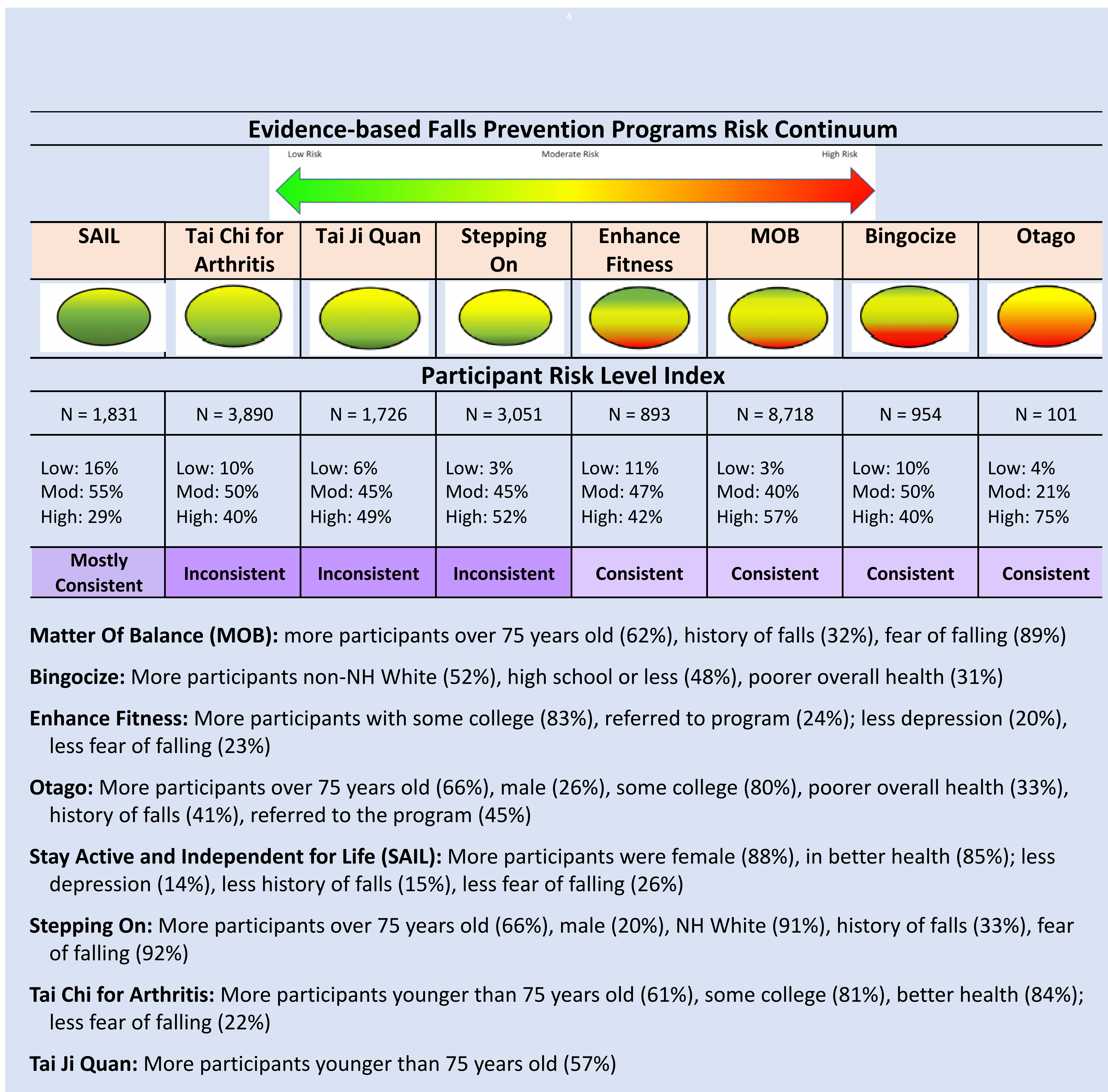
Out of 21,164 older adults:

- 46% High Fall Risk
- 45% Moderate Fall Risk
- 6% Low Fall Risk

For most programs, participants were fairly evenly split between moderate and high risk

DISCUSSION

- Inconsistencies exclusively with programs targeting low to moderate risk but enrolling high numbers of higher risk
- Need to examine role of host organizations' mission, target audience, and location of classes to determine influence on participants fall risk



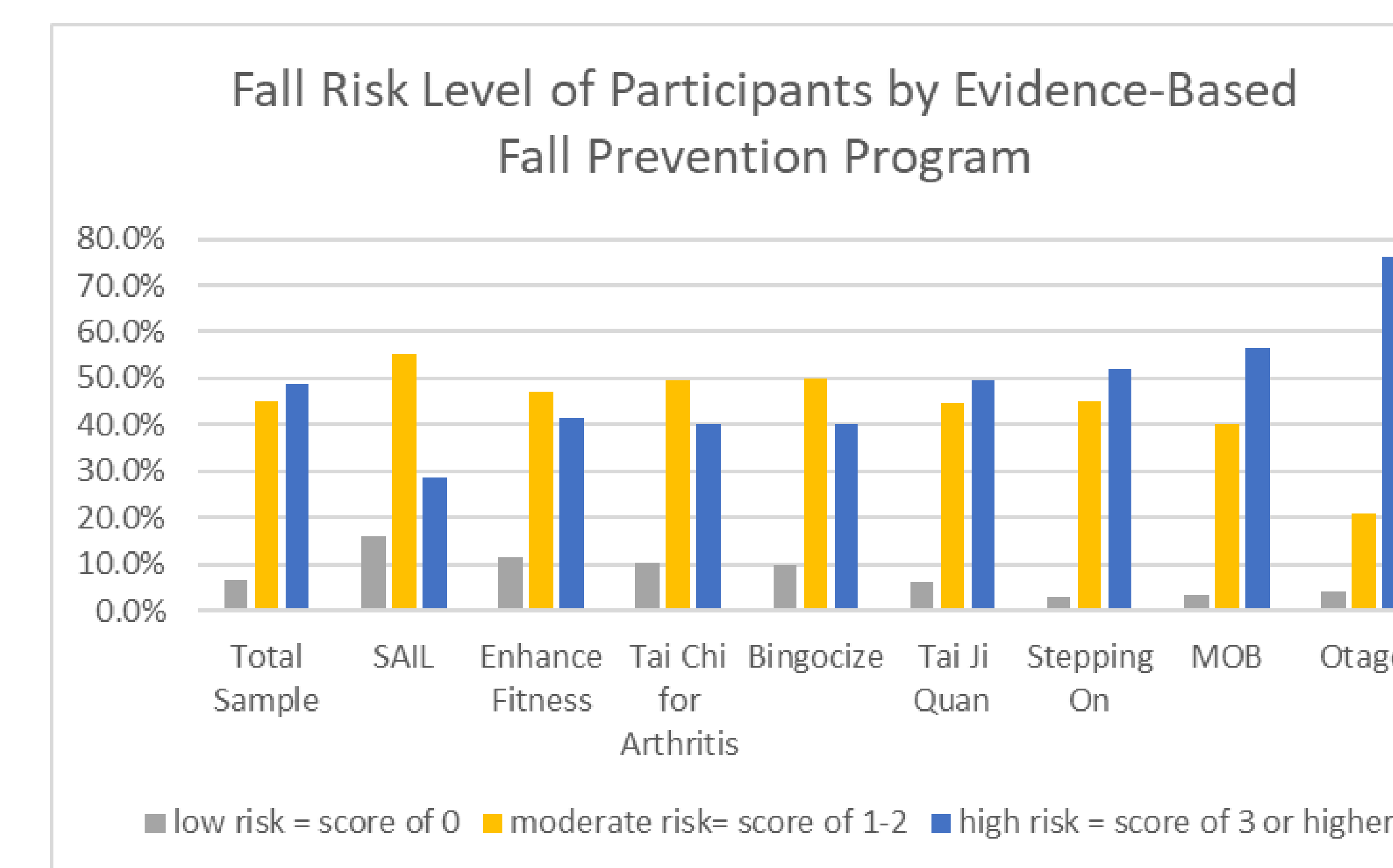
FINANCIAL DISCLOSURE

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Falls Risk Index

	Points	
	Yes	No
Fell 1 or more times in last 3 months	2	0
Health provider suggest attendance	2	0
Fear of falling	1	0
Self-reported health status as fair or poor	1	0
Depression	1	0
85 years or older	1	0

0 = Low Risk
1-2 = Moderate Risk
3 or more = High Risk



Demographics of Total Sample (105,323)

27%	Hx of Falls in past 3 months	85%	Fear of Falling
9%	Under 65 years of age	29%	Hx of Depression
53%	Over 75 Years of Age	16%	Referred to program by provider
15%	Over 85 years of Age	73%	At least some College Education
82%	female	6.4%	Less than high school
82%	NH white	23%	Fair to poor Health Status
45%	Live alone	9%	Excellent, very good Health Status



RESOURCES FOR FALLS RISK INDEX



Marymount University Center for Optimal Aging