

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

| Evidence-based Falls Prevention Programs Risk Continuum | | | | | | | | |
|---|-----------------------------------|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|--|
| Low Risk | | Moderate Risk | | High Risk | | | | |
| SAIL | Tai Chi for Arthritis | Tai Ji Quan | Stepping On | Enhance Fitness | MOB | Bingocize | Otago | |
| | | | | | | | | |
| Participant Risk Level Index | | | | | | | | |
| N = 1,831 | N = 3,890 | N = 1,726 | N = 3,051 | N = 893 | N = 8,718 | N = 954 | N = 101 | |
| Low: 16% Mod: 55% High: 29% | Low: 10% Mod: 50% High: 40% | Low: 6% Mod: 45% High: 49% | Low: 3% Mod: 45% High: 52% | Low: 11% Mod: 47% High: 42% | Low: 3% Mod: 40% High: 57% | Low: 10% Mod: 50% High: 40% | Low: 4% Mod: 21% High: 75% | |
| Mostly Consistent | Inconsistent | Inconsistent | Inconsistent | Consistent | Consistent | Consistent | Consistent | |

Matter Of Balance (MOB): more participants over 75 years old (62%), history of falls (32%), fear of falling (89%)

Bingocize: More participants non-NH White (52%), high school or less (48%), poorer overall health (31%)

Enhance Fitness: More participants with some college (83%), referred to program (24%); less depression (20%), less fear of falling (23%)

Otago: More participants over 75 years old (66%), male (26%), some college (80%), poorer overall health (33%), history of falls (41%), referred to the program (45%)

Stay Active and Independent for Life (SAIL): More participants were female (88%), in better health (85%); less depression (14%), less history of falls (15%), less fear of falling (26%)

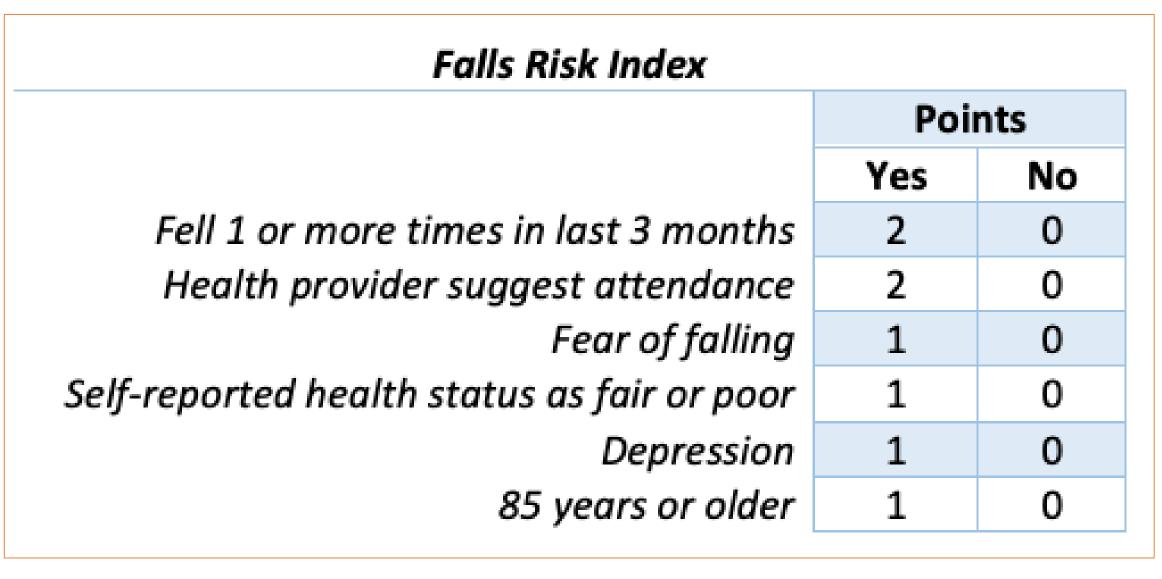
Stepping On: More participants over 75 years old (66%), male (20%), NH White (91%), history of falls (33%), fear of falling (92%)

Tai Chi for Arthritis: More participants younger than 75 years old (61%), some college (81%), better health (84%); less fear of falling (22%)

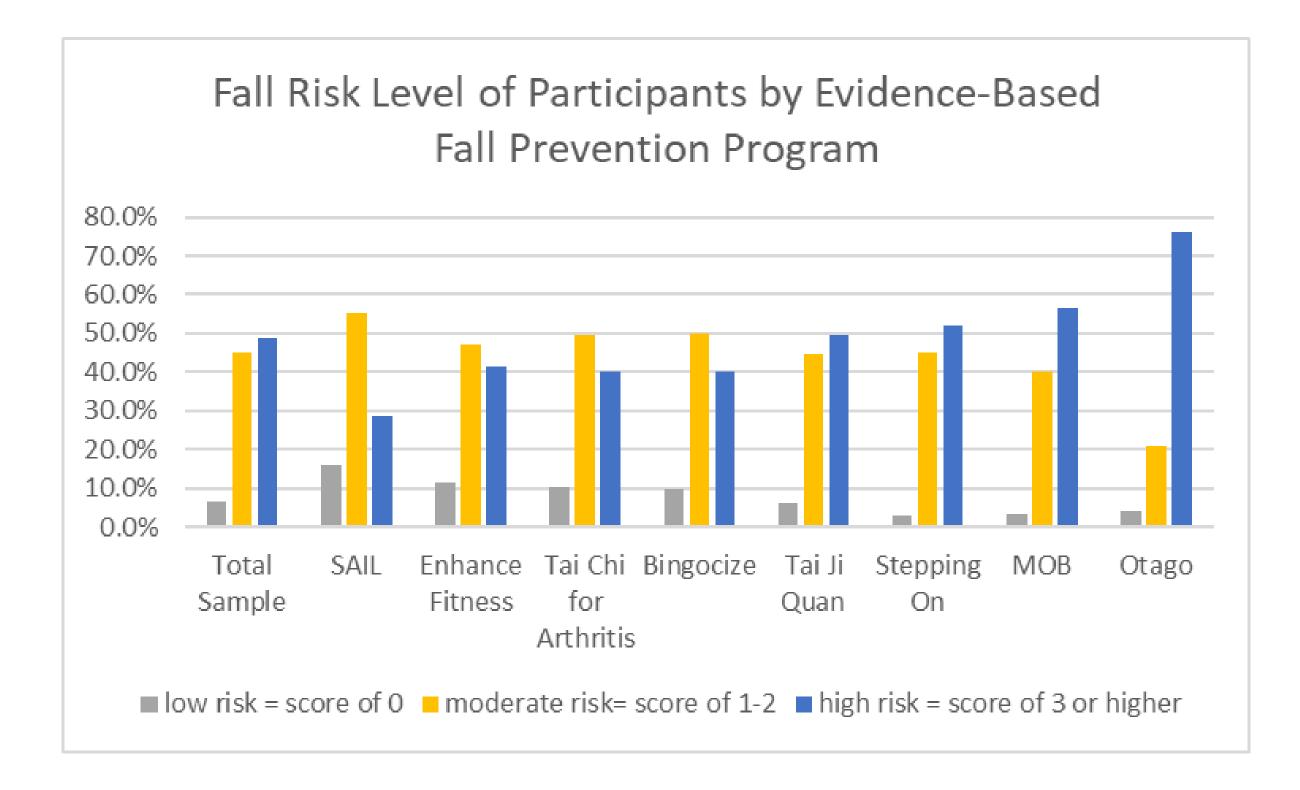
Tai Ji Quan: More participants younger than 75 years old (57%)

FINANCIAL DISCLOSURE

Acknowledgment: The ACL/AoA is the primary funding source for the data set used in this analysis. "Opinions expressed do not necessarily represent official Administration for Community Living/Administration on Aging policy".



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 | | | | |



RISK INDEX

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